



# RAVEN WINTER

MA, LPCC, CCTP

## PHILOSOPHY

Raven strives for genuine connection with clients and uses narrative, cognitive, and somatic approaches as the foundation of her work. Raven has a passion for working with clients in a nonjudgmental way, while helping them journey their unique path. Raven believes, as stated by Joseph Campbell, "The privilege of a lifetime is being who you are." Raven believes in a holistic approach to therapy and the importance of the mind-body-spirit connection.

## CONTACT

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AVAILABLE:  
Monday - Thursday

## JOINED NORTHWINDS

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2021

## DEGREES/LICENSE

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Masters of Art Degree in Counseling and Psychotherapy from Alfred Adler Graduate School in Richfield, MN  
Certified Clinical Trauma Professional (CCTP)  
Emotional Focused Therapy (EFT)  
Dialectical Behavior Therapy (DBT)  
Eye Movement Desensitization and Reprocessing (EMDR)  
Licensed Professional Clinical Counselor (LPCC); License #1759

## WORK EXPERIENCE

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Since 2014, Raven has partnered with individual, couples, adolescents and families. She has experience working with adolescents in a dual-diagnosis residential treatment program and experience with individuals and families in crisis and distress. Raven has experience co-facilitating DBT groups for adolescents and adults. She also has experience helping those living with immune disorders and chronic long-term illnesses. Raven wholeheartedly believes, as stated by Carl Rogers, "You don't need someone to complete you. You only need someone to accept you completely."

## SPECIALITIES

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Trauma/Posttraumatic Stress Disorder  
Depression  
Anxiety  
Self-esteem  
Life transitions  
Relationship issues  
Grief and loss  
LGBTQAI  
Betrayal trauma and infidelity  
Chronic illnesses