



AMY HALVERSON

MA, LMFT

PHILOSOPHY

I believe that we are all capable of change and hold resiliency within us. I have built my therapy practice around the idea that within the therapeutic relationship we can work together to heal the hurts, strengthen your giftedness and build a life around the values that encompass who you are. Often our past wounds feel like they pull us back from reaching those goals. I am passionate about using research based therapies like EMDR therapy and AIR Network therapy in my practice.

CONTACT

PHONE:
763.424.1888 ext. 106

EMAIL:
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AVAILABLE:
Monday thru Thursday Evenings

JOINED NORTHWINDS

2016

DEGREES/LICENSE

Master Degree in Mental Health Counseling from Mankato State University in Mankato, MN

Licensed Marriage Family Therapist, License #2941 Since 2014

WORK EXPERIENCE

Amy has experiencing work with individuals, families, children ages 4 and up for the past 7+ years.

SPECIALITIES

EMDR
AIR Network Therapy
Adjustment Disorders
Anxiety Disorders
Trauma and Dissociative Orders