



AMY HALVERSON

MA, LMFT

PHILOSOPHY

I use an integrative, client-focused, developmental lifespan and systemic approach when providing therapy. It is important that your treatment is tailored to your needs and it is my job to make sure I am always striving to bring you the tools to help promote the change you want to see in your life. When working with children I will often use play therapy to ensure a safe and comfortable environment where we can work together. I also utilize techniques from cognitive behavioral therapy, emotionally focused couples therapy, narrative therapy, mindfulness and solutions focused therapy.

CONTACT

PHONE:
763.424.1888 ext. 106

EMAIL:
amy@northwindscounseling.com

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 experience working with individuals, couples, families, children ages 4 and up and with group in outpatient, in-home and in school settings.

SPECIALITIES

Play Therapy
Adjustment Disorders
Anxiety Disorders
Couple Conflicts
Depression
Family Conflicts
Parenting Problems
Trauma Related Disorders