



JORDAN LEUTHOLD

MS, LPCC

PHILOSOPHY

Jordan operates from a pro-social, strength-based, DBT perspective. Overall, Jordan utilizes an integrative approach, combining attributes from modalities such as humanistic, behavior therapy and psychodynamic approaches; to empower the patient to alleviate symptoms in exchange for embracing their true self and stabilizing their satisfaction in life.

CONTACT

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AVAILABLE:
Tuesday, Wednesday and Thursday

JOINED NORTHWINDS

2019

DEGREES/LICENSE

Masters of Science Degree in Mental Health Counseling from MN State University in Mankato, MN

Licensed Professional Clinical Counselor; License #2131 Since 2019

WORK EXPERIENCE

Jordan has over 8 years of experience in counseling and therapy in a variety of settings ranging from outpatient psychotherapy to inpatient residential, group home director for adults with SPMI, to 7th grade 1:1 Autism tutoring. Areas of competency include: behavior modification, LGBT issues, chemical health, self-harm, physical/emotional/sexual abuse trauma recovery and rehabilitation, and overall clinical mental health evaluation, treatment planning and support.

SPECIALITIES

DBT (Dialectical Behavior Therapy)
EMDR (Eye Movement Desensitization and Reprocessing)
Adolescents and Adults
Couples with Relationship Problems
Developmental Disabled
Anxiety Symptoms
Complex Family Dynamics