






## Mental Health in Center City, MN

	<p><b>Lisa Hoffman-Konn, PhD, LP</b></p> <p>Mental Health Supervisor, Center City</p> <p>Lisa Hoffman-Konn, PhD, LP, has interests in mental health recovery, reducing stigma and community inclusion of people with mental health conditions. Her theoretical orientation is primarily person-centered and behavioral, with training in Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Motivational Interviewing, and psychosocial rehabilitation practices. (2005, Clinical Psychology, University of Arizona)</p>
	<p><b>Sarah Beth Beckham, PsyD, LP</b></p> <p>Training Director and Senior Clinician, Center City</p> <p>Sarah Beth Beckham, PsyD, LP, has interests in Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), treatment of severe and persistent mental illness, trauma therapy, borderline personality disorder, mood and anxiety disorders, treatment of co-occurring disorders, mindfulness practice. (2012, Clinical Psychology, Minnesota School of Professional Psychology at Argosy University)</p>
	<p><b>Nicholas Culp, PsyD, LP</b></p> <p>Senior Clinician, Center City</p> <p>Nicholas Culp, PsyD, LP, has interests in psychological assessment, Cognitive Behavioral Therapy, Co-occurring Disorders, issues related to cultural diversity, group therapy dynamics, supervision, treatment of severe and persistent mental illness, personality disorders, motivational interviewing, mood and anxiety disorders, and mindfulness practice. (2012, Clinical Psychology, Minnesota School of Professional Psychology at Argosy University)</p>
	<p><b>Sonya Knudson, PsyD, LP</b></p> <p>Senior Clinician, Center City</p> <p>Sonya Knudson, PsyD, LP has interests in interpersonal process in psychotherapy, attachment and psychodynamic theory, psychological assessment, expressive arts and play therapy, animal-assisted therapy, and treatment of co-occurring disorders, particularly the treatment of trauma, disordered eating, and anxiety. (2016, Clinical Psychology, The Chicago School of Professional Psychology)</p>
	<p><b>Princess Drake, PsyD, MS, MA</b></p> <p>Mental Health Practitioner, Center City</p> <p>Princess Drake, PsyD, MS, MA, has interests in co-occurring disorders, trauma, psychosis, diversity/identity issues, and personality disorders. Ms. Drake is dedicated to working with diverse populations and obtaining additional experience through leadership, mentoring, and academic training. (2018 Florida School of Professional Psychiatry).</p>



**Lindsay Paetznick, PsyD, LP**

Senior Clinician, Center City

Lindsay Paetznick, PsyD, LP, has interests in dialectical behavior therapy, treatment of serious and persistent mental illness, training and supervision, assessment and treatment of co-occurring disorders, mindfulness-based psychotherapy. (2012, Clinical Psychology, Minnesota School of Professional Psychology at Argosy University)



**Ann Schissel, PhD, LP**

Senior Clinician, Center City

Ann M. Schissel, PhD, has interests in treatments focusing on Cognitive Behavioral Therapy and mindfulness for mood and anxiety disorders, assessment, and developmental influences on psychopathology and personality. (2015, Clinical Psychology, University of Minnesota, Clinical Science and Psychopathology Research Program)



**Linda Slaikeu, MA, LMFT**

Mental Health Professional, Center City

Linda Slaikeu, MA, LMFT, has interests in co-occurring disorders, unresolved emotional issues, trauma, grief and loss. Working from a family systems lens, she helps individuals identify and address unhealthy relationship patterns; she also applies strengths-based therapies, Cognitive Behavioral Therapy, and Solution-Focused Therapy to help individuals achieve desired changes in their lives. (2007, Bethel University, St. Paul, MN)



**Nicole Groschen, MSW, LICSW**

Mental Health Professional, Center City

Nicole Groschen, MSW, LICSW, has interests in treatments that focus on co-occurring disorders, anxiety disorders (particularly Post Traumatic Stress Disorder) as well as grief and loss. Therapy approaches she has utilized are: Cognitive Behavioral Therapy (CBT), Mindfulness techniques, and Eye Movement Desensitization and Reprocessing (EMDR). She also has specific mental health training for working with military personnel and their families. (2014, Suzanne Dworak-Peck School of Social Work, University of Southern California)



**Nikia Gustafson, MSED, LPCC, LADC**

National Mental Health Screener, Center City

Nikia Gustafson, MSED, LPCC, LADC, has interests in cognitive behavioral therapy, co-occurring disorders, treatment of serious and persistent mental illness and utilization of mindfulness techniques and motivational interviewing. (2011, University of Wisconsin-Oshkosh)

## **Doctoral Interns**

Dustin Brockberg, MA, has interest in the treatment of co-occurring disorders, psychological assessment, trauma-related issues, sleep hygiene, and chronic pain. He is focused on using evidence-based practice such as Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT). Dustin is completing his Ph.D. in Counseling Psychology at the University of Wisconsin – Madison.

Jacob Nelson, MS, has interests in co-occurring chemical dependency and mental health disorders and the LGBTQIA+ community. His theoretical orientation is integrative and person centered, with specific focus placed on cognitive behavioral and attachment-based approaches. Jacob is a doctoral mental health intern completing his last year of graduate school at Palo Alto University in Palo Alto, CA.

Patsy Perez-Ramirez, MS, has interest in helping people to recover from addiction and co-occurring disorders. Her theoretical orientation is Cognitive Behavioral Therapy and has worked in multiple settings with the manualized treatment of Seeking Safety. She is dedicated to working with diverse populations, and hopes to provide additional support with Hispanic patients in the future. Patsy is completing her PsyD at Albizu University, Miami, FL.



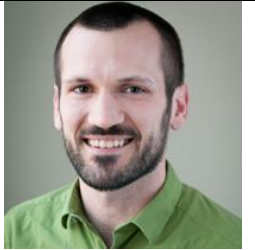
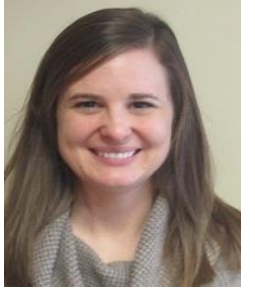
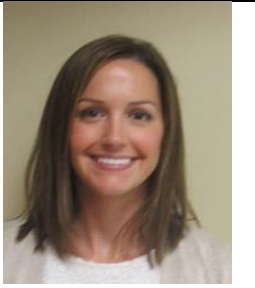
## **Postdoctoral Residents**

Hyun-Soo Lee, PhD (2018, Rosalind Franklin University of Medicine and Science), is a postdoctoral resident at Hazelden Betty Ford Foundation at the Center City campus. He has previously worked at a number of different settings including Veteran's Administration hospitals, bariatric surgery clinics, probation departments, community mental health clinics, cardiac rehab departments, and completed his pre-doctoral internship at Hazelden Betty Ford Foundation in Center City. His clinical interests include substance use disorders, anxiety and mood disorders, interpersonal relationships, trauma, Cognitive Behavioral Therapy, and Acceptance and Commitment Therapy.

Patricia Colbeth, PsyD, has an interest in the treatment of co-occurring disorders, anxiety, depression, borderline personality disorder, and trauma. She utilizes both Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT) with an emphasis on trauma informed care. Previous experience includes working in community mental health, crisis, and MICD treatment settings. She has a passion for creating awareness about mental health needs, collaborative care, and leadership. Ms. Colbeth completed her coursework for Counseling Psychology at the University of St. Thomas, Minneapolis, MN.



## Mental Health in Plymouth, MN

	<p><b>Helen Troy-Duncan, PsyD, LP</b></p> <p>Supervisor of Outpatient Mental Health 7 Family Program, Plymouth</p> <p>Helen Troy-Duncan, PsyD, LP, has interests in cognitive assessment, including neuropsychological and ADHD assessment, mood disorders, personality disorders, and relationship issues. (2010, Clinical Psychology, Argosy University-Twin Cities)</p>
	<p><b>Tim Portinga, PsyD, LP</b></p> <p>Mental Health Clinic Supervisor, Plymouth</p> <p>Tim Portinga, PsyD, LP, also serves as an adjunct professor with Hazelden’s Graduate School of Addiction Studies. Areas of focus includes co-morbidity of depression and conduct disorder, developmental psychology, psychotherapy with oppositional adolescents, and health psychology. Tim is a 2005 graduate of the University of St. Thomas in Counseling Psychology.</p>
	<p><b>David Wells, PhD, LP</b></p> <p>Senior Clinician, Plymouth</p> <p>David Wells, PhD, LP has interests in adolescent development, cognitive-behavioral interventions for anxiety and depression, personality disorders, oppositional problems, anger issues, interpersonal conflict, group therapy. (2014, University of Minnesota)</p>
	<p><b>Rachel Ryan, PsyD, LP</b></p> <p>Senior Clinician, Plymouth</p> <p>Rachel Ryan, PsyD, LP, graduated with a bachelor’s degree in psychology from the University of Minnesota-Twin Cities in 2010 and a doctorate in psychology from Alder University in Chicago, IL in 2015. She has specialty training with eating disorders and dual-diagnosis of eating disorders and substance use disorders. She also has an interest in Acceptance and Commitment Therapy for treating co-occurring issues in adolescents and young adults.</p>
	<p><b>Nora Durkin, MA</b></p> <p>Mental Health Professional, Plymouth</p> <p>Nora Durkin, MA, (2017, University of Minnesota). Interests: Emotion regulation, eating disorders, assessment, treatment outcome research, cognitive behavior therapy, emotion-focused interventions, identity development, group dynamics, training/supervision, and multicultural competency.</p>

## **Doctoral Interns**



Amie DeHarpporte received her master's degree in counseling from St. Mary's University in 2015 and is in her last year of the doctoral program at St. Mary's in Counseling Psychology. Her interests include: adolescent development, the treatment of trauma, interpersonal and relationship-based therapies, family systems, and mental health interventions in schools.

Emily Morimoto is completing her PhD in clinical psychology at Palo Alto University in Palo Alto, CA. She has interests in identity development, interpersonal conflict, emotion-regulation, dual-diagnosis, and multiculturalism. Emily also has an interest in eating disorders and has completed specialty clinical work in her training.

## **Postdoctoral Residents**

Kyja Foster, PsyD, LADC, ADCR-MN (2018, Minnesota School of Professional Psychology at Argosy University). Interests: trauma, substance use disorders, psychological testing, holistic treatment approaches, and psychodynamic therapy.

## Mental Health in St. Paul, MN





	<p><b>Leslie Adair, PhD, LP, LMFT</b></p> <p>National Executive Director of Mental Health</p> <p>Leslie Adair, PhD, LP, LMFT, areas of focus include co-occurring disorder assessment and treatment; couples, family, and relationship counseling; abuse and trauma issues; integrating Twelve Step philosophy into mental health treatment, and cognitive assessment. Leslie is a 2010 graduate of Fielding Graduate University in Clinical Psychology.</p>
	<p><b>Sarah Wicks, PhD, LP</b></p> <p>Senior Clinician and Supervisor in St. Paul, Maple Grove, and Chaska</p> <p>Sarah Nowak, PhD, LP, has interests in acceptance and commitment therapy, interpersonal process group psychotherapy, impact of addictions on relationships and emotion regulation, eating disorders, multicultural perspectives in psychotherapy and LGBTQ-affirming treatment approaches. (2008, Counseling Psychology, Washington State University)</p>

## Postdoctoral Residents

Chanel Leibsohn, PsyD (2018, Arizona School of Professional Psychology). Interests: Addictions and co-occurring disorders, anxiety and mood disorders, Cognitive Behavioral Therapy, Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavioral Therapy, teaching, training, and supervision, and psychodiagnostic and personality assessment.

Anne Catino, PsyD (2018, University of St. Thomas Minneapolis). Interests: Neuropsychological assessment, treatment of anxiety, depression, and chronic pain. She is focused on client-centered therapies using Cognitive Behavior Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Dialectical Behavioral Therapy (DBT).

## Mental Health in Newberg, OR

	<p><b>Heidi Wallace, MA, LPC, NCC, MAC</b></p> <p>Executive Director, Oregon Operations</p> <p>Heidi Wallace is the Executive Director of the Hazelden Betty Ford Foundation’s Oregon operations. Wallace, who holds a wide variety of professional degrees and designations-MA, LPC, NCC, MAC-is a master addictions counselor who also serves on the Hazelden Betty Ford Foundation’s Clinical Excellence and Innovation Team (CEIT). She is also a highly effective public speaker on a wide variety of addiction-related topics. Wallace earned her bachelor’s degree at the University of Montana and master’s degree in counseling psychology with an emphasis on addictions, at Lewis and Clark College. She has worked in both residential and outpatient treatment settings as well as private practice for the past 20 years.</p>
	<p><b>Willow Naimark, MD</b></p> <p>Psychiatrist, Newberg</p> <p>Willow Naimark, MD, is American Board of Psychiatry and Neurology-certified for both general and addiction psychiatry. Her interests include dual diagnosis, medication management, and psychoeducation. (2006, New York Medical College)</p>
	<p><b>Bobby Trihub, PsyD, LP</b></p> <p>Senior Clinician, Newberg</p> <p>Bobby Trihub, PsyD, LP, has interests in co-occurring disorders, trauma recovery spirituality, integrated behavioral healthcare, psychological and cognitive assessment, program development and consultation. He utilizes a variety of therapeutic approaches such as cognitive-behavioral, narrative and interpersonal therapies. (2010, George Fox University)</p>
	<p><b>Jory, Smith, PsyD, LP</b></p> <p>Senior Clinician, Newberg</p> <p>Jory Smith, PsyD, LP, has interests in trauma treatment, self-esteem issues, depression, positive psychology, shame, family systems, social psychology dynamics. (2009, George Fox University)</p>



**Brandi Schmeling, PhD, LP**

Senior Clinician, Newberg

Brandi Schmeling, PhD, LP, has interests in co-occurring disorders, trauma focused treatments, utilizing cognitive behavioral, dialectical behavioral and acceptance and commitment therapies. (2016, Palo Alto University)

**Postdoctoral Resident**

Lindsey Nelson, PsyD, has interests in trauma, body image, self-esteem, relationship structures gender, sexuality, and shame reduction. She utilizes humanistic and existential therapy modalities, with specialty training in Relational Gestalt therapy. (2015, The Chicago School of Professional Psychology)