Mental Health, Center City, MN

Damir S. Utrzan, Ph.D., LMFT, DAAETS
Manager of Mental Health Services; Licensed Marriage and Family Therapist
Dr. Utrzan (He/Him/His) is a licensed marriage and family therapist (LMFT) with expertise in treating the intersection on substance abuse, severe psychopathology, and trauma. He is a board-approved clinical supervisor. He is an unaffiliated research scientist on the Institutional Review Board in the Human Research Protection Program at the University of Minnesota (UMN). Dr. Utrzan also serves as a consulting research scientist to the Administration for Children and Families in the Department of Health and Human Services. He completed interdisciplinary fellowship training in the Department of Pediatrics at the UMN Medical School and has a doctorate in family social science; couple and family therapy specialization with a human rights minor, also from the UMN.

Sarah Beth Beckham, PsyD, LP
Training Director and Psychologist, Center City
Sarah Beth Beckham (She/Her/Hers) has interests in Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), treatment of severe and persistent mental illness, trauma-informed care, borderline personality disorder, and treatment of co-occurring disorders. She also has interest in providing clinical supervision and training utilizing the integrated developmental model and competency-based supervision style. She values opportunities to work with diverse individuals on teams and in training, supervision, and clinical work. She graduated from the Minnesota School of Professional Psychology in 2012, earning her doctoral degree in Clinical Psychology.

Jane Baillargeon, PsyD, LP
Psychologist, Center City
Dr. Baillargeon (She/Her/Hers) competed a B.A. in Nursing in 1997 at St. Catherine University. She went on to receive a B.S. in Psychology in 2008 from the University of Wisconsin-River Falls, followed by an M.A. in Counseling Psychology from Bethel University in 2010. In 2014, Dr. Baillargeon earned a Psy.D. at The University of St. Thomas. Her approach to therapy draws from interpersonal, client centered, cognitive behavioral, dialectical behavioral and developmental theories. She believes the quality of the therapeutic alliance is invaluable to cultivating client growth. She also considers client culture, worldview, identity, and preferences for treatment path when making suggestions/recommendations. Areas of interest include anxiety, depression, dual diagnoses, anger, family of origin, self-esteem, identity, diversity, group therapy and supervision.

Princess Drake, PsyD, MS, MA
Mental Health Practitioner, Center City
Princess Drake (She/Her/Hers) has interests in co-occurring disorders, trauma, psychosis, diversity/identity issues, and personality disorders. Theoretical orientation interest includes Time Limited Dynamic Psychotherapy, Attachment, Acceptance and Commitment Therapy and Cognitive Behavioral Therapy. Ms Drake is dedicated to working with a diverse populations and obtaining additional experience through leadership, mentoring, and academic training. (2018, Florida School of Professional Psychology).

Dustin Brockberg, MA, PhD, LP
Psychologist, Center City
Dustin (He/Him/His) has an 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 practices such as Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT). (2019, University of Wisconsin – Madison).
Doctoral Interns, Center City, MN

Bruce Clark, MA
Bruce (He/Him/His) is a doctoral intern and primarily utilizes Acceptance and Commitment Therapy (ACT) and mindfulness-based interventions. His primary clinical interests are including utilizing ACT with co-occurring disorders and improving quality of life while embracing vulnerability among the clients with which he works. Bruce received his master’s degree in adult clinical psychology at Southern Illinois University in Carbondale, IL. Currently, he is completing his final year of his Ph.D. program and expects to earn his doctorate in August of 2022.

Carisa Boudreaux, MA
Carisa (She/Her/Hers) has interests in Psychodynamic, humanistic/person centered approaches, and Cognitive Behavioral Therapy (CBT). She enjoys working with individuals from diverse backgrounds. Her approach to therapy is primarily through a multicultural and systemic lens. Additionally, she has interests in utilizing non-traditional approaches to engage individuals in therapy who are historically less likely to seek treatment. Carisa completed her bachelor’s degree in criminal justice at Metropolitan State University and her master’s degree in marriage and family therapy at St. Mary’s University of Minnesota. She is currently completing the last year of her PsyD at Alliant International University, California School of Professional Psychology.

Sidney Cole, MS
Sidney (She/Her/Hers) has interests in Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT). She enjoys working from a multicultural, client-centered lens. Additionally, she has interests in psychological assessment and relapse prevention. Sidney completed her bachelor’s degree in psychology at Chapman University in Orange, California, and her master’s degree in clinical psychology at California Lutheran University in Oxnard, California. She is currently completing the last year of her PsyD program at California Lutheran University.

Rosalyn Sloan
Rosalyn (She/Her/Hers) has interests in humanistic/person-centered approaches to therapy, Acceptance and Commitment Therapy (ACT), and Dialectical Behavior Therapy (DBT). Clinical interests include working with co-occurring disorders, severe and persistent mental illness, anxiety, and depression. Rosalyn completed her master’s degree in counseling psychology at the University of St. Thomas and is currently completing her final year of her Psy.D. program at the same university. Special interests include identity development, body image, and emotional resilience.
Postdoctoral Residents

**Sofianyeli Colon-Requejo, PsyD**
Sofia (She/Her/Hers) has interests in Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT) and the treatment of co-occurring disorders. She completed her master’s and doctoral degrees in Clinical Psychology at Albizu University, San Juan Campus. When providing psychotherapy services, she considers cultural and diversity factors, as well as symptoms and individual characteristics. Some of her favorite topics include vulnerability and resilience.

**Christopher Le, MA**
Chris (He/Him/His) has clinical interests in working with and treating co-occurring disorders and severe and persistent mental illness. He also has interests in group therapy and crisis intervention. His primary theoretical orientations are Humanistic/Person-centered and Dialectical Behavioral Therapy (DBT). Chris earned his master’s degree in clinical psychology at the American School of Professional Psychology at Argosy University and is finishing his Psy.D. program at the Chicago School of Professional Psychology in Irvine, CA.

**Kelsey Boyea; MA, PsyD**
Kelsey (She/Her/Hers) utilizes techniques from Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT). She focuses on how attachment may play a role in a patients’ presenting problem. Her interests include treatment of co-occurring disorders, trauma, and working with families and couples. She completed her Master’s Degree and Psy.D. at Spalding University in Louisville, Kentucky.
Mental Health, Plymouth, MN

Helen Troy-Duncan, PsyD, LP
Supervisor of Outpatient Mental Health, Family Program, Plymouth
Helen Troy-Duncan (She/Her/Hers) has interests in cognitive assessment, including neuropsychological and ADHD assessment, mood disorders, personality disorders, and relationship issues. (2010, Clinical Psychology, Argosy University-Twin Cities)

Tim Portinga, PsyD, LP
Mental Health Clinic Supervisor - Psychologist, Plymouth
Tim Portinga (He/Him/His) also serves as an adjunct professor with Hazelden’s Graduate School of Addiction Studies. Areas of focus include developmental psychology, positive psychology, resiliency, and the interface of psychology and spirituality. A particular interest is the training and supervision of early career psychologists. Tim is a 2005 graduate of the University of St Thomas where he received his doctorate in Counseling Psychology.

David Wells, PhD, LP
Psychologist, Plymouth
David Wells (He/Him/His) 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)

Rachel Boyle, PsyD, LP
Psychologist, Plymouth
Rachel Boyle (She/Her/Hers) 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.

Nora Durkin, MA, PhD, LP
Psychologist, Plymouth
Nora Durkin (She/Her/Hers) graduated from the University of Minnesota in 2017. Interests: Emotion regulation, eating disorders, assessment, treatment outcome research, cognitive behavior therapy, emotion-focused interventions, identity development, group dynamics, training/supervision, and multicultural competency.
Doctoral Interns, Plymouth, MN

Eric Mortensen
Eric (He/Him/His) is a doctoral intern who works from primarily a cognitive behavioral lens incorporating aspects of Dialectical Behavioral Therapy (DBT) and person-centered principles. His clinical interests include working with individuals with trauma, co-occurring disorders, and difficulties with distress tolerance and emotion regulation. He completed his Master’s degree and is working on his PsyD in Counseling Psychology at the University of Saint Thomas.

Alice Samuel, MA
Alice (She/Her/Hers) is interested in working with children, adolescents, and young adults using an integrative approach to therapy. She incorporates humanistic, Acceptance and Commitment Therapy (ACT), and relational-cultural and art therapy approaches. Her clinical areas of interest include trauma, anxiety and depression, Autism Spectrum Disorders, and identity concerns. Alice completed her Master’s degree in 2018 and is working towards her PsyD in Counseling Psychology at the University of St. Thomas.

Postdoctoral Residents:

Elizabeth Harris, MA
Elizabeth’s (She/Her/Hers) clinical interests include anxiety and obsessive-compulsive disorders, grief and loss, life transitions, and development during adolescence and emerging adulthood. Her practice is integrative, incorporating humanistic/client-centered, Acceptance and Commitment Therapy (ACT), and interpersonal approaches. Elizabeth is completing her PsyD in Counseling Psychology at the University of St. Thomas.
Leslie Adair, PhD, LP, LMFT
National Executive Director of Mental Health
Leslie Adair’s (She/Her/Hers) 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.

Kelly Lindberg, PsyD, LP, LADC
Mental Health Supervisor in St. Paul, Maple Grove, and Chaska
Kelly Lindberg (She/Her/Hers) has interests in co-occurring disorder assessment and treatment, mood and anxiety disorders, treatment of severe and persistent mental illness, abuse and trauma therapy, and cognitive assessment; utilizing a Client-Centered Therapy, Cognitive Behavioral Therapy, Solution-Focused Therapy, Dialectical Behavior Therapy, and Motivational Interviewing. (2012, Clinical Psychology, Minnesota School of Professional Psychology at Argosy University)

Nicholas Culp, PsyD, LP
Psychologist, St. Paul
Nicholas Culp (He/Him/His) 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)

Sarah Wicks, PhD, LP
Psychologist, Chaska
Sarah Wicks (She/Her/Hers) 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)
Lindsay Paetznick, PsyD, LP  
Psychologist, St. Paul  
Lindsay Paetznick (She/Her/Hers) 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)

Hyun-Soo Lee, PhD, LP  
Psychologist, St. Paul  
Hyun-Soo Lee (He/Him/His) has interests in Cognitive Behavioral Therapy, Cognitive Processing Therapy, psychological assessment, co-occurring disorders, Acceptance and Commitment Therapy, Dialectical Behavioral Therapy, supervision, motivational interviewing, mood, anxiety, trauma disorders, and mindfulness practice. (2018, Clinical Psychology, Rosalind Franklin University of Medicine and Science)

Postdoctoral Residents

Maddilyn Lindeman, PsyD  
Maddi (She/Her/Hers) has clinical interests in treatment of co-occurring disorders, family and interpersonal issues, developmental psychology, and group therapy. She received her master’s degree in clinical psychology from the Minnesota School of Professional Psychology and graduated in January 2021 from The Chicago School of Professional Psychology- Washington D.C. with a PsyD degree.

Laurence Chan  
Laurence (He/Him/His) is a postdoctoral resident who practices from psychodynamic, person-centered, and cognitive behavioral therapy orientations. He strives to utilize feminist approaches in his work, including attending to how cultural identities and systemic issues impact mental health. He enjoys working with individuals and groups, and his clinical interests include trauma, racial identity, relationship concerns, and grief and loss. Laurence also enjoys teaching and mentoring. (2021, Ph.D. in Counseling Psychology, University of Iowa; 2015, M.A. and Ed.M. in Psychological Counseling, Teachers College, Columbia University).
Eric P. Milne, PhD, LMFT
Psychologist, Newberg
Eric P. Milne has interests in co-occurring disorders, medical family therapy, depression, and program development. He uses a variety of therapeutic approaches such as solution-focused, family systems, and cognitive behavioral. (2018, Northcentral University).

Brandi Schmeling, PhD, LP
Psychologist, Newberg
Brandi Schmeling (She/Her/Hers) has interests in co-occurring disorders, trauma-focused treatments, utilizing cognitive behavioral, Dialectical Behavioral and Acceptance and Commitment Therapies. (2016, Palo Alto University)

Bobby Trihub, PsyD, LP
Psychologist, Newberg
Bobby Trihub (He/Him/His) 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)

Jory Smith, PsyD, LP
Psychologist, Newberg
Jory Smith (He/Him/His) has interests in trauma treatment, self-esteem issues, depression, positive psychology, shame, family systems, and social psychology dynamics. (2009, George Fox University)

Lori Woehler, PsyD
Postdoctoral Resident
Lori Woehler’s (She/Her/Hers) clinical interests and research focus on addiction, trauma, and co-occurring disorders with emphasis in the areas of emerging behavioral addictions (sex/pornography, gaming) and complex trauma. Her theoretical orientation is integrational with emphasis on multiculturally-competent use of evidence-based treatments to include Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Cognitive Processing Therapy (CPT), Dialectical Behavioral Therapy (DBT), Emotion Focused Therapy (EFT), Family Systems, Gestalt, Prolonged Exposure, Somatic and Relational Psychodynamic Psychotherapy. Additional areas of interest include post-graduate teaching and implicit bias.