

## Mental Health, Center City, MN



**Lisa Hoffman-Konn, PhD, LP**

Mental Health Supervisor, Center City

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)



**Sarah Beth Beckman, PsyD, LP**

Training Director and Senior Clinician, Center City

Sarah Beth Beckham, PsyD, LP, 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 styles. She values opportunities to work with diverse individuals on teams and in training, supervision, and clinical work. (2012, Clinical Psychology, Minnesota School of Professional Psychology at Argosy University)"



**Jane Baillargeon, PsyD, LP**

Senior Clinician, Center City

Dr. Baillargeon 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 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, PsyD, MS, MA, 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 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 practice such as Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT). (2019, University of Wisconsin – Madison).



**Patti Colbeth, MA, PsyD**

Patricia Colbeth, MA, PsyD, is a clinician with a demonstrated history of working in acute care settings with diverse patients dealing with trauma, co-occurring disorders, and pervasive mental health concerns. She frequently uses a Cognitive Behavioral Therapy (CBT) lens, with a blend of concepts and skills from Dialectical Behavior Therapy (DBT). Dr. Colbeth strives to engage individuals in the process of cognitive restructuring to reduce unwanted thought and behavior patterns, with the prospect of building hope, self-efficacy, and acceptance. (Master of Arts, 2014, University of St. Thomas, Minneapolis, MN; Doctor of Psychology, 2018, University of St. Thomas, Minneapolis, MN).

**Doctoral Interns**



**Sofianyeli Colon-Requejo; MS**

Sofia 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 degree in Clinical Psychology from Albizu University, San Juan Campus and is currently completing her doctoral psychology degree, Psy.D., at the same school. 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 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 is a doctoral mental health intern that received his master's degree in clinical psychology at the American School of Professional Psychology at Argosy University. Currently, he is completing the last year of his Psy.D. at the Chicago School of Professional Psychology in Irvine, CA.



**Kelsey Boyea; MA**

Kelsey is a doctoral intern and utilizes techniques from CBT, DBT, and focuses on how attachment may play a role in a patient's presenting problem. Her interests include treatment of co-occurring disorders, trauma, and working with families and couples. She completed her Master's Degree and working on her PsyD from Spalding University in Louisville, Kentucky.



**Mindy Siegert-Horghesimer, MA, LMHC**

Mindy maintains interest in the treatment of co-occurring disorders, assessment and therapy with forensic populations, the identification and treatment of psychosis, the use of hypnotherapy in treatment, and the provision of supervision and consultation. Her primary theoretical orientation is Cognitive Behavioral Theory (CBT) with a secondary emphasis in Feminist Theory. She is completing her final year of graduate school at The Chicago School of Professional Psychology – Chicago Campus.

## Postdoctoral Residents



### **Jyothi Ramakrishnan, MA**

Jyothi has interests in client-centered approaches to Cognitive Behavioral Therapy and Acceptance and Commitment Therapy, mindfulness and meditation, positive psychology, and self-compassion. She is also interested in clinical intervention research and development of therapeutic care in lower-income countries. She received her Ph.D. in Developmental Psychology in 2020 from the Institute of Child Development, University of Minnesota.



### **Fabio E. Besu Pastor, MS**

Fabio has clinical interests in person centered, DBT, and humanistic psychology. He enjoys working with co-occurring disorders (in specific Bipolar Disorder) as well as cross addictive behavior, specifically related to technology. He completed his Master's degree in Counseling Psychology at Carlos Albizu University and a PsyD in Clinical Psychology at Ponce Health Sciences University in Puerto Rico.



### **Jake Nelson; MS**

Jake 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



## Mental Health, Plymouth, MN



**Helen Troy-Duncan, PsyD, LP**

Supervisor of Outpatient Mental Health, Family Program, Plymouth

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)



**Tim Portinga, PsyD, LP**

Mental Health Clinic Supervisor, Plymouth

Tim Portinga, PsyD LP 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**

Senior Clinician, Plymouth

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)



**Rachel Ryan, PsyD, LP**

Senior Clinician, Plymouth

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.



**Nora Durkin, MA, PhD, LP**

Senior Clinician, Plymouth

Nora Durkin, MA, PhD, LP 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



### **Bailey Dirth, MA**

Bailey is interested in working with children, adolescents, and young adults with co-occurring disorders through therapeutic intervention and psychological assessment. She often explores trauma and attachment related issues, emotional awareness and regulation difficulties, and encourages intentional values-based living. She draws upon evidence-based practices such as Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and Dialectical Behavioral Therapy to increase self-awareness, self-compassion, and self-worth.



### **Elizabeth Harris, MA**

Elizabeth's 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.

## Postdoctoral Residents:



### **Maddilyn Lindeman, MA**

Maddie has clinical interests including: 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 is completing her PsyD at The Chicago School of Professional Psychology- Washington D.C.



## Mental Health, St. Paul, MN



**Leslie Adair, PhD, LP, LMFT**

National Executive Director of Mental Health

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.



**Kelly Lindberg, PsyD, LP, LADC**

Mental Health Supervisor in St. Paul, Maple Grove, and Chaska

Kelly Lindberg, Psy.D., LP, LADC, has interests in areas of focus including 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)



**Sarah Wicks, PhD, LP**

Senior Clinician, Chaska

Sarah Wick's, 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)



**Nicholas Culp, PsyD, LP**

Senior Clinician, St. Paul

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)



**Lindsay Paetznick, PsyD; LP**

Senior Clinician, St. Paul

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)



**Hyun-Soo Lee, PhD, LP**

Senior Clinician, St. Paul

Hyun-Soo Lee, PhD, LP, 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, and trauma disorders, and mindfulness practice. (2018, Clinical Psychology, Rosalind Franklin University of Medicine and Science)



**Amy Conlon, PhD, LP**

Senior Clinician, St. Paul

Amy Conlon, Ph.D., LP, practices a wide range of therapeutic approaches, including acceptance commitment therapy, cognitive behavioral therapy, 12-Step facilitation, and narrative therapy. Clinical areas of interest include depression and anxiety, co-occurring disorders, body image and disordered eating, trauma-informed therapy, life transitions, career concerns, assessment, and training and supervision. (2002, Counseling Psychology, University of Minnesota).

**Postdoctoral Residents**



**Mary Clare Lindsley, MA**

Mary Clare enjoys working with individuals and groups, focusing on the treatment of depression, anxiety, traumatic life events, and the challenges associated with role and identity transitions. She uses an interpersonal approach to therapy, as well Acceptance and Commitment Therapy (ACT) and body-based skills for recognizing and managing emotions. (University of St. Thomas, 2020)



**Luke Bigler, MA**

Luke has interest in the treatment of addiction, co-occurring mental health disorders, and psychological assessment. He utilizes an integrated intervention approach, focusing primarily upon humanistic and behavioral approaches. He has previous clinical experiences in school based mental health programs, psychiatric hospitals, and has forensic experience in both the criminal and family court systems. Luke is currently finishing his final year of training to complete his doctorate in clinical psychology (Psy.D.) at the Chicago School of Professional Psychology.

## Mental Health in Newberg, OR



**Eric P Milne**

Eric P. Milne, PhD., LMFT 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**

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)



**Bobby Trihub, PsyD, LP**

Senior Clinician, Newberg

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)



**Jory, Smith, PsyD, LP**

Senior Clinician, Newberg

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)