

IN-SCHOOL AND ONLINE **Mental Health Services**



Katherine Broderson, MSW, LGSW
School-Based Mental Health Therapist
VOA High School

I provide individual and family therapy using a variety of therapy methods including Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), and Play Therapy to adolescents, young adults, and families. I use a strengths-based, client-centered approach focused on inspiring hope and building a life worth living. This includes building a strong therapeutic alliance, validation, direct communication, problem-solving, coping skill building, and creative techniques

OUR SERVICES

- Individual Therapy
- Family Therapy
- Group Therapy
- Trauma Treatment



SUPPORT FOR STUDENTS IMPACTED BY

LIFE CIRCUMSTANCES

- Moving or change of school
- Experiencing homelessness
- Separation and divorce
- Communication problems
- Problems at school and/or home
- Experiencing a traumatic event (abuse, major medical illness or injury, death of a loved one, natural disaster, accident, impacts of COVID-19 etc.)

CONCERNING THINKING, FEELING, OR BEHAVING

- Daily sadness, negative thinking, crying
- Frequent stress, worrying or ongoing fears
- Bothered by unwanted memories
- Changes to sleeping, eating, or energy
- Talk of suicide or giving up
- Frequent headaches or stomachaches
- Problems with behavior

For more information, please contact Vona Center for Mental Health at 763-225-4052 or online at **www.voamnwi.org/mh**

Scan the QR Code
to apply for services.

