



Heather Holt, MSW, LICSW
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UPCOMING GROUPS

Women's Anger Management

This group will help women learn and actively practice new skills, tools, and techniques to understand and manage anger, feel better about herself on a day-to-day basis and, as a result, significantly improve relationships. She will understand the anger escalation process and become aware of how anger affects herself and others. This group is open to women, ages 18 and up. Thursdays, 6:30 PM - 8:00 PM. 12 Sessions. Starting September 17.

Eating Disorders and Gluten Related Disorders

This group will provide Cognitive Behavioral Therapy and emotional support for people wanting to recover from an eating disorder while simultaneously managing food limitations related to gluten. Clients will receive psycho-education on strategies to explore, address, and change eating patterns to better cope while receiving group support and understanding regarding the challenges and successes of living with food sensitivity. This group would be appropriate for anyone with an eating disorder and one (or more) of the following conditions: Celiac Disease, Non-Celiac Gluten Sensitivity, Gluten Intolerance, Gluten Allergy, Wheat Allergy. Open to all genders. First and Third Tuesdays of each month. 6:30 PM - 8:00 PM. 12 Sessions. Starting September 15.

... **GROUP THERAPY CAN HELP.**

IMPORTANT INFORMATION:

- Intake is necessary prior to group start. Call for an appointment, 651.646.8985.
- Sliding fee is available with self-pay.
- Insurance accepted for intake and group sessions. Medical Assistance (MA), Medicare, UCare, BCBS, PreferredOne, HealthPartners 3M, Self-Pay.
- Group sessions cost is \$95 per person per session.

ABOUT HEATHER HOLT, MSW, LICSW

As a therapist to individuals, couples and families, Heather believes in providing a respectful, diverse, safe, affirming, open, and nonjudgmental therapeutic environment.

Heather works with a wide range of people who have a variety of diagnoses – She understands diverse family situations, geographic origins, and helping individuals proactively deal with challenges and obstacles. She is proficient in helping clients through life transitions, the need for forgiveness for self and others, grief and loss, abuse histories, depression, difficult/complex cases and posttraumatic stress disorder.

What makes Heather different than many other therapists is that she often uses creative elements in her work. She provides support working side by side with clients developing positive strategies to enrich client's lives and situations.