

NICHELLE DILLON, MSW, LICSW

nichelle@catalystmentalhealth.com

EDUCATION:

- THE UNIVERSITY OF ST. THOMAS & ST. CATHERINE UNIVERSITY, St. Paul, MN 2012
Master of Social Work
- THE CATHOLIC UNIVERSITY OF AMERICA, Washington D.C. 2010
Bachelor of Arts in Psychology

SPECIALTIES:

Populations

- **Adults**
- **Adolescents**
- **Young Adults**
- **Individuals**
- **LGBT**

Conditions

- **Depression**
- **Anxiety**
- **PTSD**
- **Adjustment Disorder**
- **Borderline Personality Disorder**

EXPERIENCE:

- CATALYST MENTAL HEALTH, LLC, Minneapolis, MN 2018 – Present
Mental Health Therapist
- MIDWEST CENTER FOR PERSONAL AND FAMILY DEVELOPMENT, St. Paul, MN 2015 – Present
Mental Health Therapist
Clients: Adults, Adolescents, Children, and Families
- Provided individual and family therapy in a outpatient setting.
 - Diagnosed and treated a variety of mental health disorders; including major depression, anxiety, adjustment disorder, PTSD, and Borderline Personality Disorder.
- CHILDREN'S HOSPITALS AND CLINICS OF MINNESOTA, St. Paul, MN 2015 – 2017
On Call Social Worker
Clients: Children and Families
- Provided social work services in a hospital setting.
 - Assessed risk for children presenting to the hospital in a mental health crisis and determined need for hospitalization and appropriate level of care.
- MINNESOTA MENTAL HEALTH CLINICS, Eagan, MN 2013 – 2015
Day Treatment Therapist
Clients: Adults and Adolescents
- Provided individual and group therapy in an outpatient and day treatment setting.
 - Diagnosed and treated a variety of mental health disorders; including major depression, anxiety, adjustment disorder, PTSD, and Borderline Personality Disorder.

Day Treatment Therapist

Clients: Adolescents and Families

- Provided individual, group, and family therapy in a day treatment setting.
- Diagnosed and treated a variety of mental health disorders; including major depression, anxiety, adjustment disorder, PTSD, ADHD, and oppositional defiant disorder.