

## *Dorothy Fonstad, MSE, LCSW*



Dottie has been a therapist for over 30 years and is well known for her ability to help motivated clients gain insight and learn coping skills that they can use the rest of their lives.

Dottie takes her job very seriously and believes that it is irresponsible to simply educate clients about different ways to handle problems; instead she makes sure they learn how to use their new skills effectively.

Clients often comment on how Dottie's compassionate and supportive approach, as well as her sense of humor, makes them feel very comfortable and never judged. They also appreciate Dottie's willingness to be honest with them and provide feedback in a way that they do not ever feel shamed or criticized. When a client works with Dottie, they quickly become aware that she truly cares and holds herself as responsible as her clients, for their progress.

Dottie is trained in Cognitive Behavior, Dialectic Behavioral Therapy, Acceptance and Commitment Therapy, Motivational Interviewing, Interpersonal Therapy, Mindfulness, Trauma therapy, Biofeedback.

Dotti is in the process of training for Brainspotting techniques.

*Dottie works with:* Depression, Anxiety, Trauma, Grief and Loss, Relationship Issues, Self-esteem, LBGTQ+ Issues, Unresolved Childhood Issues, Work Issues, ADHD, Borderline Personality Issues, and Adjustment Issues.

