

KATARINA MARONEY

SHORT BIO	CLINICAL LICENSES
<p>Katarina is a first-generation American who grew up in Maine, but whose family is from Hungary. She studied Spanish, lived abroad in Chile, and obtained her undergraduate degree in Hispanic Studies from the University of Southern Maine. She lived in Massachusetts for 11 years where she obtained her Master’s degree in Clinical Mental Health Counseling from Lesley University. She is an experienced case manager and worked in child protective services for several years. Katarina has experience working with children, adults, and families from varying cultures and backgrounds and a variety of mental health and social issues. Katarina particularly enjoys integrating holistic and alternative healing methods into her counseling approach including visualization, energy work, meditation and mindfulness-based skills. Katarina enjoys working with individuals who seek to learn more about themselves and have the desire to grow and evolve. Katarina creates a collaborative, compassionate and non-judgmental environment where clients are empowered and also challenged to increase self-awareness to create positive changes in their lives. Katarina’s goal is to provide her clients with the tools they need to find relief in their daily lives and to be able to self-reflect with curiosity and compassion. Clients and colleagues describe Katarina as a warm, grounded, calming, compassionate and culturally competent professional with a good sense of humor. Katarina is eager to work with clients via telehealth and to provide them with the support they need.</p>	<p>LSW-A</p>
	EDUCATION
	<p>B.A Hispanic Studies University of Southern Maine</p>
	<p>M.A Clinical Mental Health Counseling Lesley University</p>
	CLINICAL SPECIALTIES
	<p>Assessment, diagnosis, treatment planning, treatment & collaboration of care of DSM-5 disorders, including:</p> <ul style="list-style-type: none"> <li style="width: 50%;">• Addiction <li style="width: 50%;">• Grief <li style="width: 50%;">• ADHD <li style="width: 50%;">• Marital Issues <li style="width: 50%;">• Anxiety <li style="width: 50%;">• Relationships <li style="width: 50%;">• Behavioral Issues <li style="width: 50%;">• Self Esteem <li style="width: 50%;">• Career Issues <li style="width: 50%;">• Spirituality <li style="width: 50%;">• Coping Skills <li style="width: 50%;">• Stress <li style="width: 50%;">• Depression <li style="width: 50%;">• Suicidal Ideation <li style="width: 50%;">• Divorce Issues <li style="width: 50%;">• Trauma <li style="width: 50%;">• PTSD
	Ages
<ul style="list-style-type: none"> • Adults • Elderly 	<p>Individual Counseling</p>
Evidenced-Based Frameworks	
<ul style="list-style-type: none"> • Brief Therapy (CBT/Solution Focused) • Behavioral Therapy • Cognitive Behavioral Therapy (CBT) • Cognitive Restructuring • Humanistic Approach • Mindfulness and Meditative Therapies • Mindfulness Based Cognitive Therapy • Person Centered • Solution Focused Therapy • Strengths Based 	