



## Daniel Hoffman, MA, LPC

*In-Person & Telehealth*

Daniel Hoffman is a Licensed Professional Counselor (LPC). He graduated from the University of Minnesota – Duluth where he received bachelor's degrees in Sociology and Psychology. He graduated from the University of Minnesota – Twin Cities where he received a master's degree in Educational Psychology. He is passionate about helping others and is fascinated by the infinite variety of ways humans can get themselves out of trouble. His clinical interests include anxiety, depression, panic symptoms, self-esteem, self-efficacy, chemical dependency, behavioral addiction, and empowerment's impact on everyday functioning. Dan understands that the therapeutic relationship is equally important to the technique being used and values getting to know clients in a completely non-judgmental and person centered manner. Dan uses cognitive-behavioral approaches with his clients and is trained and certified in Accelerated Resolution Therapy (or ART) for trauma.



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## Works with: Adolescents, Adults, Couples & Families

- Addictions-Non-Chemical
- Adjustment Disorders
- Anxiety Disorders
- Attention Deficit Disorders (ADD)
- Bi-Polar Disorder
- Behavior Modification
- Biofeedback/Relaxation
- Chemical Dependency/Substance Abuse
- Co-dependence
- Cognitive Behavior Therapy (CBT)
- Co-morbidity
- Communication Skills
- Couples
- Dialectical Behavioral Therapy - *Trained (But Not Certified)*
- Dual Diagnosis – *Substance Abuse and Mental Health*
- “Gaming” Addiction
- LGBTQIA+ Issues
- Gender Identity
- Grief Counseling
- Marital Conflict
- Marriage and Family Therapy
- Men’s Chemical Health Services
- Men’s Issues
- Men’s Mental Health Services
- Mood Disorders
- Obsessive-Compulsive Disorder
- Panic Disorder
- Personality Disorders
- Phobias
- Porn Addiction
- Post-Traumatic Stress Disorder
- Relationship Issues
- Sex Addiction
- Sexual Dysfunction
- Sexual Identity Issues
- Self-injury
- Spiritual Issues
- Substance Abuse-Active and In Recovery
- Trauma
- Trauma Focused CBT
- Walk and Talk Therapy
- Women’s Mental Health Services

