



# Elena Fosness, LMFT

## *In-Person & Telehealth*

Elena Fosness received her master's degree in Adlerian Counseling and Psychotherapy from Adler Graduate School in Minneapolis, MN. She is a Licensed Marriage and Family Therapist (LMFT). In her practice Elena works on creating a safe environment for her clients and uses a strength-based approach to help them in finding solutions and resolving difficult situations.

Elena works with teenagers and adults and helps them to resolve conflicts, deal with depression, anxiety, PTSD (Post Traumatic Stress Disorder) and other mental health disorders. Elena works with trauma – she is trained with EMDR (Eye Movement Desensitization and Reprocessing) therapy to help her clients overcome traumatic events in their lives. She incorporates DBT (Dialectical Behavioral Therapy) and CBT (Cognitive Behavioral Therapy) techniques to be able to manage their emotions and make healthier choices. She also implements yoga into her practice as one of mind-body approaches that enhances the mind's positive impact on the body and vice versa.



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

- Addictions
- Adjustment Disorders
- Adoption Issues
- Affective Disorders
- Anger Management
- Anxiety Disorders
- Attachment Disorders
- Attention Deficit Disorders
- Behavior Modification
- Bipolar Disorder
- Career Counseling
- Child Abuse
- Childhood Behavioral Disturbances
- Co-dependence
- Co-Occurring Disorders: *Substance Abuse and Mental Health*
- Communication Skills
- Depression
- Dialectical Behavioral Therapy
- Divorce/Separation Issues
- Domestic Violence Issues
- Families
- Grief Counseling
- Group Psychotherapy
- Mental Health Assessments
- Mood Disorders
- Obsessive Compulsive Disorder
- Panic Disorder
- Parenting Skills
- Personality Disorders
- Phobias
- Physical Abuse/Violence
- Post-Traumatic Stress Disorder
- Relationship Issues
- Self-Injury
- Therapeutic Support Foster Care
- Trauma

