



Karissa Godel, MS, LPCCC, LADC

Telehealth Only

Karissa Godel earned her Bachelor of Science in Psychology at Crown College, St. Bonifacius, MN; Master of Science in Mental Health Counseling at Minnesota State University—Mankato; and graduate certificate in Co-occurring Disorders at Adler Graduate School. Her clinical specialties include co-occurring issues of addiction and mental health, diagnostic assessment, holistic individualized treatment planning, and Christian cognitive behavioral therapy. She is passionate about empowering individuals to manage their mental health, to find hope in recovery from addictions, and to live a victorious life.



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Works with: Adults, Couples, Adolescents (Age 14 and up)

- Addiction
- Anger Management
- Anxiety Disorders
- Autism /Asperger's Spectrum
- Bariatric Surgery Assessment
- Borderline Personality Disorder
- Christian Counseling
- Co-dependence
- Communication Skills
- Couples
- Depression
- Diagnostic Assessment
- Divorce/Separation Issues
- Dual Diagnosis – *Developmental Disability and Mental Health*
- Dual Diagnosis – *Substance Abuse and Mental Health*
- Independent Living Skills training
- Marriage and Family Therapy
- Mood Disorders
- Panic Disorder
- Personality Disorders
- Post-Traumatic Stress Disorder
- Spiritual Issues
- Trauma Focused CBT

