



Britt Werre, MSW, LICSW

Telehealth Only

Britt earned her master's degree in social work from St. Catherine University/University of St. Thomas and is currently licensed as an independent clinical social worker. Her experience includes providing case management and psychotherapy services to children, adolescents, and adults across levels of care, from outpatient and intensive outpatient, to partial hospitalization and residential treatment.

Britt takes an integrative approach to treatment, utilizing concepts and skills from a number of evidence-based interventions, including Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Acceptance and Commitment Therapy (ACT), and Solution Focused Brief Therapy (SFBT). Her approach is structured, yet flexible; supportive; and nonjudgmental. Together, you will work to identify the combination of interventions and skills that best suits your needs and mental health goals, with the understanding that you know yourself best.



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Works with: Adolescents, Young Adults, Adults

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Motivational Interviewing (MI)
- Solution Focused Brief Therapy (SFBT)
- Psychodynamic Psychotherapy
- Adjustment disorders
- Anger management
- Anxiety disorders
- Attachment disorders
- Attention deficit disorders
- Bipolar disorder
- Co-Dependence
- Co-occurring substance abuse *and mental health*
- Communication skills
- Depressive disorders
- Domestic violence
- Grief counseling
- Obsessive compulsive disorder
- Relationship issues
- Self-injury
- Trauma

