



Carrie Gustafson, PsyD, Mental Health Professional

In-Person & Telehealth

Carrie Gustafson is a Doctor of Clinical Psychology with a degree from Argosy University. She offers counseling for adolescents, adults, couples, and families and has worked with many issues, including eating disorders, domestic abuse, addiction, co-occurring disorders, anxiety, depression, autism, and ADHD. Carrie utilizes solution-focused, strength-based, positive psychology, CBT, and DBT to support each client. She believes each person has the answers they need to heal and live their best life, and her role is to support and encourage them in the process. She strives to create a safe, comfortable, non-judgmental space for each client to engage fully in exploring, discovering, and processing their unique journey.



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Works with: Adolescents, Adults, Couples & Families

- Addictions, non-chemical
- Adjustment Disorders
- Affective Disorders
- Anger Management
- Anorexia Treatment
- Anxiety Disorders
- Attention Deficit Disorders (ADD/ADHD)
- Autism/Asperger's
- Behavior Modification
- Blended Families
- Bipolar Disorder
- Bulimia Nervosa
- Child Abuse
- Co-dependence
- Cognitive Behavior Therapy (CBT)
- Communication Skills
- Compulsive Gambling
- Depression
- Divorce/Separation
- Domestic Violence
- Dual Diagnosis - *Developmental Disability and Mental Health*
- Dual Diagnosis - *Substance Abuse and Mental Health*
- Eating Disorders
- Families
- Family Violence
- Gay/Lesbian Issues
- Gender Identity
- Marital Conflict
- Marriage and Family Therapy
- Men's Issues
- Mood Disorders
- Obsessive Compulsive Disorder (OCD)
- Panic Disorder
- Parenting Skills
- Personality Disorders
- Physical Abuse/Violence
- Post-traumatic Stress Disorder (PTSD)
- Rape Issues
- Reactive Attachment Disorder
- Relationship Issues
- Self-injury
- Senior Chemical and Mental Health Issues
- Sexual Abuse/Violence
- Sexual Identity Issues
- Sleep Disorders
- Substance Use Issues
- Trauma
- Women's Issues

