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As children, our ability to feel and express emotions is immediate and limitless: We wear everything on our sleeves, and we are in touch with self-expression in a way that is beautifully authentic and candid. For many of us, though, this connection to the self becomes clouded with cultural pressures and outside influences over time—we are taught to filter our experiences and become distant from ourselves in order to meet the expectations of the world around us. It is my aim as a therapist, licensed by the Minnesota Board of Social Work to, first and foremost, create a space for you to express

yourself freely, to restore your sense of individuality, and to empower you to carry that self-expression into your day-to-day life.

I begin with a long-term, human-to-human practice designed to destigmatize and encourage the investment you are making in your mental health. No one ever became an amazing guitar player without putting in some serious practice; nobody played a Marvel superhero without spending a few hundred hours at the gym. Mental health is no different: It requires a safe, ongoing, collaborative space that will become your cornerstone for change. Regardless of your age or background—from anxiety and depression to episodic traumas and relationships/family conflicts—this confidential, therapeutic relationship is the foundational safe container that allows you to more fully and completely feel the presence of self while in the presence of another.

From there, I use a Whole Person approach that focuses on the unique skills and abilities inherent to who you already are. Regardless of your diagnosis or your struggles, the built-in strengths you bring to the table as an individual will act as the lens through which we create your roadmap toward self-fulfillment. Together, we will build within you the emotional practice of healthy expression and self-regulation outside of therapy—something that you are absolutely capable of, with the right support.

You deserve honest, authentic, empowered attunement with your true self, and I would consider it an honor to play a part in that journey. I am currently offering in-person or telehealth sessions; appointments can be made through the Freeborn County Department of Human Services.