



Sentier Psychotherapy Announces the Hiring of Abby Voigt, MSW, LICSW

December 12, 2023

ST. PAUL, MN - December 12, 2023 - PRESSADVANTAGE -

Sentier Psychotherapy, a leading mental health clinic known for its comprehensive and compassionate care, is thrilled to announce the addition of Abby Voigt, MSW, LICSW, to its esteemed team of mental health professionals. With over a decade of experience in mental health and specialized training in various therapeutic techniques, Abby is set to bring a wealth of knowledge and a fresh perspective to the clinic.

Abby Voigt, a seasoned therapist with more than ten years in the mental health field and eight years of direct therapy experience, is a respected figure in the community. Her specialized training in trauma treatment, particularly Eye Movement Desensitization and Reprocessing (EMDR), LGBTQ concerns, and working with refugees and immigrants, positions her as a critical asset to the Sentier team.

Abby's commitment to providing tailored care to a diverse clientele aligns perfectly with Sentier Psychotherapy's mission to offer inclusive and effective mental health services.

"We are so grateful and excited to have Abby join our Sentier team! She is a highly skilled therapist who brings a calm and fun energy to our office," said Megan Sigmon-Olsen, the owner of Sentier Psychotherapy. "Abby is a very compassionate therapist who brings with her an advanced skill set and a sound, ethical decision-making track record," she added, highlighting Abby's esteemed reputation in the field.

Abby is not only a member of the Minnesota LGBTQ Therapist Network but also a Board Approved Supervisor for social work in the State of Minnesota. Her involvement in these professional networks underscores her dedication to staying abreast of the latest developments in mental health and contributing to the broader therapeutic community.

In addition to her trauma treatment expertise, Abby is trained in Dialectical Behavior Therapy (DBT). She offers individual therapy for clients completing a DBT program or those who wish to work on individualized DBT skills. Her approach is characterized by a blend of empathy, evidence-based practices, and a deep understanding of the unique challenges faced by her clients.

One of the remarkable aspects of Abby's practice is her ability to work with a broad spectrum of clients, ranging from adolescents to centenarians (people over 100-years of age). This wide age range demonstrates her versatility and ability to connect with clients at different stages of life, each with their unique experiences and challenges.

Abby's role at Sentier Psychotherapy will not be limited to individual client sessions. She will be facilitating Sentier's High School LGBTQIA+ support group this winter, and will be involved in other community outreach programs, and professional training workshops. Her involvement in these areas is anticipated to have a positive and far-reaching impact on the local community.

In her own words, Abby reflects on her new role at Sentier Psychotherapy, expressing enthusiasm for the opportunity to contribute to the clinic's dynamic team and to make a meaningful difference in the lives of her clients.

Sentier Psychotherapy, located at 670 Cleveland Ave S, St Paul, MN, has long been a beacon of hope and healing in the community. With a team of dedicated professionals and a range of services, including individual therapy, family therapy, group therapy, and specialized care for various mental health issues, the clinic continues to expand its reach and impact.

For more information about Abby Voigt's services or to schedule an appointment, interested parties are encouraged to contact Sentier Psychotherapy directly.

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For more information about Sentier Psychotherapy, contact the company here: Sentier Psychotherapy Megan Sigmon-Olsen 763-913-8261 msigmon@sentiertherapy.com 475 Cleveland Ave N #103 St Paul, MN 55104

Sentier Psychotherapy

Sentier Psychotherapy is an integrative counseling practice that specializes in mental health services including individual therapy, family therapy, group therapy, and couples counseling.

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