

Our Mission:

Know Thyself Healing & Therapy's mission is to walk alongside our clients, to support them in their healing journey and guide them toward learning to truly know themselves.



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Discovering Keys to Healing

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Know Thyself Healing & Therapy believes all clients hold the key to their own success and can be guided to that end in a safe, trusting and honest environment. Building relationships and skills for growth, understanding and healing are among our goals in therapy. We embrace and explore our own personal journeys through life's challenges in order to connect with clients at a deeper level. We believe this allows us to not only empathize with our clients, but to partner with them on their specific healing journey. We trust the essential keys to reaching any goal lies within each of us believing in ourselves and knowing that someone else does too.



We have experience working with trauma, emotional dysregulation, anxiety, depression, selective mutism, oppositional behaviors, family change, loss and grief, parenting skills, adoption issues, spiritual awakening, sexual abuse, sex trafficking, multi-cultural identity, gender differences, and domestic violence group work. We also teach adults and children how to take control of their lives in mind, body and spirit to navigate a stressful world.



Trauma Informed Clinic Primary Modalities:

- ♥ EMDR (Eye Movement Desensitization Reprocessing)
- ♥ Accelerated Resolution Therapy
- ♥ Brainspotting
- ♥ Clinical Hypnotherapy
- ♥ CBT (Cognitive Behavior Therapy)
- ♥ CPT (Cognitive Processing Therapy)
- ♥ Sand Tray
- ♥ DBT (Dialectical Behavioral Therapy)

Our Values

Truth

Truth is the basis for any healthy relationship. We strive to communicate from a place of truth and create strong, enduring connections that bring our clients toward healing and knowing themselves fully.

Compassion

Compassion enables us to empathize with our clients and community, and to see them as ourselves. What we do unto others, we also do unto ourselves. Compassion reminds us that we all heal together when this simple precept is followed.

Empowerment

Empowerment is about giving, teaching, supporting and loving. Empowerment is our guide, reminding us that what we do is in service of others.

Acceptance

Acceptance is a process that has positive outcomes around growth and connection. It is a place of power and thoughtful action. Accepting others for where they are, for doing the best they can, is a crucial step toward opening up to the help that can be given.

Collaboration

Collaboration reminds us that we need one another. Living is meant to be shared as we all have unique perspectives, talents and needs. We are meant to embolden one another on our journey in this life.

Transparency

Transparency reveals the truth, holding us accountable for our actions and reminding us to do better each and every day.