



Meet our newest therapist

Lindsay Brundege, LIMHP, LADC

Lindsay Brundege is a Licensed Independent Mental Health Practitioner (LIMHP) and a Licensed Alcohol and Drug Counselor (LADC). She earned her Bachelor's degree in Psychology from the University of Nebraska–Lincoln and her Master's degree in Counseling from Doane College. With more than 20 years of experience in human services, including direct care, family support, intensive family preservation, foster care, mental health, and addictions, she brings a deeply informed, client centered, and compassionate approach to each person she serves.

Lindsay has been practicing as a Mental Health Therapist and Drug and Alcohol Counselor since 2014. She works primarily with teens and adults who are navigating concerns such as anxiety, depression, PTSD, adjustment issues, substance use, domestic violence, and other mental health needs. Her therapeutic approach includes cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and eye movement desensitization and reprocessing (EMDR). She also completes Mental Health, Co-Occurring, and Substance Use evaluations.

Lindsay is committed to providing a safe, non-judgmental environment where clients can express themselves openly. She has a passion for helping individuals heal, gain insight, and build healthy solutions that support meaningful change. She also has a special interest in eating disorders and the ways in which an anti-inflammatory lifestyle can support overall mental health and well-being.



To learn more or to schedule an appointment with Lindsay, please contact Paradigm.

Paradigm provides comprehensive mental health, behavioral health, and family support services for individuals of all ages. Our compassionate team is dedicated to helping children, youth, adults, and families navigate emotional, behavioral, and life challenges with care and expertise. Whether you're seeking support for yourself, your child, or your family, Paradigm offers a welcoming space and a full range of therapeutic services designed to promote healing, stability, and growth. We accept most major insurance plans and private pay.

We welcome private referrals and partner with community agencies and systems to ensure individuals and families receive the support they need. If you or someone you care about could benefit from mental health therapy or family services, contact Paradigm today to begin your path toward a healthier, more hopeful future.

Call today to schedule an appointment!