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CLINICAL PSYCHOLOGIST

I am so glad you are considering treatment at ASAP, and I hope I have the opportunity to meet you. My name is Dr. Samantha Mathews, and I work as a psychologist at ASAP. Throughout the week, I provide individual sessions, engage in staff and consultation meetings, and facilitate an intensive outpatient DBT-based treatment for adolescents and families. DBT presents a non-judgmental, non-blaming approach to treatment by balancing accepting people as they are and guiding them towards growth. This dialectical perspective along with the skills contained in DBT continue to benefit my clinical practice and personal life.

In my work with my clients, I strive to practice radical genuineness, meaning I work hard to connect with you as a real live person. To do this, I share pieces of my life such as my interest in drawing or Dungeons and Dragons, parts of my identity including being a transgender person with ADHD or a cat-lover, and how I feel in the room, as in if I feel sad or excited about something we talk about. I have found that being present and transparent with my clients has helped me foster trust and build relationships which have led to feelings of belonging and experiencing meaningful change.

I specialize in working with children, teenagers, and young adults, especially those who have experienced trauma, engage in self-harm, have ADHD, and/or identify as LGBTQ+. I have experience working with a range of concerns including depression, anxiety, and interpersonal conflict.

I look forward to getting to know you and helping you build a life worth living.

To contact Dr. Mathews, please feel free to email her at samanthamathews@asapcincinnati.com.