

Troy Weathers, Psy.D.

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PSYCHOLOGY POSTDOCTORAL FELLOW

Dr. Troy Weathers completed his doctorate in clinical psychology (Psy.D.) at Xavier University where he chose to focus on the mental health of adolescents, adults, and individuals with severe and chronic mental illness. Prior to attending Xavier for his doctoral degree, he completed a Bachelor of Science in psychology at Wittenberg University in Springfield, Ohio.

In addition to his work at ASAP, Dr. Weathers is a graduate psychologist in the Mental Health Clinic at Dayton VA Medical Center where he also completed his doctoral internship training in the Trauma Recovery Clinic and Substance Abuse Treatment Program. He has also trained at the Lindner Center of HOPE, the Health & Counseling Center at Northern Kentucky University, the Psychological Services Center at Xavier University, and Cincinnati Children's Hospital Medical Center.

While working with clients and families from a cognitive-behavioral perspective, Dr. Weathers strives to build a collaborative relationship built on nonjudgment and trust. He emphasizes the balance between acceptance and change, mindfulness, and personal values while helping clients develop practical coping skills to manage distress. Dr. Weathers was trained as a general practitioner of psychology and his clinical interests include substance abuse, trauma, and identity development among LGBTQ+ individuals.

Dr. Weathers provides evidence-based treatment and has received training in Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), Cognitive Processing Therapy (CPT) for PTSD, and Motivational Interviewing (MI). He works to stay up to date on current research through his involvement with professional organizations including the American Psychological Association, the Association for Behavioral and Cognitive Therapies, and the Ohio Psychological Association.

All clinical work conducted by Dr. Weathers is supervised by ASAP's Clinical Director, Dr. David Baum, while Dr. Weathers pursues licensure as a clinical psychologist in the state of Ohio.