

Matthew Moffitt, Ph.D., Co-Founder

Dr. Moffitt's areas of clinical interest include Traumatic Stress, Resilience, Disaster Mental Health, Psychological First Aid, Developmental Issues and Disorders, Identity Development, Family of Origin and Systems, Racial, Ethnic, & Cultural Allyship, LGBTQ+ Allyship, Men's Issues, Gender Role Exploration, and Community-based Prevention and Intervention.

Dr. Moffitt's theoretical orientation is an integration of Cognitive-Behavioral Therapy, Family Systems, and Psychodynamic therapy, within a Rogerian framework. Dr. Moffitt is a firm believer, however, that the most important aspect of therapy is the ability to connect with the other person across from you. It is in this connection that true growth and healing arise. Akin to the practice name, Dr. Moffitt seeks to help others discover their personal truths, resulting in a life fulfilled.

In his free time, Dr. Moffitt enjoys spending time with his family, reading, writing, and playing video games, when his toddler allows it. Dr. Moffitt has one published science fiction novel and currently writes screenplays in the hopes of one day seeing his words on screen. Some of his favorite authors/writers include Raymond Chandler, Stephen King, David Webb Peoples, Aaron Sorkin, Ray Bradbury, Neil Gaiman, and the list goes on. His favorite video games are The Witcher 3, FF7, Alan Wake, Max Payne, and many others. He loves funk, rock, and blues music.

Education: Ph.D. in Clinical and Disaster Psychology, University of South Dakota, 2016; B.S., Summa Cum Laude, Valparaiso University, 2007.

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