

**Dr. Melvin Watt, Ph.D.**, is a licensed clinical psychologist with more than 35 years of experience providing psychotherapy to adults, couples, and families. He earned his Ph.D. from Seattle Pacific University in 2000 and has served in a wide range of mental health settings, including private practice, hospitals, community clinics, correctional facilities, and nursing homes.

As a Clinical Gero psychologist with over two decades of focused experience working with older adults, Dr. Watt considers it a privilege to walk alongside individuals in seasons of vulnerability and transition. Since January 2004, he has provided behavioral health services to residents in long-term care settings, offering psychological assessment, therapy, and multidisciplinary consultation. His work is grounded in the belief that therapy is a powerful, life-enhancing experience—one that reduces suffering, promotes healing, and opens the door to hope, compassion, and growth.

Dr. Watt has extensive experience helping individuals navigate depression, anxiety, trauma, relationship concerns, chronic pain, and major life transitions. For many years, he worked in interdisciplinary pain management programs, supporting patients as they coped with the emotional and psychological effects of persistent pain. His background also includes specialized work in chemical dependency treatment, crisis intervention, and family therapy.

Earlier in his career, Dr. Watt held leadership roles within Washington State's correctional mental health system, where he supervised clinicians and oversaw treatment programs. Throughout his professional journey, he has provided individual, couples, family, and group therapy; supervised master's-level therapists; delivered counseling seminars; written educational articles; and developed and led therapy groups and workshops.

Whether working with individuals, couples, families, or groups, Dr. Watt approaches therapy in a collaborative, respectful, and empathic manner. As a Christian provider, he is attentive to the role faith and values may play in a person's life, when desired. He is committed to compassionate, practical, and evidence-based care tailored to everyone's needs, creating a safe space where people can address life's challenges and grow into the fullest version of themselves.