

Behavioral Tech, LLC Trainer Biosketch

Stacy Shaw Welch, Ph.D
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Stacy Shaw Welch, Ph.D Director of Research and Development at the DBT Center of Seattle. The DBT Center is part of the Evidence Based Treatment Centers of Seattle, PLLC, where Dr. Welch is a founding member and also directs the Anxiety and Stress Reduction Center of Seattle. Dr. Welch was personally trained and mentored by Dr. Marsha Linehan, the developer of DBT, for over five years during her doctoral work in clinical psychology at the University of Washington. She has been active in research and treatment involving borderline personality disorder, suicide/non-suicidal self-injury and DBT since 1998. She also worked as a research therapist in Dr. Linehan's lab, providing individual psychotherapy, skills training, and supervision. Dr. Welch has written and presented numerous theoretical and research papers on suicidal behavior and DBT, and has also received grant funding from the National Institute of Mental Health to study the mechanisms maintaining chronic self-injurious behavior. She has trained and consulted to other treatment providers all over the United States. In addition to her work in suicide prevention, non-suicidal self-injury, and emotion regulation, Dr. Welch has had a longstanding interest in anxiety disorders, trauma and body-focused repetitive behaviors (such as trichotillomania). She completed her doctorate in clinical psychology at the University of Washington, where she received specialized training in the treatment of anxiety related disorders. She did postdoctoral work at the Trauma and Anxiety Recovery Program at Emory University School of Medicine, where she worked under Dr. Barbara Rothbaum, an internationally recognized expert in the field. She maintains a private practice including both DBT and anxiety-focused treatments, is conducting ongoing research and regularly publishes articles in scientific journals, and is very active in projects helping disseminate evidence based practices.