

## Matthew Ditty, DSW, LCSW

Consultant & Trainer with the Treatment Implementation Collaborative, LLC

Matt has been a social worker and mental health clinician since 2003. He began his career in the Outpatient Psychiatry Clinic at the Hospital of the University of Pennsylvania and continued it as a psychotherapist in private practice. He has held part-time and consulting positions with the United States Navy, the Positive Psychology Center, Recovery at Penn, and others, performing tasks such as counseling 911 survivors, providing clinical supervision, and enacting treatment protocol for several research studies. Within Matt's range of mental health experience, his primary expertise and passion is for trauma survivors, as well as life-threatening coping strategies such as suicide, non-suicidal self-injury, and addiction. He has received Core Clinical Training in DBT by Dr. Shari Manning, he is a member of Dr. Marsha Linehan's DBT Strategic Planning Meeting in Seattle, and he currently receives direct weekly consultation from Dr. Katherine Comtois.

When not engaged in therapy provision, he teaches Master's level social workers at the University of Pennsylvania's School of Social Policy and Practice. He currently researches the implementation of Cognitive Behavioral Therapy, Dialectical Behavior Therapy, and other evidence-based treatments.