

Viola B. Mecke, PhD, a Psychologist in Private Practice

Get to know Psychologist Dr. Viola B. Mecke, who served patients in California.



New York City, New York Jun 23, 2023 ([IssueWire.com](https://www.issuewire.com)) - A seasoned psychologist, Dr. Mecke has dedicated over four decades to teaching and clinical practice.

Before embarking on her professional journey, she graduated with her Bachelor of Arts degree from the University of Akron, and received her PhD from Case Western Reserve University. She continued her training at the University of Nebraska Medical School in the Department of Psychiatry, and the Tavistock Institute of Interpersonal Relationships in London, England.

Recognized as a Fellow of the Academy of Clinical Psychology, Dr. Mecke holds diplomate certifications in Clinical Psychology from the American Board of Professional Psychology and the American Board of Administrative Psychology. Furthermore, she is recognized as a board-certified expert in traumatic stress by the American Academy of Experts in Traumatic Stress.

Throughout her career, she specialized in emotional and personality development and the various challenges individuals face across their lifespan. However, her interest in aging was particularly piqued after experiencing health crises in her own life.

It was this personal journey that motivated her to become a co-founder of the Center for Intergenerational Relations in Santa Barbara, California. This organization, founded by Dr. Mecke and her colleagues, aimed to bridge the gap between different generations and promote understanding, empathy, and collaboration among individuals of all ages.

Despite her age of ninety-five, Dr. Mecke remains vibrant and continues to make valuable contributions to the field of psychology. Approximately five years ago, she embarked on a new creative endeavor, delving into writing articles and poetry. She is the author of several books, including *The Ups and Downs of Growing Older: Beyond Seventy Years of Living*; *Aging Wisely: Facing the Emotional Challenges from 50 to 85+ Years*; and *Life-Long Effects of Child Sexual Trauma - In Drawings*. Through her writings, she offers unique insights and perspectives on various psychological topics, enriching the understanding of her readers.

With a passion for teaching, she holds the position of Clinical Professor Emeritus (adjunct) in the Department of Psychiatry and Behavioral Sciences at Stanford University Medical School, as well as Emeritus Professor of Educational Psychology at East Bay California State University.

On a more personal note, Viola Bloom Mecke was born in Tallmadge, Ohio, and her upbringing in this town has had a lasting impact on her life. She was honored for her achievements and inducted into the Tallmadge Alumni Hall of Fame. Following her move to California in 1964, in 2002, she made Santa Barbara her home. She now resides in Gainesville, Florida.

Learn More about Dr. Viola B. Mecke:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/85018939-Viola-Mecke-Psychologist>, through Viola B. Mecke, <http://violameckephd.com/professional.htm>, through her website, <https://www.theupsanddownsofgrowingolder.com/about-the-author/> or through her website, <https://www.agingwisely-sb.com/author/>

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