

Drs. M.T. and Emma Wilson, PhD: Wilson Psychology Group, LLC & Wilson Sports Psychology, LLC

Get to know Drs. M.T. and Emma Wilson, who serves patients in Anniston, Alabama.



New York City, New York Feb 21, 2024 ([Issuewire.com](https://www.issuewire.com)) - Dr. M.T. Wilson, a renowned sports psychologist, serves as the Co-Owner of Wilson Psychology Group, LLC, with his wife Emma Hiatt Wilson, PhD, located in Anniston, Alabama.

Dr. Emma Hiatt Wilson is a licensed psychologist, specializing in the treatment of adults with a variety of mental health disorders, including mood and anxiety disorder(s), trauma- and stressor-related disorders, somatic symptom disorders/functional neurological disorders, and severe mental illness.

Our commitment is to provide quality mental health and substance abuse services to all individuals without regard to race, color, religion, national origin, gender, age, sexual orientation, or disabilities. Operating across diverse domains, Wilson Psychology Group, LLC caters to individuals, couples, families, groups, corporations, and businesses. The practice specializes in offering both traditional psychotherapy and pioneering evidence-based mental health treatment and consultation services.

Wilson Sports Psychology, LLC works with athletes across various stages of their athletic careers. He

has consulted with MLB and numerous NCAA Division I programs. The practice specializes in providing unique and unorthodox styles in the practice of sports psychology that utilizes state-of-the-art treatment strategies taken from a wide variety of other scientific disciplines. He works with coaching staffs, individual athletes and teams, and any individual or business that is looking to compete or perform at their highest level.

Engaged in diverse areas of research and treatment, Dr. M.T. Wilson's focus spans across sports psychology, neuropsychological testing and assessment, as well as exploring the theory of mind (ToM) and emotion regulation in schizophrenia spectrum disorders and various psychiatric conditions. He is dedicated to implementing evidence-based practices within community mental health settings and pioneering innovative treatments like metacognitive and social cognition interventions to enhance psychosocial adjustment and alleviate psychological distress. Additionally, he is actively integrating technology, such as mHealth technology, into his treatment approaches.

Originally from Jacksonville, AL, Dr. M.T. Wilson, PhD has recently relocated to Jacksonville, Alabama from Berkeley, CA. Dr. Emma H. Wilson, PhD grew up in Scotch Plains, NJ, and has recently relocated to Anniston, Alabama from Berkeley, CA.

Academically, Dr. M.T. Wilson earned his Bachelor of Science Degree from the University of Alabama at Birmingham, majoring in Psychology with a minor in Social Psychology, in 2003. Following this, in 2005, he pursued his Master of Science Degree at the University of Wisconsin-Madison, focusing on Rehabilitation Psychology. Subsequently, in 2018, Dr. Wilson attained his Doctor of Philosophy Degree from the UW-Madison, with a major area of study in Rehabilitation Psychology and minors in Applied Statistics and Counseling Psychology. Presently, he is in the final stages of completing post-doctoral training in Medical/Rehabilitation Psychology under the mentorship of Dr. Dan Lowery, a renowned expert in the field.

At the University of Wisconsin-Madison, Dr. Emma Wilson completed an undergraduate degree in psychology and a doctoral degree in Rehabilitation Psychology. At UW-Madison, Dr. Wilson focused on clinical, teaching, and research aspects of acquired disability (traumatic brain injury, spinal cord injury) and management of chronic illness and disability, ranging from complex medical conditions (e.g., diabetes, cardiac conditions) to severe psychiatric disorders.

During this period, Dr. Wilson obtained tutelage and training in neuropsychological assessment at the Geriatric Research Education and Clinical Center (GRECC) at James M. Middleton VA Hospital in Madison, Wisconsin: Providing neuropsychological testing of adults and older adults with possible neurocognitive disorders, and/or age-related cognitive decline while monitoring these patients each year for any noticeable changes.

Psychology is the science of behavior and mind. It includes the study of conscious and unconscious phenomena, as well as feeling and thought. It is an academic discipline of immense scope. Psychologists assess, diagnose, and treat the psychological problems and behavioral dysfunctions resulting from, or related to, physical and mental health. In addition, they play a major role in the promotion of healthy behavior, preventing diseases and improving patients' quality of life.

Learn More about Drs. M.T. & Emma H. Wilson:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/85020655-M-T-Wilson-Psychologist?zipcode=36207> or through Wilson Psychology Group, LLC, <https://www.wilsonpsychology.org>

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Source : M.T. Wilson, PhD

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