

Tabitha Dolan Psy.D: A Leader in Psychological Care and Community Wellness

Innovative Clinical Psychologist Champions Mental Health in New and Unique Ways



New York City, New York Dec 30, 2024 ([Issuewire.com](https://www.issuewire.com)) - Denver, Colorado - Dr. Dolan (Doc T), a Licensed Clinical Psychologist renowned for her extensive experience in both civilian and military psychological practice, proudly announces her current roles and initiatives aimed at enhancing mental health services and community welfare. Doc T is the owner of OSWEC, LLC, a ONE STOP for wellness, events, and consultation. Her mission is to create impactful change within individuals that

fosters broader community transformation.

With a wealth of experience, Doc T served as a Psychologist at the Veteran's Administration and has held multiple leadership roles, including Vice-President of Events, President, then Past-President of the Altitude Elementary Parent Teacher Community Organization. Her commitment to mental health extends to her work as a Supervisory Clinical Psychologist at Cogito Mental Health Services and as a Licensed Clinical Psychologist for the United States Army.

At OSWEC, LLC, Doc T is dedicated to mitigating provider burnout, for example through self-awareness and balance techniques. Her person-centered therapy approach incorporates cognitive-behavioral therapy to curate treatment plans that prioritize the unique needs of her clients. She is spearheading a call to action—to make mental health accessible and acceptable in our daily lives by providing techniques and tactics in unique ways. Through the power of renegotiation, she empowers individuals and groups to redefine their paths, striving to create long-term solutions for personal development.

Doc T's impressive academic credentials include a Bachelor's Degree in Psychology from Penn State University with a concentration in experimental psychology and a Psy.D. in Clinical Psychology from Argosy University where diversity is emphasized. Her clinical training is complemented by twenty years of military service, significant military experience as a Flight Psychologist with the United States Army, and contributions as a Subject Matter Expert for the National Center for PTSD.

An accomplished speaker, Doc T has delivered impactful presentations on military-specific issues, ethics, and psychological risk assessment, establishing her as a thought leader in her field. Her presentations have impacted both mental health professionals and military personnel, underscoring her role as a thought leader in her field.

Outside of her clinical practice, Doc T is actively involved in community service. She loves volunteering and has held significant roles in her children's schools and has contributed to leadership programs such as Leadership Cherry Creek. Her philanthropic work extends to various educational and community initiatives, demonstrating her dedication to fostering positive change.

In her personal life, Doc T a dedicated mother, enjoys exploring her community with her family, engaging in audiobooks and podcasts, traveling, and maintaining an active lifestyle. Her commitment to enhancing mental health and community well-being continues to inspire those around her.

Learn More about Dr. Tabitha Dolanrd:

Through her findatopdoc profile,
<https://www.findatopdoc.com/doctor/640706-Tabitha-Gressard-Psychologist> or through OSWEC, LLC,
<https://oswec.com/>

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Source : Tabitha A. Gressard, Psy.D

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