

Erin McKee, PsyD: A Veteran Clinical Psychologist Bringing Mindful Healing to Stanwood, Washington

Navigating Complex Emotional Landscapes with Insight-Oriented, Mindfulness-Based Therapy



New York City, New York Mar 12, 2025 ([Issuewire.com](https://www.issuewire.com)) - Erin McKee, PsyD, a dedicated clinical psychologist, trauma expert, certified mindfulness meditation teacher, and military veteran, is proud to announce her private practice in Stanwood, Washington, where she offers insight-oriented, mindfulness-based individual and group psychotherapy. With a focus on the intersection of interpersonal and cultural

dynamics, Dr. McKee is committed to helping individuals navigate complex emotional landscapes, providing therapeutic support for a diverse range of issues.

Dr. McKee specializes in numerous areas, including attachment issues, adjustment disorders, anxiety, ADD/ADHD, eating disorders, depression, existential crises, trauma, and abuse survivors. With extensive experience supporting military veterans and LGBTQIA+ populations, she is particularly skilled in addressing the unique challenges faced by these groups. Her expertise in trauma recovery is highlighted by her successful coordination of PTSD recovery groups for individuals with histories of childhood trauma and those who are adult survivors of violent events.

Dr. McKee's academic journey began at the University of Montana in Missoula, where she earned her Bachelor of Arts in Humanities, graduating Magna Cum Laude. She continued her studies at the University of Kansas, obtaining a Master of Arts in Cultural Anthropology, before completing her Doctorate in Clinical Psychology at Alliant International University in San Francisco. This diverse educational background informs her practice, allowing her to approach psychotherapy with a rich understanding of cultural contexts.

A member of several professional organizations, including the American Psychological Association, the International Society for Traumatic Stress Studies, and Psychology Interjurisdictional Compact (PSYPACT), Dr. McKee is deeply committed to advancing her knowledge and skills in the field of psychology.

Her military service has also significantly shaped her professional identity. While serving on the U.S.S. Nimitz, Dr. McKee provided critical behavioral health services to over 5,000 active-duty sailors and marines, increasing access to mental health care by 40%. She played a pivotal role in the Carrier Strike Group 11 Admiral's Counsel on Suicide and Sexual Assault Prevention and developed support initiatives for transgender sailors and their partners.

Dr. McKee's military service includes a distinguished tenure as the Interim Director of the PTSD Pathways Program for combat veterans and as a mentor for psychiatry residents and social work Ph.D. interns. Her deployment in Afghanistan involved providing individual psychotherapy at the Concussion Restoration and Combat Stress Clinics, as well as leading significant training and support programs aimed at reducing stress reactions among service members.

Since her departure from active duty, Dr. McKee has continued her work in mental health, providing individual and group therapies in various settings, including a primary care clinic. She is dedicated to addressing the mental health needs of women recovering from trauma and transgender young adults. Additionally, she serves as a consultant for terra.do, an online climate school, assisting students in coping with climate change uncertainty through mindfulness practices.

Dr. McKee has been honored with numerous commendations, including the Joint Service Commendation Medal, Navy and Marine Corps Commendation Medal, National Defense Service Medal, Global War on Terrorism Medal, Afghanistan Campaign Medal, and NATO Medal, recognizing her exceptional service and dedication to her patients and peers.

Outside of her professional endeavors, Dr. McKee enjoys skiing, which allows her to connect with nature and recharge. She cherishes her vacations in Italy, exploring its rich culture and breathtaking landscapes. A lifelong learner, she frequently turns to The New Yorker for its insightful commentary on various topics.

For those seeking compassionate and effective mental health support, Dr. McKee's practice in Stanwood, Washington, offers a safe and nurturing environment for healing and growth.

Learn More about Dr. Erin McKee:

Through her findatopdoc profile,
<https://www.findatopdoc.com/doctor/2340628-Erin-McKee-Psychologist> or through her website,
<https://erin-mckeepsyd.clientsecure.me/>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept their insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

*****@yourhealthcontact.com

Source : Dr. Erin McKee

[See on IssueWire](#)