

Todd Favorite, PhD, ABPP, FAACP: A Leader in Clinical Psychology and Mental Health Advancement

Dedicated to Research, Education, and Compassionate Care at the University of Michigan



Ann Arbor, Michigan Nov 10, 2025 ([IssueWire.com](https://www.issuewire.com)) - Dr. Todd Knowlton Favorite, Ph.D., ABPP, a Clinical Associate Professor of Psychiatry at the University of Michigan Medical School, continues to make significant contributions to the field of clinical psychology through his pioneering work in trauma treatment, mindfulness-based interventions, and integrated care for comorbid psychiatric conditions. With a career spanning over four decades, Dr. Favorite has been instrumental in advancing evidence-based psychotherapies and expanding access to mental health care through both traditional and telehealth platforms.

Dr. Favorite's academic and clinical career reflects a steadfast commitment to innovation and public service. He has held key leadership roles across the University of Michigan, including Director of the University Psychological Clinic at the Mary A. Rackham Institute, and faculty positions within the Behavioral Sleep Medicine Clinic. His work has focused on improving treatment outcomes for individuals with posttraumatic stress disorder (PTSD), chronic depression, and co-occurring conditions. Dr. Favorite's research in Mindfulness-Based Cognitive Therapy (MBCT) and Mindfulness-Based Stress Reduction (MBSR) has helped promote this, along with other integrative psychotherapeutic approaches tailored to individual patient needs.

Over the years, Dr. Favorite has served as principal investigator or collaborator on federally and privately funded research projects, including studies sponsored by the National Institutes of Health and the Veterans Health Administration. His projects have explored innovative applications of cognitive-behavioral therapies, including the Cognitive Behavioral Analysis System for Psychotherapy and Mindfulness-Based Cognitive Behavioral Therapy to enhance resilience, reduce suffering, and bridge mental health treatment gaps for underserved populations. In addition to his research, Dr. Favorite has contributed to over two dozen peer-reviewed publications and book chapters that continue to influence clinical training and behavioral science.

Recognized nationally for his leadership, Dr. Favorite has received multiple honors, including the Veterans Administration Service Award, Fellowship with the American Academy of Clinical Psychologists, and the 2025 Excellence in Psychology Award from *Best in Michigan Magazine*. He has also enjoyed an international reputation through invited lectures and training workshops in the United Kingdom, Germany, and Canada. Beyond academia, he has played an active role in professional organizations such as the International CBASP Society and the Society for Exploration of Psychotherapy Integration, for which he is Michigan Regional Network Coordinator. Dr. Favorite currently serves on the board of the Washtenaw Psychological Society as the Program Chair and is the Director of Michigan Mindfulness at the University of Michigan Medical School. He currently collaborates with the Michigan Department of Health and Human Services Health Services to provide training to mental health providers in Community Mental Health in Mindfulness-Based Cognitive Therapy. Dr. Favorite is coauthor of *Cognitive Behavioral Analysis System for Psychotherapy: New Applications*. Tarsia, M., Favorite, T.K., McCullough, J.P.K. Cambridge Press, UK, to be released in 2026.

Today, Dr. Favorite remains a driving force in the field of clinical psychology, combining rigorous research with compassionate clinical practice. Through his ongoing teaching, mentorship, and international collaborations, he continues to inspire the next generation of psychologists to embrace integrative, science-based approaches to mental health care.

Learn More about Dr. Todd Favorite:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1161151-Todd-Favorite-Psychologist>, or through the University of Michigan Health, <https://www.uofmhealth.org/profile/1871692293/todd-knowlton-favorite>

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Media Contact

Your Health Contact

*****@yourhealthcontact.com

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