

Name: Alex Rowell, PsyD

Title: Vet Med Wellness Coordinator/CAPS Psychology Resident

Email: alex.rowell@oregonstate.edu

Therapeutic Style: Existential, Humanistic, Acceptance and Commitment Therapy, Cognitive Behavioral Therapy, Mindfulness, and Self Psychology

Professional Interests: Gender issues, existential philosophy, college counseling, program evaluation, graduate/professional students, life transitions, peripartum mental health, parenting, self-compassion, performance psychology, loss of life, and men and masculinity.

Areas of clinical competence: Depression, anxiety, adjustment disorders, insomnia, burn out, stress and time management, substance abuse, developing coping skills, gender and sexual orientation.

Groups and Liaison Roles: Veterinary Medicine

Education Background: San Diego State University, B.A.

Alliant International University-CSPP M.A.

Alliant International University-CSPP Psy.D

Personal Interests: Running, being outdoors, baseball, football, Star Wars, spending time with my family, my pets and Game of Thrones