

# **Timothy J. Williamson**

**Assistant Professor of Psychology | Psychological Science at Loyola Marymount University**

Los Angeles, CA, US

Bellarmino College of Liberal Arts

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## **Biography**

Dr. Williamson is a clinical health psychologist with research interests in stress, stigma, and health. In his research, Dr. Williamson uses qualitative and quantitative methods to understand how some psychological and social factors (e.g., stigma, social adversity) can increase risk for negative mental and physical health outcomes, whereas others (e.g., self-compassion, mindfulness) can promote resilience in the face of profoundly stressful experiences, including chronic medical diseases such as cancer. Dr. Williamson is also a licensed clinical psychologist with additional training in psychosocial oncology and public health. As part of his clinical training, Dr. Williamson taught mindfulness and delivered Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT) to individuals and couples in hospitals and community-based mental health clinics. Dr. Williamson has worked in a variety of behavioral medicine settings, including Memorial Sloan Kettering Cancer Center, the Weill Cornell Pediatric Sleep & Breathing Disorders Center, and the UCLA Cystic Fibrosis Center. Dr. Williamson teaches courses at LMU in health psychology, psychopathology, and statistical methods for psychology. Dr. Williamson is committed to mentorship and providing students with learning experiences that promote self-reflection and deep understanding.

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## **Areas of Expertise**

Mindfulness, Stress and Coping, Psychosocial Oncology, Clinical Psychology, Health Psychology, Public Health, Stigma, Self-Compassion

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## **Education**

**University of California,**  
Ph.D. Clinical Health Psychology

**Weill Cornell Medicine/New York-Presbyterian Hospital,**  
Predoctoral Internship

**University of California,**  
M.A. Psychology

**Claremont Graduate University**  
MPH Health Promotion, Education, and Evaluation

**Pitzer College**  
B.A. Psychology

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