



LIFEWORKS



PROVIDER INFORMATION SHEET

DR. KEVIN J. MURPHY

SHORT BIO

I focus on finding the "why" behind thoughts, emotions, and behaviors—and more importantly, creating meaningful, lasting change. My approach is practical, down-to-earth, helping you build the tools to become your own best resource.

Clinically, I draw from trauma-focused CBT, narrative therapy, and developmental psychology to guide our work. But therapy with me isn't about theory—it's about applying insights in real time to help you manage stress, build better relationships, and feel more grounded in who you are.

I've been in the field for nearly 30 years, offering therapy in schools, clinics, private practice, and community-based settings. I've also supported clients through major life transitions, grief, trauma, and identity challenges.

If you're ready to better understand yourself and take the next step toward change, I'd be honored to work with you.

CLINICAL LICENSES

Licensed Independent Clinical Social Worker (LICSW)

EDUCATION

Bachelor of Science and Psychology
Elmira College

Masters of Clinical Social Work
Marywood University

Doctorate in Leadership
Indiana University of Pennsylvania

CLINICAL SPECIALTIES

Assessment, diagnosis, treatment planning, treatment & collaboration of care of DSM-5 disorders, including:

- Anxiety
- Behavioral Issues
- Career Issues
- Coping Skills
- Depression
- Divorce Issues
- Grief & Bereavement
- Relationships
- Resources
- PTSD
- Self Esteem
- Stress
- Trauma
- Veterans

AGES

- Adults
- Elderly

MODALITY

- Individuals
- Couples

EVIDENCED BASED FRAMEWORKS

- Brief Therapy (CBT/Solution Focused)
- Cognitive Behavioral Therapy
- Interpersonal Therapy
- Mindfulness Based Cognitive Therapy
- Family Systems
- Motivational Interviewing
- Solution Focused Therapy
- Strengths Based



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