

Matthew J. Paylo, Ph.D./LPCC-S, is an associate professor and the program director of the counseling program at Youngstown State University. He has over 11 years of clinical experience in various settings including prisons, hospitals, residential treatment facilities, and college counseling centers. Matthew is passionate about implementing evidence-based interventions within therapeutic relationships that highlight empathy, unconditional positive regard, and genuineness. He has authored and co-authored numerous publications and presentations in the field of advocacy, counseling, and counselor education. Matthew has also co-authored a book outlining a comprehensive, strength-based approach to treating mental health disorders and he is currently working on a second book on counseling children and adolescents. Additionally, Matthew was the recipient of the 2013- 2014 YSU Distinguished Faculty Teaching Award.