

Knabb, Joshua, PsyD, ABPP

Biography

Joshua J. Knabb, PsyD, ABPP, is a Board Certified Clinical Psychologist, specializing in individual and couples therapy. Residing in Southern California with his wife and two children, Dr. Knabb is an Associate Professor of Psychology at California Baptist University (CBU), serving as Director of the Doctor of Psychology (PsyD) in Clinical Psychology Program in the College of Behavioral and Social Sciences. In addition to his work as an educator and psychotherapist, Dr. Knabb's writings and research have been published in two dozen academic journal articles over the last decade. His most recent books include *Faith-Based ACT for Christian Clients* and *Contemplative Prayer for Christians with Chronic Worry*. Research interests include marriage and the family, psychological assessment, the psychology of religion, attachment theory, mindfulness-based therapies, and contemplative Christianity. In recent years, Dr. Knabb has been especially drawn towards the writings of the early desert Christians, which seem to capture a well-developed psychospiritual understanding of the human condition, rooted in humility, patience, surrender, acceptance, intrapsychic awareness, detachment, a courageous willingness to let go, and a deep longing to connect to God on a more intimate level. These writings, from Dr. Knabb's perspective, are highly relevant for Christian psychotherapy clients in contemporary Western society, who are often exhausted by futile efforts to fully eradicate their recurrent symptoms and looking for an alternative way to live a life authentically devoted to God.