



SAINT LOUIS  
UNIVERSITY

**Matthew J. Grawitch, Ph.D.**

Chair, Organizational Studies Program, School for Professional Studies,  
Saint Louis University

Matt Grawitch is the chair of the organizational studies program in the school for professional studies at Saint Louis University. In this role, he teaches courses in the areas of motivation, occupational health, organizational theory, leadership, and psychology.

Matt also conducts research in the areas of stress and the healthy workplace. He currently serves as the primary research consultant to the American Psychological Association (APA) for its Psychologically Healthy Workplace Program. Matt has received several awards for research excellence and is dedicated to bridging the gap between scientists and practitioners as it relates to developing, implementing, and evaluating programs related to workplace health and stress.

In addition to his work with APA, Matt performs a variety of services for client organizations in the for-profit and not-for-profit sectors, including strategic planning facilitation and the design and implementation of stress management programs, employee and client surveys, and employee training and development efforts. He is a frequent writer and presenter on psychological health in the workplace.

Matt received his doctorate degree in Organizational Psychology from Saint Louis University.