

Dr. Ruth Nutting is uniquely aware and knowledgeable of the power of quality behavioral health services. As an actively practicing marriage and family therapist with a grasp of pedagogy to match her clinical prowess, Dr. Nutting is a passionate, collaborative, and innovative clinician committed to driving positive mental health outcomes.

As evolvedMD's Director of Clinical Programs, Dr. Nutting is charged and challenged with clinical training and development, program development and evaluation, and elevating evolvedMD's clinical offerings. Prior to evolvedMD, Dr. Nutting was a leading voice in behavioral health integration as the Director of Behavioral Health at Ascension Via Christi Family Medicine Residency while concurrently acting as a Clinical Assistant Professor at the University of Kansas School of Medicine.

An expert at equipping and empowering practitioners, with her vast experience Dr. Nutting integrated the first behavioral health program within residency clinics, implemented trauma informed care and screening of ACES with pediatric populations, and developed a physician wellness program.

Hailing from the 13 original colonies (born in Vermont and raised in New Hampshire) the well-pedigreed New England Native is an alumna of Granite State College in New Hampshire, received her Master's of Arts in Marriage & Family Therapy from Antioch University, and completed her Doctorate in Human Development with a Specialization in Marriage and Family Therapy from Virginia Tech University.

A renowned influencer, Dr. Nutting serves as Chair of the Families and Health Special Interest Group (Collaborative Family Healthcare Association) and is the Chair-Elect of the Family Therapists in Healthcare Settings Topical Interest Network (American Association for Marriage and Family Therapy). From research to policy to advocacy, Dr. Nutting leverages her passion and expertise to ensure equity and excellence for family therapist committed to social impact.

With deep training in understanding others, Dr. Nutting can be easily understood by her personality profiles as a: Persuader (Predictive Index), ENFJ-Protagonist (Myers Briggs), and all the accompanying StrengthsFinder traits (WOO, Achiever, Self-Assured to name a few).

To bring calm to her ever-evolving world, Dr. Nutting is a CrossFit athlete and enjoys mentoring not only up-and-comers in the field but underserved youth through Big Brothers Big Sisters. Extracurriculars keep her busy but she mostly enjoys traveling the world and spending time with her partner.