

Tamara (Tammy) Martin Causey, Ph.D.

Contact Information

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Professional Experience

2003-Current **Managing Partner & Psychologist,**
Integrative Psychology Solutions, PLLC

Contracts to provide the following services

2019-Current - Provide substance abuse evaluations and treatment recommendations for impaired physicians (contract with a substance abuse hospital)

2017-2023 - Provide stress management services to physicians experiencing a malpractice claim (contract with a medical malpractice company)

2020-2022 - Provide counseling services for pregnant and postpartum mothers (contract with a birthing center)

Private Practice Services

Adult Assessment & Diagnosis
Couples & Relationship Counseling
Individual, Group & Family Therapy
Substance Abuse Evaluation and Treatment
Supervision of psychology interns and residents
Leadership Development Assessment and Education

- 2003-2004 **Adjunct Associate Professor**, Department of Mind/Body Medicine, Southwest College of Naturopathic Medicine Tempe, AZ
Courses in Counseling Methods, Psychological Trauma, Motivational Interviewing for Substance Abuse Interventions, Study Prep Workshops for Psych Section of Board Exams
- Adjunct Faculty**, Argosy University, Phoenix, AZ
Doctoral level courses in Marriage & Family Therapy
- Aug 2001-May 2002 **Fellow and Instructor**, Department of Psychiatry, School of Medicine and Dentistry, University of Rochester, NY
Direct patient care, teaching, supervision, consultation services to Graduate School of Business during 9/11
- Aug 2000-Jul 2001 **Predoctoral Intern**, Counseling and Mental Health Services, Department of Psychiatry, School of Medicine and Dentistry, University of Rochester, NY
Direct patient care, supervision
- Aug 1996-May 1999 **Clinician, Supervisor, Professor**, New Mexico State University, Las Cruces, NM
Counselor, NMSU University Counseling Center
Provided counseling and on-call services
Clinical Supervisor , NMSU Counselor Training Clinic
Provided supervision to masters level therapists
College Instructor, NMSU Department of Counseling and Educational Psychology
300 level Human Relations Class
College Assistant Professor, NMSU Department of Family and Consumer Sciences
200-level Child Development Class
New Mexico State University, Las Cruces, NM
- 1994 – 1996 **Clinical Program Director, Convener**, Family and Children’s Service of Greater Greensboro, Inc., Greensboro, NC
- Director**, Specialized Child Abuse Services,
Improved productivity standards, strengthen in-home and office-based components of service delivery, lead team through outcome measure development process. Maintained strong intern training and supervision program

Convener, Guilford County Family Preservation Federal Grant, Responsible for providing leadership for County-wide planning process for Family Preservation Services. Led professionals and consumers of services in collaborative efforts to develop service plans. Wrote and was awarded \$500,000 grant

Family Support Supervisor

Supervised home-based therapy and family support services. Clinical supervision of Masters-level staff and interns. Responsible for program development and coordination of client services with other community resources.

1993-1994 Counselor, Charter Psychiatric Hospital of Winston-Salem, Winston-Salem, NC
Provided individual and group therapy

1992-1993 **Project Administrator,** The Moses H. Cone Family Practice Center, Greensboro, NC
Coordinator for School-Based Health Clinic - Responsible for obtaining funding and organizing start-up for a school-based health clinic. Duties included research activities and preparation of materials for publication. Successfully wrote funded grants for this project
Outreach Counselor, Youth Focus, Inc., Greensboro, NC
Provided home-based individual and family therapy

1989-1992 **Research Coordinator,** Guilford County Mental Health Greensboro, NC
Developed program evaluation system to determine client change within and across clients. Utilized SAS for statistical evaluation. Provided monthly reporting to local, state, and federal agencies. Supervised dBase programming and training in new programs.
Therapist, Provided family therapy with families with an adolescent diagnosed with conduct disorder, oppositional-defiant disorder, or ADHD.

Volunteer Service

Vice-President Cave Creek Museum
Cave Creek, AZ (2023-2024)

Secretary Cave Creek Museum
Cave Creek, AZ (2020-2023)

Volunteer	Foothills Food Bank & Resource Center Cave Creek, AZ (2018)
Volunteer Coordinator	Cave Creek Rodeo Days (2018) Recruited & trained 200 volunteers
Member	Sponsorship Committee, Society of Psychologists in Management (SPIM) (2014-2016)
Volunteer	Triple R Horse Rescue Cave Creek, AZ (2016-2018)
President	Division of Independent Practice (42), American Psychological Association (2009)
Chair	Convention Program Committee, Div 42, American Psychological Association (2007)
Chair	Marketing and Public Education Committee, Div 42, American Psychological Association (2006)
Chair	Task Force on Expanding the Business of Psychology, Div 42, American Psychological Association (2006)
Associate Chair	Convention Committee, Div 42, American Psychological Association (2006)
Officer	Professional Practice Representative, Arizona Psychological Association (2006)
Officer	Secretary, Arizona Psychological Association (2004-5)
Officer	Secretary, Scottsdale Psychological Society (2005)
Chair	Legislative Committee, Arizona Psychological Association (2004-2005)
Member	Marketing Committee, Division of Independent Practice (42), American Psychological Association (2005)
Member	Disaster Services Committee, Arizona Psychological Association (2005)

Member	State Convention Committee, Arizona Psychological Association (2003 & 2005)
Volunteer	Disaster Mental Health, American Red Cross, Grand Canyon Chapter, AZ (2003-2011)
Board Chair	New Hope for School Ageds Enrichment Program, Inc. Rochester, New York (2000)
Member	Program Committee, Division 17, American Psychological Association (1998-2001)
Member	Evaluation Committee, Section for the Advancement of Women, Division 17, American Psychological Association (1998-2000)
President	Doctoral Student Association Department of Counseling and Educational Psychology, New Mexico State University (1997-1998)
Member	Public Relations Committee, YWCA (1995)
Member	United Way Speakers Bureau Speaker for United Way Campaigns (1994-1995)
Board Chair	Center for Family Development, Inc. Greensboro, NC (1993)

Publications and Training Materials

Martin-Causey, T. (2020, December). *Burnout or Moral Injury*, MICA Physician Risk Advisor, A Quarterly CME Publication of the Mutual Insurance Company of Arizona.

Martin-Causey, T. (2020, September). *Developing Resilience when Change is the Constant*, MICA Physician Risk Advisor, A Quarterly CME Publication of the Mutual Insurance Company of Arizona.

Martin-Causey, T. (2020, June). *Stress, Stress and More Stress: When Preventing Burnout is within Your Control*, MICA Physician Risk Advisor, A Quarterly CME Publication of the Mutual Insurance Company of Arizona.

Martin-Causey, T. (2020, March). *Striving to De-Stress*. MICA Physician Risk Advisor, A Quarterly CME Publication of the Mutual Insurance Company of Arizona.

Martin-Causey, T. (2005). *Progressive Marketing Basics for your Private Practice*, Training Module, Div 42, American Psychological Association, Washington: DC.

Martin-Causey, T. (2005), *Building Your Dream Practice from the Ground Up*, Chapter in Handbook for Success, Div 42, American Psychological Association: Washington, DC.

Martin-Causey, T. (2001, December). *Spirituality as a multicultural consideration: Implications for practice and training*. Dissertation, New Mexico State University, NM.

Martin-Causey, T. (1995, October). *Family-Based Services for Sexually Aggressive Children*. Fall Issue. National Family-Based Services Association Newsletter.

Martin-Causey, T. & Hinkle, J.S. (1994). *Multimodal therapy with an aggressive preadolescent: A demonstration of effectiveness and accountability*. Journal of Counseling and Development, 73, 305-310.

Media, Presentations and Workshops

Martin-Causey, T. (2020, July), *Meditation and Stress Reduction Techniques for Physicians*, AZ Health Education and Alliance Seminar, Mutual Insurance Company of Arizona.

Martin-Causey, T. (2020, April). *Covid19 Chaos at Home: Tips for Home Survival* Webinar, Mutual Insurance Company of Arizona.

Martin-Causey, T. (2020, January) *Conflict, Anger and Difficult Conversations in the Medical Office*, Lunch & Learn, Mutual Insurance Company of Arizona.

Causey, J.K., & Martin-Causey, T., (2009, August). *Best Practices in Practice Building: Ethical and Professional Considerations in the Use of Social Networking and Media Sites*, Annual Convention, American Psychological Association, Toronto, Canada.

Esnil, E., Molitor, N. (Presenters), & Martin-Causey, T (Discussant). (2009, August). *Meeting Client Needs and Personal Financial Goals through Alternative Practice Models*, Annual Convention, American Psychological Association, Toronto, Canada.

Schwartz, M. (Presenter), & Martin-Causey, T. (Discussant), (2009, August). *The Nuts and Bolts of Practice: An Early Career Perspective*, Annual Convention, American Psychological Association, Toronto, Canada.

Martin-Causey, T. (Guest Speaker). (2009, June). *Girlfriend Relationships*, 12 News Today Show, Phoenix, AZ

Ballard, D., Karapetian, A., Martin-Causey, T., & Sullivan, B. (2009, March). *Weathering the Storm: Helping your Members Provide Innovative, High-Quality Psychological Services in Challenging Economic Times*, State Leadership Conference, APA Practice Organization, Washington, DC.

Martin-Causey, T. (2008, October). *Providing Strength, Stability, and Leadership during Financial Stress*, Smith Barney, Phoenix, AZ

Martin-Causey, T.. (2008, August). *Office Ownership as a Practice Financial Growth Strategy*, Annual Convention, American Psychological Association, Boston, Massachusetts.

Causey, J.K., & Martin-Causey, T., (2008, August). *Marketing for Practice Success – Finding You is not Enough!*, Annual Convention, American Psychological Association, Boston, Massachusetts.

Martin-Causey, T. (Guest Speaker). (2008, May). *Marriage and Money*, 12 News Today Show, Phoenix, AZ

Martin-Causey, T., (2007, August). *Coaching or Therapy – New Approaches in Working with Couples*, Annual Convention, American Psychological Association, San Francisco, California.

Molitor, N. (Presenter), Martin-Causey, T. (Discussant). (2007, August). *New Marketing Technology for the Savvy Practitioner*, Annual Convention, American Psychological Association, San Francisco, California.

Martin-Causey, T. (Presenter) & McWilliams, N. (Discussant). (2007, August). *Psychodynamic Diagnostic Manual in Clinical Practice – A Demonstration*, Annual Convention, American Psychological Association, San Francisco, CA

Martin-Causey, T. (2006, August). *Parenting Grandchildren when Children Cannot: Navigating Loss as a Couple*, Annual Convention, American Psychological Association, New Orleans, Louisiana.

Goldberg, C., Hornyak, L., Martin-Causey, T., Molitor, N., Ramirez, B.. (2006, August). *Task Force on Practicing Psychology in the 21st Century – Not Business as Usual*, Annual Convention, American Psychological Association, New Orleans, Louisiana.

Cordero, A., Garcia, E., Stricklan, C., & Wilson, C., (Presenters), Garrett-Akinsanya, B., & Martin-Causey, T. (Discussants). (2006, August). *Bicultural Couples – When Diverse Worldviews Merge*, Annual Convention, American Psychological Association, New Orleans, Louisiana.

Gallardo, M. (Presenter), & Martin-Causey, T (Discussant). (2006, August). *Socially Congruent Society – Extending the Couch to the Community*, Annual Convention, American Psychological Association, New Orleans, Louisiana.

Mehl-Medrona, L. (Presenter), & Martin-Causey, T. (Discussant). (2006, August). *Psychological Aspects of Aboriginal Ways of Knowing – Dialogue with Nature and Beyond*, Annual Convention, American Psychological Association, New Orleans, LA.

Jacobsen, F., Mehl-Medrona, L. (Presenters), & Martin-Causey, T. (Discussant). (2006, August). *Unraveling the Healing Process – When Medicine and Psychology Meet*, Annual Convention, American Psychological Association, New Orleans, Louisiana.

Martin-Causey, T., and Roher, D. (2005, November). *Building Stronger Relationships During Life Transitions*, The Boulders Resort Health Fair, Scottsdale, AZ

Hogg, A., Martin-Causey, T., McPhee, D., Weiss, L. (2005, October). *Turning Private Practice Realities into Opportunities: Strategies for Practice Shaping, Professional Independence, and Self-Care*. Annual Convention, Arizona Psychological Association, Scottsdale, Arizona.

Martin-Causey, T. and Rodino, E. (2005, August). *Building Your Dream Practice from the Ground Up*. Symposium Presenter, 113th Annual Convention, American Psychological Association, Washington, DC.

Martin-Causey, T. (2005, June). *Building a Successful Private Practice: What You Never Learned in Graduate School*, Sierra Tucson Networking Breakfast, Phoenix, Arizona.

Martin-Causey, T. (2005, March). *Successfully Growing your Practice through Marketing, Entrepreneurship, and a Strategy that says You!* Scottsdale Psychological Society, Scottsdale, Arizona

Martin-Causey, T. (2005, February). *Politics and Psychology*. Presentation at Arizona State Capitol, Phoenix, Arizona.

Martin-Causey, T. (2004, October). *Medical License Board Review for Psychology Content Area*. Southwest College of Naturopathic Medicine, Tempe, Arizona

Member of Panel, (2001, October) *Eating Disorders and the Athlete: Special Considerations*. Panel Discussion for University of Rochester Athletic Coaches, University of Rochester, New York.

Martin-Causey, T. (2001, November). *Recognizing PTSD symptoms in students affected by Sept 11: What is the proper response?* Presentation to Faculty and Staff, Simon School of Business, University of Rochester, Rochester, New York.

Martin-Causey, T. (2001, November). *Dealing Effectively with Stress and Trauma*. Presentation to MBA and PhD students, Simon School of Business, University of Rochester, New York.

Martin-Causey, T. (2001, October). *Visual Imagery and Performance*. Presentation to the University of Rochester's Women's Field Hockey Team, University of Rochester, New York.

Martin-Causey, T., & Lindsay, Lisa (2000, August). *Eating Disorders: It is a dorm affair*. Training for Resident Hall Directors and staff, University of Rochester, New York.

Martin-Causey, T., & Rosnick, D. (2000, August). *Culture Shock*, Presentation to Graduate International Students, University of Rochester, New York.

Martin-Causey, T. (2001, January). *Basic Counseling Skills for Tutors of Students with Special Needs*, Training for Tutors at the Learning Assistance Center, University of Rochester, New York.

Martin-Causey, T., & Rosnick, D. (2001, May). *Multicultural Sensitivity in the Workplace*. Staff development training for editors and writers of the Democrat and Chronicle, Rochester, New York.

Martin-Causey, T., & Waldo, M. (1999, August). *Impact of the Office Environment on Session Effectiveness*. Poster Session. 107th Annual Convention, American Psychological Association, Boston, Massachusetts.

Kaczmarek, P., Martin-Causey, T., Adams, E., Fischer, M. (1998, August). *Gender Role Attitudes: Relationship to Perceived Closeness and Instructor Evaluation*. Poster Session. 106th Annual Convention, American Psychological Association, San Francisco, California.

Kaczmarek, P., Duvall, E., Schaefer, K., Martin-Causey, T., & Fischer, M. (1998, April). *The Impact of Gender Bias on Student Evaluations*. Women Matter: Lives, Conditions, Cultures, Women's Studies Conference, Las Cruces, New Mexico.

Martin-Causey, T. (1998, April). *Understanding and Recognizing Child Abuse and Neglect*. Regional Early Care and Education Conference, State of New Mexico Children, Youth, and Families Department, Las Cruces, New Mexico.

Martin-Causey, T. (1997, October). *The Impact of Office Environment and Counselor Business Demeanor on Perceptions of Session Effectiveness*. Multicultural Symposium, New Mexico State University, New Mexico.

Martin-Causey, T. (1996, April). *Child Abuse: Etiology, Dynamics, and Prevention*. Guest Speaker on "Today's Triad" Radio Broadcast, 107.5, WKZL, and Rock 92, WKRR, North Carolina.

Martin-Causey, T., & Ingle, G. (1991, November). *The Transitioning of Aged Out Willie M. Clients to Area Adult Services*. A Client Care Evaluation Study Presented to the Area Utilization and Quality Review Committee. Guilford County Area Mental Health, Guilford County, North Carolina.

Grants

Fesmire, R. & Martin-Causey, T. *Guilford County Healthy Start Initiative (6/96-5/97)*. Total Award (\$100,000).

Martin-Causey, T. Guilford County Family Preservation Services. Family Preservation Federal Legislation Allocations (9/95-6/97). Total Award (\$225,000 per year). (Although principle author, project was county-wide collaborative effort).

Martin-Causey, T. & Henry, E. In-Home Therapy for Child Abuse and Neglect. North Carolina Fund for Children and Families (7/94-6/95). Total Award (\$20,000).

Fields, K. B. & Martin-Causey, T. School-Based Health Services. The Foundation of Greater Greensboro, Inc. (1992). Total Award (\$4,000).

Fields, K. B. & Martin-Causey, T. School-Based Health Services. The Mary Norris Preyer Fund (1992). Total Award (\$2,000).

Licensure & Certifications

<i>PSY #003555</i> <i>2003-Current</i>	<i>Licensed Psychologist</i> <i>Arizona State Board of Psychologist Examiners</i>
<i>APIT #14242</i> <i>2023-Current</i>	<i>PSYPACT - Authority to Practice Interjurisdictional Telepsychology</i>
<i>2008</i>	<i>Professional Certified Coach (PCC)</i>
<i>2007</i>	<i>Collaborative Divorce Certification</i>

Honors and Awards

<i>2008</i>	<i>Distinguished Alumni, New Mexico State University, Las Cruces, NM</i>
<i>2005</i>	<i>Early Career Psychologist Award, Arizona Psychological Association, AZ</i>

Professional Memberships

American Psychological Association
*Division of Independent Practice

Arizona Psychological Association

Education

January 2008	Certified Professional Coach College of Executive Coaching Arroyo Grande, CA
May 2005	MBA online coursework in Marketing University of Massachusetts-Amherst Amherst, MA
August 2001-May 2002	Fellow and Instructor Dept of Psychiatry, School of Medicine and Dentistry University of Rochester, NY

- August 2000-July 2001** Predoctoral Intern, APPIC accredited site
Dept of Psychiatry, Counseling and Mental Health Services
School of Medicine and Dentistry
University of Rochester, NY
- January 2002** Ph.D., Counseling Psychology, APA-Accredited Program
New Mexico State University
Las Cruces, NM
- December 1991** M.Ed., Counseling, CACREP-Accredited Program
Emphasis: Marriage and Family Therapy
University of North Carolina
Greensboro, NC
- May 1982** BA, Psychology
University of North Carolina
Greensboro, NC