

**Tamara (Tammy) Martin Causey, Ph.D.**

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**Education**

*New Directions Postgraduate Writing Program*  
Washington Baltimore Center for Psychoanalysis  
Graduating May 2025

*Certified Professional Coach*  
College of Executive Coaching, Arroyo Grande, CA  
January 2008

*MBA Coursework in Marketing (Online)*  
University of Massachusetts-Amherst, Amherst, MA  
May 2005

*Ph.D., Counseling Psychology (APA-Accredited Program)*  
New Mexico State University, Las Cruces, NM  
January 2002

*M.Ed., Counseling (CACREP-Accredited Program, Emphasis: Marriage and Family Therapy)*  
University of North Carolina, Greensboro, NC  
December 1991

*B.A., Psychology*  
University of North Carolina, Greensboro, NC

**Licensure and Certifications**

*Licensed Psychologist (PSY-003555)*  
Arizona State Board of Psychologist Examiners  
2003–Present

*PSYPACT - Authority to Practice Interjurisdictional Telepsychology (APIT #14242)*  
2023–Present

*Professional Certified Coach (PCC)*  
2008

*Collaborative Divorce Certification*  
2007

## **Professional Experience**

### *Managing Partner & Psychologist*

Integrative Psychology Solutions, PLLC, Carefree, AZ

2003–Present

- Conduct adult assessments, diagnosis, and substance abuse evaluations.
- Provide couples, individual, group, and family therapy.
- Offer leadership development assessments and education.
- Supervise psychology interns and residents.
- **Contracted Services:**
  - Provide substance abuse evaluations and treatment recommendations for impaired physicians (contract with a substance abuse hospital), 2019–Present.
  - Provide stress management services to physicians experiencing a malpractice claim (contract with a medical malpractice company), 2017–2023.
  - Provide counseling services for pregnant and postpartum mothers (contract with a birthing center), 2020–2022.

### *Adjunct Associate Professor*

Department of Mind/Body Medicine, Southwest College of Naturopathic Medicine, Tempe, AZ

2003–2004

- Taught courses in Counseling Methods, Psychological Trauma, and Motivational Interviewing for Substance Abuse Interventions.
- Led study prep workshops for the psych section of board exams.

### *Adjunct Faculty*

Argosy University, Phoenix, AZ

2003–2004

- Taught doctoral-level courses in Marriage and Family Therapy.

### *Fellow and Instructor*

Department of Psychiatry, School of Medicine and Dentistry, University of Rochester, Rochester, NY

August 2001–May 2002

- Provided direct patient care, teaching, supervision, and consultation services.
- Consultant to the Graduate School of Business during the 9/11 crisis.

### *Predoctoral Intern*

Counseling and Mental Health Services, Department of Psychiatry, School of Medicine and Dentistry, University of Rochester, Rochester, NY

August 2000–July 2001

- Delivered direct patient care and provided supervision.

### *Clinician, Supervisor, and Professor*

New Mexico State University, Las Cruces, NM

August 1996–May 1999

- **Counselor, NMSU University Counseling Center:** Provided counseling and on-call services.
- **Clinical Supervisor, NMSU Counselor Training Clinic:** Supervised master's-level therapists.
- **College Instructor, Department of Counseling and Educational Psychology:** Taught 300-level Human Relations class.
- **College Assistant Professor, Department of Family and Consumer Sciences:** Taught 200-level Child Development class.

*Clinical Program Director and Convener*

Family and Children's Service of Greater Greensboro, Inc., Greensboro, NC

1994–1996

- **Director, Specialized Child Abuse Services:** Improved productivity standards, strengthened in-home and office-based service delivery, and led outcome measure development.
- **Convener, Guilford County Family Preservation Federal Grant:** Led county-wide planning for Family Preservation Services, securing a \$500,000 grant.
- **Family Support Supervisor:** Supervised home-based therapy, provided clinical supervision to master's-level staff and interns, and coordinated client services with community resources.

*Counselor*

Charter Psychiatric Hospital of Winston-Salem, Winston-Salem, NC

1993–1994

- Provided individual and group therapy.

*Project Administrator and Outreach Counselor*

The Moses H. Cone Family Practice Center, Greensboro, NC

1992–1993

- **Project Administrator, School-Based Health Clinic:** Secured funding and organized start-up, including research and preparation of materials for publication.

*Research Coordinator and Therapist*

Guilford County Mental Health, Greensboro, NC

1989–1992

- Developed a program evaluation system using SAS for statistical analysis, providing monthly reports to local, state, and federal agencies.
- Supervised dBase programming and training.
- Provided family therapy for families with adolescents diagnosed with conduct disorder, oppositional-defiant disorder, or ADHD.

### **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]. Division 42, American Psychological Association, Washington, DC.
- Martin-Causey, T. (2005). Building your dream practice from the ground up. In *Handbook for success*. Division 42, American Psychological Association, Washington, DC.
- Martin-Causey, T. (2001). *Spirituality as a multicultural consideration: Implications for practice and training* (Publication No. 3023475) [Doctoral dissertation, New Mexico State University, Las Cruces, NM]. ProQuest Dissertations Publishing.
- Martin-Causey, T. (1995, October). Family-based services for sexually aggressive children. *National Family-Based Services Association Newsletter, Fall Issue.*
- 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*(3), 305–310. <https://doi.org/10.1002/j.1556-6676.1995.tb01753.x>

### **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, Phoenix, AZ.
- Martin-Causey, T. (2020, April). Covid-19 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, Phoenix, AZ.
- 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 of the 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 of the 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 of the American Psychological Association, Toronto, Canada.

Martin-Causey, T. (2009, June). Girlfriend relationships [Television broadcast]. *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 of the American Psychological Association, Boston, MA.

Causey, J. K., & Martin-Causey, T. (2008, August). Marketing for practice success—Finding you is not enough. Annual Convention of the American Psychological Association, Boston, MA.

Martin-Causey, T. (2008, May). Marriage and money [Television broadcast]. *12 News Today Show*, Phoenix, AZ.

Martin-Causey, T. (2007, August). Coaching or therapy—New approaches in working with couples. Annual Convention of the American Psychological Association, San Francisco, CA.

Molitor, N. (Presenter), & Martin-Causey, T. (Discussant). (2007, August). New marketing technology for the savvy practitioner. Annual Convention of the American Psychological Association, San Francisco, CA.

Martin-Causey, T. (Presenter), & McWilliams, N. (Discussant). (2007, August). Psychodynamic diagnostic manual in clinical practice—A demonstration. Annual Convention of the American Psychological Association, San Francisco, CA.

Martin-Causey, T. (2006, August). Parenting grandchildren when children cannot: Navigating loss as a couple. Annual Convention of the American Psychological Association, New Orleans, LA.

- 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 of the American Psychological Association, New Orleans, LA.
- 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 of the American Psychological Association, New Orleans, LA.
- Gallardo, M. (Presenter), & Martin-Causey, T. (Discussant). (2006, August). Socially congruent society—Extending the couch to the community. Annual Convention of the American Psychological Association, New Orleans, LA.
- Mehl-Medrona, L. (Presenter), & Martin-Causey, T. (Discussant). (2006, August). Psychological aspects of Aboriginal ways of knowing—Dialogue with nature and beyond. Annual Convention of the 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 of the American Psychological Association, New Orleans, LA.
- Martin-Causey, T., & 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 of the Arizona Psychological Association, Scottsdale, AZ.
- Martin-Causey, T., & Rodino, E. (2005, August). Building your dream practice from the ground up. Symposium at the 113th Annual Convention of the 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, AZ.
- Martin-Causey, T. (2005, March). Successfully growing your practice through marketing, entrepreneurship, and a strategy that says you! Scottsdale Psychological Society, Scottsdale, AZ.
- Martin-Causey, T. (2005, February). Politics and psychology. Presentation at Arizona State Capitol, Phoenix, AZ.

Martin-Causey, T. (2004, October). Medical license board review for psychology content area. Southwest College of Naturopathic Medicine, Tempe, AZ.

Member of Panel. (2001, October). Eating disorders and the athlete: Special considerations. Panel discussion for University of Rochester Athletic Coaches, University of Rochester, Rochester, NY.

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, NY.

Martin-Causey, T. (2001, November). Dealing effectively with stress and trauma. Presentation to MBA and PhD students, Simon School of Business, University of Rochester, Rochester, NY.

Martin-Causey, T. (2001, October). Visual imagery and performance. Presentation to the University of Rochester's Women's Field Hockey Team, University of Rochester, Rochester, NY.

Martin-Causey, T., & Lindsay, L. (2000, August). Eating disorders: It is a dorm affair. Training for Resident Hall Directors and staff, University of Rochester, Rochester, NY.

Martin-Causey, T., & Rosnick, D. (2000, August). Culture shock. Presentation to Graduate International Students, University of Rochester, Rochester, NY.

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, Rochester, NY.

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, NY.

Martin-Causey, T., & Waldo, M. (1999, August). Impact of the office environment on session effectiveness [Poster session]. 107th Annual Convention of the American Psychological Association, Boston, MA.

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 of the American Psychological Association, San Francisco, CA.

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, NM.

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, NM.

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, Las Cruces, NM.

Martin-Causey, T. (1996, April). Child abuse: Etiology, dynamics, and prevention [Radio broadcast]. *Today's Triad*, 107.5 WKZL and Rock 92 WKRR, Greensboro, NC.

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, NC.

### **Grants**

Fesmire, R., & Martin-Causey, T. (1996–1997). Guilford County Healthy Start Initiative. Total award: \$100,000.

Martin-Causey, T. (1995–1997). Guilford County Family Preservation Services, Family Preservation Federal Legislation Allocations (Principal author, county-wide collaborative effort). Total award: \$225,000 per year.

Martin-Causey, T., & Henry, E. (1994–1995). In-Home Therapy for Child Abuse and Neglect, North Carolina Fund for Children and Families. Total award: \$20,000.

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

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

### **Honors and Awards**

*Distinguished Service and Outstanding Contributions*  
Psychologists in Independent Practice  
Division 42 of the American Psychology Association  
2009



*Distinguished Alumni*

New Mexico State University, Las Cruces, NM  
2008

*Early Career Psychologist Award*

Arizona Psychological Association, Scottsdale, AZ  
2005

**Board Positions**

*Council Representative*

Representing Arizona Psychological Association to the American Psychological Association  
2025-2028

*Board Member (Member at Large, Secretary, Vice-President)*

Cave Creek Museum, Cave Creek, AZ  
2020–2024

*President*

Division of Independent Practice (Division 42), American Psychological Association  
2009

*Officer, Professional Practice Representative*

Arizona Psychological Association, Scottsdale, AZ  
2006

*Officer, Secretary*

Arizona Psychological Association, Scottsdale, AZ  
2004–2005

*Officer, Secretary*

Scottsdale Psychological Society, Scottsdale, AZ  
2005

*Officer*

New Hope for School Ageds Enrichment Program, Inc., Rochester, NY  
2000

*President*

Doctoral Student Association, Department of Counseling and Educational Psychology, New Mexico State University, Las Cruces, NM  
1997–1998

*Board President*

Center for Family Development, Inc., Greensboro, NC  
1993

**Committee and Volunteer Service**

*Volunteer*

Foothills Food Bank & Resource Center, Cave Creek, AZ  
2018

*Volunteer Coordinator*

Cave Creek Rodeo Days, Cave Creek, AZ  
2018

*Volunteer*

Triple R Horse Rescue, Cave Creek, AZ  
2016–2018

*Member*

Sponsorship Committee, Society of Psychologists in Management (SPIM)  
2014–2016

*Volunteer*

Disaster Mental Health, American Red Cross, Grand Canyon Chapter, AZ  
2003–2011

*Chair*

Convention Program Committee, Division 42, American Psychological Association  
2007

*Chair*

Marketing and Public Education Committee, Division 42, American Psychological Association  
2006

*Chair*

Task Force on Expanding the Business of Psychology, Division 42, American Psychological Association  
2006

*Associate Chair*

Convention Committee, Division 42, American Psychological Association  
2006

*Chair*

Legislative Committee, Arizona Psychological Association, Scottsdale, AZ  
2004–2005

*Member*

Marketing Committee, Division of Independent Practice (Division 42), American Psychological Association  
2005

*Member*

Disaster Services Committee, Arizona Psychological Association, Scottsdale, AZ  
2005

*Member*

State Convention Committee, Arizona Psychological Association, Scottsdale, AZ  
2003, 2005

*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

*Member*

Public Relations Committee, YWCA, Greensboro, NC  
1995

*Member*

United Way Speakers Bureau, Greensboro, NC  
1994–1995

**Professional Memberships**

- American Psychological Association (APA)
  - Division 42: Division of Independent Practice
  - Division 31: State, Provincial and Territorial Psychological Association Affairs
- Arizona Psychological Association (AzPA)