

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

---

## **Contact Information**

*Phone* 480.488.8221  
*Email* [drtammymc@gmail.com](mailto:drtammymc@gmail.com)

*Mailing Address* PO Box 5468  
Carefree, AZ 85377

*Office Location* 7301 E Sundance Trl, B203  
Carefree, AZ 88377

## **Professional Experience**

2003-Current **Managing Partner & Psychologist,**  
*Integrative Psychology Solutions, PLLC*  
**President & Psychologist,**  
*Tamara Martin-Causey, Phd, PC*

### ***Contracts:***

- \*\*Contract with a substance abuse treatment facility to provide substance abuse evaluations and treatment recommendations for licensed physicians
- \*\*Contract with a medical malpractice company to provide stress management services to insured physicians
- \*\*Contract with a midwife birthing center to provide counseling services for pregnant and postpartum mothers

### **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**

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

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

**#0003555** *Licensed Psychologist*  
*Arizona State Board of Psychologist Examiners*

**2007** *Collaborative Divorce Certification*

**2008** *Professional Certified Coach (PCC)*

### **Honors and Awards**

**2008** *Distinguished Alumni, New Mexico State University,  
Las Cruces, NM*

**2005** *Early Career Psychologist Award, Arizona Psychological  
Association, AZ*

### **Professional Memberships**

American Psychological Association  
\*Division of Independent Practice  
\*Society of Counseling Psychology  
\*Society of Addiction Psychology  
\*State, Provincial and Territorial Psychological Association Affairs

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