

Biography for Dr. Tammy Martin-Causey

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Dr. Tammy Martin-Causey grew up in North Carolina and completed a B.A. in Psychology at the University of NC at Greensboro in 1982. Before starting graduate school, she worked in various group homes serving people with developmental disabilities. After completing her master's degree in counseling with an emphasis in Marriage and Family Therapy, she became a Nationally Certified Counselor and Licensed Professional Counselor in NC. She worked with families, adolescents, and children who were experiencing delinquent behaviors, aggressive and violent tendencies, and emotional difficulties. Her work led her to research and publish in this area and to direct an agency offering treatment for children and adolescents who had been victims of abuse, neglect, and trauma. Community involvement included leading a countywide initiative to develop mental health services that were culturally sensitive. Although providing leadership for such an initiative was beneficial and fulfilling, Dr. Martin-Causey yearned to get back to her original focus of working directly with clients. This led her to go back to school to obtain her Ph.D. in Counseling Psychology from New Mexico State University. She completed her internship, residency/fellowship, and held a joint appointment at the University of Rochester, NY, School of Medicine, Department of Psychiatry and at the University Counseling Center. This is where Dr. Martin-Causey expanded her skills to include specialized treatment for eating disorders, depression, anxiety, OCD, managing bipolar and the creative process, and trauma intervention. Dr. Martin-Causey responded to crises events surrounding 9-11 and treated people who had been in the twin towers on that day.

In 2002, Dr. Martin-Causey moved to Arizona with the goal of starting a psychology practice that placed special emphasis on providing quality services in a safe, private, respectful environment. With this in mind, she designed her office in such a way that it provides privacy, comfort, reading resources, and adequate space to meet group and workshop needs of clients.

Since residing in Arizona, she has taught Counseling Theories and Trauma Interventions at the Southwest College of Naturopathic Medicine and Couples/Family Interventions at Argosy University. Dr. Tammy Martin-Causey has blended her areas of focus to help families and couples have more enriching lives. Much of her current practice is with couples experiencing crisis or wanting to improve relationships and with helping families solve difficult transitions in a way that increases closeness and caring. Other areas of focus include chronic stress, anxiety and mood disorders.

In 2008, Dr. Martin-Causey was honored with the Distinguished Alumni Award from New Mexico State University. In areas of professional service, she has served on the Board for the Arizona Psychological Association and has chaired their legislative and convention committees. In her desire to help psychologists succeed in private practice, she has written and presented nationally on how to grow practices while balancing the business and client aspects. She is currently serving as President of the Practice Division of the American Psychological Association and has also presented nationally on many clinical topics. For detailed information, see her VITA.