

Tamara (Tammy) Martin Causey, Ph.D.

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Education

New Directions Postgraduate Writing Program

Washington Baltimore Center for Psychoanalysis

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

- McCutcheon, J., Harrison, S., Howell, L., Martin-Causey, T., Partington, D., & Zemansky, M. (2025). Navigating Ethical Dilemmas in Clinical Practice: Lessons from the Field, Arizona Psychological Association 2025 Annual Convention.
- 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

Arizona Council Representative
American Psychological Association
2025-2028

Board Member, Council Representative
Arizona Psychological Association
2025-2028

Officer, Secretary
Cave Creek Museum, Cave Creek, AZ
2025–2026

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)