

# Tamara Tucker, MFT

Lic. #37556

1801 Bush St # 203, San Francisco, CA 94109

(415) 437-4911 | [tt@tamaratuckermft.com](mailto:tt@tamaratuckermft.com) | [tamaratucker.com](http://tamaratucker.com)

## PROFESSIONAL EXPERIENCE

### PRIVATE PRACTICE, San Francisco, CA

2001- present

Providing psychodynamic psychotherapy with an interpersonal approach including cognitive behavioral intervention.

Tapping, mindfulness/meditation, Jungian sandtray, art and the Arts as helpful vehicles for change.

### PRIVATE PRACTICE, Santa Cruz, CA

2003 - 2007

#### Founding member of the Eating Disorder Task Force at UC Santa Cruz.

Established an off-campus private practice serving university students and local residents. Addressing relationship and life stage issues, dually diagnosed clients with special focus of disordered eating, clients presenting with depression, anxiety, panic, identity issues, and trauma.

### WALDEN HOUSE INC., San Francisco, CA

#### Buena Vista Facility

8/98 - 2/03

#### *Psychotherapist*

As one of two therapists in a residential treatment program, provided a broad range of clinical services, including assessment, crisis intervention, psychotherapy and case management to individuals with severe mental health, substance abuse, medical and relationship problems. Worked as a member of a multi-disciplinary team with psychiatrists, psychologists, substance counsellors, and medical and vocational staff. Provided training, supervision, and outreach.

#### ASSESSMENT

- Comprehensive and on-going psychological evaluations, with emphasis on differential diagnoses, and assessment for high-risk behavior including suicidality and violence to others

#### CRISIS

- Assessment, intervention, and urgent care to individuals who are chronic users of psychiatric inpatient services and may have been identified within the criminal justice system

#### GROUP FACILITATION

- Process group therapy with emphasis on conflict resolution with sensitivity to diversity issues
- Psychoeducational, skills-based, harm-reduction groups addressing a broad range of issues including **transgender**/HIV substance abuse, eating disorders, anger management, trauma and sexual abuse, effective communication, and an on-going smoking cessation group as part of a UCSF research project

## INDIVIDUAL

- Weekly client load of 10-15 triply and dually-diagnosed, MediCal and privately-funded clients

## CASE MANAGEMENT

- Served MediCal contract clients, fulfilling reporting requirements, maintaining confidential clinical records in compliance with administrative regulations

## OUTREACH

- Outreach and linkage to UCSF/SFGH and community health agencies, as well as graduate programs in counselling psychology

## TRAINING

- Design, development, and implementation of customized trainings for therapists, substance counsellors, and administrative staff, practicum students, and interns. Examples of trainings and workshops include: Assessment and Treatment of Trauma and Post-Traumatic Stress Disorder, Basic Clinical Skills; Active Listening, Introduction to the DSM, Initial Psychological Assessment and Knowing When to Refer, Treatment of Addiction for the Dually and Triply Diagnosed Client, and Treating Eating Disorders Using a Cognitive-Behavioral Approach.

## SUPERVISION

- Individual and group supervision to practicum students/interns, with a focus on initial psychological assessment for crisis issues, provisional differential diagnoses, and time-limited psychotherapy to address specific issues in early recovery.

## **WALDEN HOUSE INC.** San Francisco, CA

### **VanNess Facility**

**11/96 - 8/98**

*Psychotherapist*

## INDIVIDUAL AND GROUP

- Individual and group therapy for men and women struggling with sexual and gender identity issues as well as practical and existential issues regarding HIV/AIDS status

## ASSESSMENT

- Psychological evaluations for clients admitted into detox with HIV medical status ranging from recent seroconversion to full-blown AIDS, and assess for high-risk sexual behaviors.

## RESEARCH

- Interviews and data collection for a three-year HIV research project

## **EDUCATION**

New College of California, San Francisco CA

**Social/Clinical Psychology, M.A.**

California Institute of Integral Studies, San Francisco CA

**Somatic Psychology**

Mills College, Oakland, CA

**English Literature/Creative Writing, B.A. with Honors, GPA 3.83**