

# TAMARA G. SUTTLE, M.Ed., LPC

Education  
Clinical Supervision

Counseling and Psychotherapy

## BIOGRAPHY

**Tamara Suttle** has spent almost 20 years consulting and teaching clinical and marketing strategies to health care professionals. In 2005, Tamara founded *Private Practice from the Inside Out*, the consulting and education arm of her business. Related to this effort, Tamara writes [a blog](#) that offers information and inspiration to the private practitioner interested in developing his / her own private practice.

**Tamara** has continued to offer a wide range of counseling and psychological services since entering private practice in 1991. She provides *brief* and *longer term* intensive individual psychotherapy using solution-focused, systemic and contemporary depth models. Tamara devotes a significant portion of her practice to couples counseling with a particular interest in women, trauma, and grief-related issues. Referrals to her clinical practice originate from attorneys, physicians, educators, colleagues, and past clients.

**Tamara** looks for opportunities to teach, lecture, and write in the areas of cultural issues, social justice, adult education and marketing a private practice.

## EDUCATION

MEd	<b>UNIVERSITY OF NORTH TEXAS - DENTON</b> Department of Counseling and Student Services <i>CACREP Approved</i>	1990
BS	<b>APPALACHIAN STATE UNIVERSITY</b> Department of Psychology <i>Specialization in Paraprofessional Psychology</i>	1981

## LICENSES AND CERTIFICATES

**Professional Counselor** | #10854  
*State of Texas Board of Examiners of Professional Counselors*

**Professional Counselor** | #3274  
*State of Colorado Board of Licensed Professional Counselors Examiners*

**Certified in Clinical Hypnosis** | #2957  
*National Board for Certified Clinical Hypnotherapists*

**Training in Clinical Supervision**  
*Institute in Counselor Supervision, University of North Texas - Denton*

**Mental Health Disaster Response Team**  
*State of Colorado*

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## EXPERIENCE

### Licensed Professional Counselor

PRIVATE PRACTICE

1991 - Present

Provide psychotherapeutic services (both depth and brief, solution-focused therapies) to individuals, groups, and families with client issues related to complex trauma and marginalized communities. Additional specializations include clinical supervision and hypnosis.

### Founder; Business Consultant and Trainer

PRIVATE PRACTICE FROM THE INSIDE OUT

2002 - Present

Established and continues to provide business coaching and training to mental health (and allied health care) professionals related to building, sustaining, and revitalizing a private practice. Majority of services are delivered through 18 hour *Annual Series* which addresses a wide range of marketing-related topics including how to effectively market a private practice, how to effectively develop referral base and build clientele, and how to attract practice allies. Additional services are provided in private consultation.

### Adjunct Faculty Member

REGIS UNIVERSITY

CULTURAL ISSUES AND SOCIAL JUSTICE

COLLEGE OF PROFESSIONAL STUDIES

2007

Taught course, *Cultural Issues and Social Justice (MCPY615)* to graduate students in CACREP approved counseling psychology department. Course included both theoretical and applied topics addressing multiple identities, personal values, cultural context, and clinical strategies for *ethically* working with same in relationship.

### Professional Counselor; Consultant

COLORADO CENTER FOR

2002-2005

NEUROLOGICAL REHABILITATION

Provided consulting and training services to medical and ancillary staff of residential facilities as part of treatment team to support patients' emotional and behavioral needs. Also provided clinical assessments, determined accurate diagnosis, developed and implemented treatment planning and provided counseling for geriatric patients in residential settings.

### Treatment Team Coordinator

PSYCHIATRIC INSTITUTE OF AMERICA

1990 -1991

Coordinated clinical programming, treatment, and discharge planning for adult patients in private psychiatric hospital (in both psych and chemical dependency units) as part of multi-disciplinary treatment team. Also developed curriculum and taught patients and their families in monthly weekend workshop called *Family Workshop*. Co-authored and co-facilitated *Family Breakthrough*, an intensive family treatment program focused on improving family dynamics and communication skills.

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**EXPERIENCE** *continued*

**Adult Probation Officer**

TARRANT COUNTY ADULT PROBATION DEPARTMENT

1986 -1990

Provided direct supervision (including unscheduled field visits) and pre-sentence investigations, developed risk / needs assessments and supervision plans. Testified in court hearings and drafted recommendations for revocation, community supervision amendments and early release. Counseled probationers concerning problems with family dynamics, finances, employment, behavioral compliance, victims' assistance, and substance abuse. Served as liaison to community agencies. Also, taught and revised curriculum for *Job Skills Training*.

## **PROFESSIONAL AFFILIATIONS**

- Member, American Counseling Association
- Member, Association for Counselor Education and Supervision
- Member, Association for Women in Psychology
- Member, Colorado Counseling Association
- Member, Colorado Association for Counselor Education and Supervision

## **PROFESSIONAL ACTIVITIES**

- Past President, Colorado Counseling Association
- Reviewer for Conference Proposals (2007, 2008, 2009, 2010), Association for Women in Psychology
- Past Chair, Women's Business Network
- Past Chair-Elect, Women's Business Network
- Past Membership Chair, Las Colinas Business and Professional Women

## **RECENT PRESENTATIONS**

**5<sup>th</sup> Annual Series of Private Practice from the Inside Out**  
10/09 – 06/10; Private Training; Parker, Colorado

**Power Play**  
02/09; Colorado Counseling Association Pre-Conference Institute, Longmont, Colorado

**Private Practice from the Inside Out *Spontaneous Sampler***  
10/08; Colorado Counseling Association Annual Conference; Longmont, Colorado

**Post Induction Therapy Training and Supervision**  
08/08; Private Training; Castle Rock, Colorado

**4<sup>th</sup> Annual Series of Private Practice from the Inside Out**  
Private Training; Castle Rock, Colorado

**Relationship Enhancement & Couple Communication**  
02/08; Private Training; Castle Rock, Colorado

**RECENT CONTINUING EDUCATION RECEIVED**

<b>Date</b>	<b>Course</b>	<b>Hours</b>
01/21/10	New Frontiers in Trauma Treatment (part 2)	6
01/21/10	New Frontiers in Trauma Treatment (part 1)	6
10/14/09	Jungian Concepts Series – Active Imagination	2
10/07/09	Jungian Concepts Series – Archetypes	2
09/25/09	One Foot Out the Door	8
09/23/09	Jungian Concepts Series – Complexes	2
09/16/09	Jungian Concepts Series – Dreams	2
09/11/09	Introduction to Somatic Experiencing	2
09/09/09	Jungian Concepts Series – Fairy Tales	2
09/30/09	Jungian Concepts Series – Typology	2
06/26/09	Creating Momentum: The Practical Integration of Neurobiology, Motivational Theory, & Coaching in Clinical Practice	2
06/12/09	Ten Powerful Techniques for Counseling Difficult Clients in Addictions	1.5
02/27/09	Little Me: A Mandala of Trauma	2
11/10/08	Introduction to Trauma Treatment for Colorado Mental Health Disaster Response System	8
11/07/08	Meditation for the Modern Mind: Three Unique Powerful Methods for Breaking Through Stress, Pain, Difficult Emotions, & Compulsive Behaviors	2
11/05/08	Jungian Concepts Series – Individuation	2
10/29/08	Jungian Concepts Series – Anima / Animus	2

**RECENT CONTINUING EDUCATION RECEIVED** *continued*

10/22/08	Jungian Concepts Series – The Self	2
10/10/08	Exploring Sandplay	3
10/08/08	Jungian Concepts Series – Shadow & Persona	2
10/07/08	Field Response Training for Colorado Mental Health Disaster Response System	8
10/01/08	Jungian Concepts Series – The Ego	2
09/26/08	Using Thought Field Therapy for Freeing People from Trauma	2
9/24/08	Jungian Concepts Series – Structure of the Psyche	2
09/09/08	Trauma, PTSD, & Grief	6.25
07/25/08	Addiction & Narcissism as Coping: Understanding the Etiology of Sexual Addiction	2
07/19/08	Basics of Blogging	2.5
03/16/08	Mentoring Relationships for Women in Psychology: Who Needs Them?	1.25
03/15/08	Feminist Faculty in Academic Leadership Roles	1.25
03/15/08	Invisible Women: Gender in the Criminal Justice	1.75
03/15/08	Using Performance Art for Social Justice	1.25
03/15/08	African & Diasporic Women: Using Art, Spirit, Sisterhood & Voice to Resist Violence & Oppression	1.25
03/15/08	A Conversation on Reproductive Justice: Feminism, Activism & the Need Interdisciplinary Scholarship	1.5
03/14/08	Tales from the Academic Plantation: Perils & Pleasures for Women of Color in Spirit, in Community	1.25
03/14/08	I'm So Fat! Fat Talk & College Women	1.25

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**RECENT CONTINUING EDUCATION RECEIVED** *continued*

03/14/08	Ethical Internet Use in Clinical Psychology: Professional Listservs & Online Therapy	1.25
03/14/08	The Next Generation: Raising Feminist Sons	1.25
03/14/08	Women Transforming Violent Conflicts – In Spirit, In Community	2
03/13/08	Psychotherapy with African American Women: Psychological Diversity, Resilience & Vulnerability	4
03/12/08	Beyond Dualities: Social Justice - Intersections Between Psychology & Social Justice Challenging the Practice-Activism Duality	1.25