

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

Education  
Clinical Supervision

Counseling and Psychotherapy

## BIOGRAPHY

**Tamara G. Suttle** has offered 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** has also spent 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 an independent clinical practice.

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

## EDUCATION

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

## LICENSES AND CERTIFICATES

**Professional Counselor | #10854 | 1991**  
*State of Texas Board of Examiners of Professional Counselors*

**Professional Counselor | #3274 | 2002**  
*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

<b>Licensed Professional Counselor</b> 1991 - Present	PRIVATE PRACTICE
<b>Founder; Business Consultant and Trainer</b> 2002 – Present	PRIVATE PRACTICE FROM THE INSIDE OUT
<b>Adjunct Faculty Member</b> CULTURAL ISSUES AND SOCIAL JUSTICE 2007	REGIS UNIVERSITY COLLEGE OF PROFESSIONAL STUDIES
<b>Professional Counselor; Consultant</b> 2002 - 2005	COLORADO CENTER FOR NEUROLOGICAL REHABILITATION
<b>Treatment Team Coordinator</b> 1990 - 1991	PSYCHIATRIC INSTITUTE OF FORT WORTH
<b>Adult Probation Officer</b> 1986 – 1990	TARRANT COUNTY ADULT PROBATION DEPARTMENTS
<b>Court Services Personnel</b> 1983 – 1986	TARRANT COUNTY MENTAL HEALTH & MENTAL RETARDATION
<b>Caseworker I</b> 1983 – 1986	TARRANT COUNTY MENTAL HEALTH & MENTAL RETARDATION
<b>Residential Counselor</b> 1982 – 1983	HIGHLANDS COMMUNITY MENTAL HEALTH & MENTAL RETARDATION
<b>Resident Assistant</b> 1978 – 1981	APPALACHIAN STATE UNIVERSITY

## PROFESSIONAL AFFILIATIONS

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

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## PROFESSIONAL SERVICE

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

## COMMUNITY SERVICE

- Douglas County Suicide Prevention Alliance (since August 2010)
- Parenting Coalition of Douglas County (since May 2010)
- Substance Abuse Coalition of Douglas County (since July 2010)

## PUBLICATIONS

### Book Contributions

Sommers-Flanagan, J. & Sommers-Flanagan, R. (2004). *Counseling & Psychological Theories in Context & Practice: Skills, Strategies, & Techniques*. Hoboken, NJ: John Wiley & Sons, p. 77.

### Miscellaneous

Suttle, T. G. (2009). Private Practice from the Inside Out blog (available at <http://www.AllThingsPrivatePractice.com>).

Suttle, T. G. (2009). Clinical practice blog (available at <http://www.TamaraSuttle.com>).

## CONFERENCE & INVITED PRESENTATIONS

### 2010

#### **Mining for Your Niche**

Chi Sigma Iota, Regis University, Broomfield, Colorado

#### **Strategic Networking for Mental Health Professionals**

Mental Health Professionals in Private Practice Meetup, Littleton, Colorado

#### **The In's and Out's of Private Practice: Business Planning for Your Private Practice**

Colorado Counseling Association, Denver Colorado

**CONFERENCE & INVITED PRESENTATIONS** *continued*

**2009**

**Power Play**

Colorado Counseling Association Pre-Conference Institute, Longmont, Colorado

**Guest Lecturer**

University of Colorado, Department of Counseling and Human Services, Colorado Springs, Colorado

**2008**

**Private Practice from the Inside Out *Spontaneous Sampler***

Colorado Counseling Association Annual Conference, Longmont, Colorado

**INSERVICE TRAINING, CONSULTATION, & PROFESSIONAL SUPERVISION**

**2010**

**Clinical Supervision** as a Licensed Professional Counselor to Susan Hyatt in fulfillment of Ms. Hyatt's licensing requirements, Aurora, Colorado, (began July 2010)

**6<sup>th</sup> Annual Series of Private Practice from the Inside Out**

Private Training – Parker, Colorado

**2009**

**Clinical Supervision** as a Licensed Professional Counselor to Lorna Adams in fulfillment of Ms. Adams' licensing requirements, Highlands Ranch, Colorado (2006 – 2009)

**5<sup>th</sup> Annual Series of Private Practice from the Inside Out**

Private Training - Parker, Colorado

**2008**

**Clinical Supervision** as a Licensed Professional Counselor to Lorna Adams (see above)

**Post Induction Therapy Training and Supervision**

Private Training - Castle Rock, Colorado

**Relationship Enhancement & Couple Communication**

Private Training - Castle Rock, Colorado

**CONTINUING EDUCATION RECEIVED**

<b>Date</b>	<b>Course</b>	<b>Hours</b>
11/08/10	What to Do If You Are Grieved or Sued for Malpractice	1
10/22/10	Problem Gambling in Colorado: Therapeutic Justice	7
10/01/10	Context & Connection: A Sense of Home & Transforming Life Narratives Using Genograms	6
09/24/10	Mental Health Law & Ethics	7
04/17/10	What Do You Really Mean? Using Narrative Therapy with Couples	1
04/17/10	The Best-Kept Secret for Treatment for PTSD: Imagery Rescripting & Reprocessing Therapy (IRRT)	1
04/17/10	The Imperative for Self-Regulation in Counselor Wellness	2
04/17/10	The Many Facets of Grief	1.5
04/16/10	Vicarious Trauma, Burnout, & You	3.5
04/09/10	Evaluation & Management of Pain through the Prism of the Healing Response	2
02/13/10	Elder Care Mediation	1
02/12/10	Vicarious Traumatization in the Clinic, Classroom, & Laboratory: Caring for Ourselves & Each Other	1.5
02/12/10	Clinicians & Clients within the Confines of Borderline Personality Disorder Diagnosis: The Impact on Treatment	1
02/12/10	Healing the Healers: Protecting Ourselves against Vicarious Traumatization	1
02/14/10	Vicarious Traumatization in the Clinic, Classroom, & Laboratory: Caring for Ourselves and Each Other	1.5
02/14/10	Elder Care Mediation	1
02/13/10	Role Conflict for Feminist Psychologists: Obtaining Support in Evaluative Roles	1

**RECENT CONTINUING EDUCATION RECEIVED** *continued*

<b>Date</b>	<b>Course</b>	<b>Hours</b>
02/13/10	An Insider-Outsider Dilemma in Feminist Work on Immigration & Trafficking; the Face of Global Migration: Giving Voice to the Immigrant Experience	1.5
02/13/10	Psychological Issues in Bariatric Surgery	1.5
02/13/10	Cultivating Compassion When You Don't Feel Like Caring	1
02/13/10	Healthcare Considerations across the Lifespan	1.5
02/12/10	Vicarious Traumatization in the Clinic, Classroom, & Laboratory: Caring for Ourselves & Each Other	1.5
02/12/10	Clinicians and Clients within the Confines of Borderline Personality Disorder Diagnosis: The Impact on Treatment	1
02/12/10	Caring for Ourselves: Self-Authoring Our Own Well Be-ing	1.5
02/12/10	Mind the Music: Mindfulness & Self Care Through Music	1.5
02/12/10	What Do You Really Mean? Using Narrative Therapy with Couples	1
02/12/10	Healing the Healers: Protecting Ourselves against Vicarious Traumatization	1
02/12/10	Eco-Psychology: Expanding the Concept of Care	1.5
01/27/10	Marketing & the Ethics of Advertising (part 2)	1
01/21/10	New Frontiers in Trauma Treatment (part 2)	6
01/20/10	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

**RECENT CONTINUING EDUCATION RECEIVED** *continued*

<b>Date</b>	<b>Course</b>	<b>Hours</b>
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
04/16/09	Vicarious Trauma, Burnout, & You	3.5
04/09/09	Evaluation & Management of Pain through the Prism of the Healing Response	2
04/14/09	Texas State Board of Examiners of Professional Counselors Jurisprudence	1
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
10/22/08	Jungian Concepts Series – The Self	2
10/10/08	Exploring Sandplay	3

**RECENT CONTINUING EDUCATION RECEIVED** *continued*

<b>Date</b>	<b>Course</b>	<b>Hours</b>
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 for Mental Health Professionals	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*

<b>Date</b>	<b>Course</b>	<b>Hours</b>
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