

Tarra Judson Stariell, LMFT, CBT

PROFESSIONAL EXPERIENCE

- Jun 2001
To
Present
Private Practice: Working with adolescents, couples, and individuals and families in need of therapeutic counseling. I have specialized training in substance abuse and addictive disorders, trauma, dissociative disorders, bereavement, EMDR II, LGBTQ issues and Somatic Experiencing.
- Jun 2002
To
April 2003
Contract Therapist: Provided 20 contract therapy hours per week to homeless shelter residents, conducted Clinical Treatment Meetings and offered individual and group therapy sessions. Issues covered included child abuse, substance abuse, domestic violence, homelessness and family of origin dysfunction.
- Mar 2000
To
Jun 2002
Family Therapist: CASAWORKS for Families, INTERFAITH COMMUNITY SERVICES (ICS). I conducted and managed therapeutic component of two-year research grant awarded to ICS by Robert Wood Johnson Foundation and Columbia University. Substance abusing and homeless women were given rehabilitative services to facilitate transitioning from Welfare to the workforce. Clinical issues addressed included domestic violence, poverty, childhood abuse, deprivation and family of origin dysfunction.
- Jun 1999
To
Feb 2000
School Counselor: MENTAL HEALTH SYSTEMS, INC. I did crisis management and individual therapy for a Summit High School within a Teen Recovery Center (TRC). I also lead daily groups and involved in family therapy those probationers advancing through a graduated level system.
- Sep 1997
To
Jun 2001
M.F.T. Intern: VINCENTIA SCHROETER, PhD, MFT, CBT. I was in private practice (IMF #31705) under Vincentia's supervision, specializing in domestic violence, chemical dependency, dissociative disorders and bereavement.
- Dec 1997
To
Jun 1999
M.F.T. Intern: SAN DIEGO YOUTH & COMMUNITY SERVICES (SDYCS), Supervised by Craig Smith, PhD, MFT. I was the Family Therapist for Teen Options, day-treatment program for pregnant and parenting adolescents on probation, who have substance abuse issues. I conducted weekly individual and bi-weekly group therapy sessions; psych-ed groups on child development, attachment issues and social skills. Their families or guardians were also involved in regular family therapy.
- July 1996
To
May 1998
M.F.T. Intern: NORTH COUNTY INTERFAITH COUNCIL. As a bilingual (Spanish) psychotherapist, supervised first by Merriel Mandell, PhD then Irene Townsend, PhD I co-lead a psycho-educational parenting group; conducted play therapy for children ages 6 to 9; and counseled families, individuals and couples.

PROFESSIONAL EXPERIENCE, continued

- May 1994 **Counselor Intern:** VIETNAM VETERANS OF SAN DIEGO. Conducted
To weekly counseling sessions with chemically dependent veterans, focusing on
Sept 1995 childhood issues; PTSD, addictive and dissociative behavior. Co-facilitated groups on
 desensitizing trauma, learning coping skills, and understanding cycles of substance
 abuse. Participated in weekly supervision with Barbara Potts, MFT and clinical, with Jon
 Nachison, PhD.
- May 1994 **Counselor Intern:** VOLUNTEERS IN PROBATION, JUVENILE HALL. To
To Conducted clinical interviews assessing juveniles for possible psychosis,
Nov 1994 suicidal ideation and any appropriate intervention and/or rehabilitation
 programs. Worked under direct supervision of Jim Lair, LCSW.

EDUCATION

- Jun 1994 Bachelor of Arts, Behavioral Science, Magna cum Laude.
 National University, San Diego Campus
- May 1997 Master of Arts, Psychology; Marriage, Family, Therapist (MFT); Cum Laude.
 Chapman University, San Diego Campus
- 1994-98 Four-year training, Certified Bioenergetic Therapist (CBT).
 San Diego Institute for Bioenergetic Analysis (SDIBA), San Diego.
 International Institute for Bioenergetic Analysis (IIBA), New York.

PUBLICATIONS

- 2017 *Sanity: Lost and Found, A True Story of Brainwashing and Recovery.*
 Ranch House Press, USA