

Tamara (Tammy) Martin-Causey, Ph.D.

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Education

Ph.D., Counseling Psychology (APA-Accredited Program)

New Mexico State University, Las Cruces, NM

January 2002

Dissertation: Spirituality as a multicultural consideration: Implications for practice and training

M.Ed., Counseling (CACREP-Accredited Program)

University of North Carolina at Greensboro, Greensboro, NC

December 1991

B.A., Psychology

University of North Carolina at Greensboro, Greensboro, NC

Clinical Training

Postdoctoral Residency (APA-Accredited Program)

Counseling and Mental Health Services, Department of Psychiatry, School of Medicine and Dentistry

University of Rochester, Rochester, NY

2001–2002

Predoctoral Psychology Internship (APA-Accredited Program)

Counseling and Mental Health Services, Department of Psychiatry, School of Medicine and Dentistry

University of Rochester, Rochester, NY

2000–2001

Continuing Education (Non-Degree)

New Directions Postgraduate Writing Program

Washington Baltimore Center for Psychoanalysis

Postgraduate Certificate of Completion, May 2025

MBA Coursework in Marketing (Online)

University of Massachusetts Amherst, Amherst, MA

May 2005

Licensure and Certification

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

College of Executive Coaching, Arroyo Grande, CA

January 2008

Teaching and Supervision Experience

Clinical Supervisor

Integrative Psychology Solutions, PLLC, Carefree, AZ

2003–Present

- Provide clinical training and supervision to predoctoral interns and postdoctoral residents in Ph.D. and Psy.D. programs, and to CACREP master's counseling students.

Adjunct Associate Professor

Department of Mind/Body Medicine, Southwest College of Naturopathic Medicine (now Sonoran University of Health Sciences), Tempe, AZ

2003–2004

- Taught courses in Counseling Methods, Psychological Trauma, and Motivational Interviewing for Substance Abuse Interventions.
- Led board exam preparation workshops for the psychology section.

Adjunct Faculty

Argosy University, Phoenix, AZ

2003–2004

- Taught doctoral-level courses in marriage and family therapy.
- Provided supervision and training to doctoral-level Psy.D. students.

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.
- Supervised and trained master's-level students.
- Served as consultant to the Graduate School of Business following the September 11, 2001 attacks.

College Assistant Professor, College Instructor, and Clinical Supervisor

New Mexico State University, Las Cruces, NM

August 1996–May 1999

- College Instructor, Department of Counseling and Educational Psychology: Taught 300-level Human Relations course.
- College Assistant Professor, Department of Family and Consumer Sciences: Taught 200-level Child Development course.
- Clinical Supervisor, NMSU Counselor Training Clinic: Supervised master's-level therapists.

Leadership and Administrative Experience

Founder and Managing Partner

Pivot Point Leadership, LLC (dba Tamaca Leadership), Carefree, AZ

2003–Present

- Provide leadership development assessments and training.
- Provide executive coaching for emerging leaders, remediation, and strength-building.
- Consult with corporate organizations developing leadership development programs.

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.

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.

Clinical and Professional Experience

Managing Partner and Psychologist

Integrative Psychology Solutions, PLLC, Carefree, AZ

2003–Present

- Conduct adult assessments, diagnostic evaluations, and substance use evaluations.
- Provide individual, couples, family, and group therapy.

- **Contracted Services:**

- Provided substance use evaluations and treatment recommendations for physicians with impairments (contract with a substance use treatment hospital), 2019–2025.
- Provided stress management services to physicians experiencing a malpractice claim (contract with a medical malpractice insurance company), 2017–2023.
- Provided counseling services for pregnant and postpartum mothers (contract with a birthing center), 2020–2022.

Counselor

University Counseling Center, New Mexico State University, Las Cruces, NM
1996–1999

- Provided counseling and on-call services.

Counselor

Charter Psychiatric Hospital of Winston-Salem, Winston-Salem, NC
1993–1994

- Provided individual and group therapy.

Publications

Peer-Reviewed Journal Articles

Martin-Causey, T., & Hinkle, J. S. (1995). Multimodal therapy with an aggressive preadolescent: A demonstration of effectiveness and accountability. *Journal of Counseling & Development*, 73(3), 305–310. <https://doi.org/10.1002/j.1556-6676.1995.tb01753.x>

Doctoral Dissertation

Martin-Causey, T. (2001). *Spirituality as a multicultural consideration: Implications for practice and training* (Publication No. 3023475) [Doctoral dissertation, New Mexico State University]. ProQuest Dissertations and Theses Global.

Professional Publications and Training Materials

Martin-Causey, T. (2020, December). Burnout or moral injury. *MICA Physician Risk Advisor*.

Martin-Causey, T. (2020, September). Developing resilience when change is the constant. *MICA Physician Risk Advisor*.

Martin-Causey, T. (2020, June). Stress, stress and more stress: When preventing burnout is within your control. *MICA Physician Risk Advisor*.

Martin-Causey, T. (2020, March). Striving to de-stress. *MICA Physician Risk Advisor*.

Martin-Causey, T. (2005). Progressive marketing basics for your private practice [Training module]. Division 42, American Psychological Association.

Martin-Causey, T. (2005). Building your dream practice from the ground up. In *Handbook for success*. Division 42, American Psychological Association.

Martin-Causey, T. (1995, Fall). Family-based services for sexually aggressive children. *National Family-Based Services Association Newsletter*.

Presentations, Workshops, and Media

McCutcheon, J., Harrison, S., Howell, L., Martin-Causey, T., Partington, D., & Zemansky, M. (2025, August). *Navigating ethical dilemmas in clinical practice: Lessons from the field* [Conference session]. 2025 Annual Convention of the Arizona Psychological Association, Flagstaff, AZ.

Martin-Causey, T. (2020, July). *Meditation and stress reduction techniques for physicians* [Seminar presentation]. 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-and-learn presentation]. 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* [Conference session]. Annual Convention of the American Psychological Association, Toronto, Ontario, Canada.

Esnil, E. (Presenter), Molitor, N. (Presenter), & Martin-Causey, T. (Discussant). (2009, August). *Meeting client needs and personal financial goals through alternative practice models* [Conference session]. Annual Convention of the American Psychological Association, Toronto, Ontario, Canada.

Schwartz, M. (Presenter), & Martin-Causey, T. (Discussant). (2009, August). *The nuts and bolts of practice: An early career perspective* [Conference session]. Annual Convention of the American Psychological Association, Toronto, Ontario, Canada.

Martin-Causey, T. (2009, June). Girlfriend relationships [Television interview]. *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* [Conference session]. State Leadership Conference, APA Practice Organization, Washington, DC.

Martin-Causey, T. (2008, October). *Providing strength, stability, and leadership during financial stress* [Invited presentation]. Smith Barney, Phoenix, AZ.

Martin-Causey, T. (2008, August). *Office ownership as a practice financial growth strategy* [Conference session]. 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* [Conference session]. Annual Convention of the American Psychological Association, Boston, MA.
- Martin-Causey, T. (2008, May). Marriage and money [Television interview]. *12 News Today Show*, Phoenix, AZ.
- Martin-Causey, T. (2007, August). *Coaching or therapy—New approaches in working with couples* [Conference session]. 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* [Conference session]. 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* [Conference session]. 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* [Conference session]. 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* [Conference session]. Annual Convention of the American Psychological Association, New Orleans, LA.
- Cordero, A. (Presenter), Garcia, E. (Presenter), Stricklan, C. (Presenter), Wilson, C. (Presenter), Garrett-Akinsanya, B. (Discussant), & Martin-Causey, T. (Discussant). (2006, August). *Bicultural couples—When diverse worldviews merge* [Conference session]. 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* [Conference session]. 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* [Conference session]. Annual Convention of the American Psychological Association, New Orleans, LA.
- Jacobsen, F. (Presenter), Mehl-Medrona, L. (Presenter), & Martin-Causey, T. (Discussant). (2006, August). *Unraveling the healing process—When medicine and psychology meet* [Conference session]. Annual Convention of the American Psychological Association, New Orleans, LA.
- Martin-Causey, T., & Roher, D. (2005, November). *Building stronger relationships during life transitions* [Presentation]. 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* [Conference session]. 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]. 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* [Invited presentation]. Sierra Tucson Networking Breakfast, Phoenix, AZ.
- Martin-Causey, T. (2005, March). *Successfully growing your practice through marketing, entrepreneurship, and a strategy that says you!* [Invited presentation]. Scottsdale Psychological Society, Scottsdale, AZ.
- Martin-Causey, T. (2005, February). *Politics and psychology* [Presentation]. Arizona State Capitol, Phoenix, AZ.
- Martin-Causey, T. (2004, October). *Medical license board review for psychology content area* [Workshop]. Southwest College of Naturopathic Medicine, Tempe, AZ.
- Martin-Causey, T. (2001, November). *Recognizing PTSD symptoms in students affected by September 11: What is the proper response?* [Presentation]. Faculty and Staff, Simon School of Business, University of Rochester, Rochester, NY.
- Martin-Causey, T. (2001, November). *Dealing effectively with stress and trauma* [Presentation]. MBA and Ph.D. students, Simon School of Business, University of Rochester, Rochester, NY.
- Martin-Causey, T. (2001, October). *Eating disorders and the athlete: Special considerations* [Panel discussion]. University of Rochester Athletic Coaches, University of Rochester, Rochester, NY.
- Martin-Causey, T. (2001, October). *Visual imagery and performance* [Presentation]. Women's Field Hockey Team, University of Rochester, Rochester, NY.
- Martin-Causey, T., & Rosnick, D. (2001, May). *Multicultural sensitivity in the workplace* [Staff development training]. Editors and writers of the Democrat and Chronicle, Rochester, NY.
- Martin-Causey, T. (2001, January). *Basic counseling skills for tutors of students with special needs* [Training]. Learning Assistance Center, University of Rochester, Rochester, NY.
- Martin-Causey, T., & Lindsay, L. (2000, August). *Eating disorders: It is a dorm affair* [Training]. Residence Hall Directors and Staff, University of Rochester, Rochester, NY.
- Martin-Causey, T., & Rosnick, D. (2000, August). *Culture shock* [Presentation]. Graduate International Students, University of Rochester, Rochester, NY.

- Martin-Causey, T., & Waldo, M. (1999, August). *Impact of the office environment on session effectiveness* [Poster presentation]. 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 presentation]. 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* [Paper presentation]. Women Matter: Lives, Conditions, Cultures, Women's Studies Conference, Las Cruces, NM.
- Martin-Causey, T. (1998, April). *Understanding and recognizing child abuse and neglect* [Conference presentation]. 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* [Paper presentation]. Multicultural Symposium, New Mexico State University, Las Cruces, NM.
- Martin-Causey, T. (1996, April). Child abuse: Etiology, dynamics, and prevention [Radio interview]. *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* [Client care evaluation study]. 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: \$500,000.
- 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 Psychological Association
2009

Distinguished Alumni Award

New Mexico State University, Las Cruces, NM
2008

Early Career Psychologist Award

Arizona Psychological Association, Scottsdale, AZ
2005

Professional Leadership and Board Service

Arizona Council Representative

American Psychological Association
2025–2028

Board Member, Council Representative

Arizona Psychological Association
2025–2028

Chair-Elect

Association of Practicing Psychologists Caucus
2026

Secretary

Association of Practicing Psychologists Caucus
2025–2026

Board Member (Member at Large, Secretary, Vice President)

Cave Creek Museum, Cave Creek, AZ
2020–2026

President

Division of Independent Practice (Division 42), American Psychological Association
2009

Professional Practice Representative

Arizona Psychological Association, Scottsdale, AZ
2006

Secretary

Scottsdale Psychological Society, Scottsdale, AZ
2005

Secretary

Arizona Psychological Association, Scottsdale, AZ
2004–2005

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

Member

Ethics Committee, Arizona Psychological Association
2025–Present

Member

Legislative Committee, Arizona Psychological Association
2005–Present

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

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
 - Division 13: Society of Consulting Psychology
- Arizona Psychological Association (AzPA)