

TARA V. D’ORAZIO, MFT# 86801

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Education and Training

Master of Arts in Clinical Psychology, Marriage and Family Therapy <i>Antioch University Santa Barbara, Santa Barbara, CA</i>	March 2011
Bachelor of Arts in Deaf Studies, Minor: Human Sexuality <i>California State University Northridge, Northridge, CA</i>	June 2007
California State Certified Sexual Assault Counselor 80 hour training, <i>Santa Barbara Rape Crisis Center, Santa Barbara, CA</i>	2009
EMDRIA-Approved Basic Training in EMDR Therapy <i>EMDR Education and Training Center, Online</i>	May 2021
Level 1 Training in Internal Family Systems Therapy <i>IFS Institute, Online</i>	Oct 2022

Professional Experience

ATHENA COUNSELING

Licensed Marriage and Family Therapist Private Practitioner October 2015 - current

- Provide weekly and bi-weekly therapy and support services for adults and older teens (16+)
- Specializing in the use of Cognitive Behavioral Therapy for the treatment of Anxiety disorders, Rape Trauma Syndrome, and PTSD
- Hosting professional peer consultation group for practitioners of trauma counseling services
- Consultation with primary care physicians, psychiatrists, Medi-Cal, and other professionals involved in client’s care for case consistency.

REDWOOD EMPIRE CHAPTER OF CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS

President Elect, President, Past President January 2019 - 2021

- Facilitated the transition of programs and member services to the virtual sphere in response to Covid-19
- Initiated the creation of two new committees in response to major events impacting the chapter:
 - Diversity Committee (now Racial & Social Justice Committee) and a Scholarship Committee
- Supporting Technology and Programs teams in the hosting of monthly events
- Directing monthly board meetings and participate in committee business as requested
- Organize an annual retreat for Board Members
- Contribute to the monthly newsletter
- Train and recruit new members to Board service
- Support back end technology projects with Wild Apricot, Zoom, ClassMarker, GoogleDrive, and ZohoSurvey

CFO, Interim Appointment

January 2023-current

Oversee the preparation of accurate and timely financial reports, including income statements, balance sheets, and cash flow statements.
Manage the organization's cash flow, overseeing banking relationships, investments, and credit management.
Identifying and managing financial risks
Creating the annual budget, setting financial goals, and providing strategic guidance to the executive team and Board of Directors.

Scholarships, Honors, and Awards Committee Chair

Dec 2022 - current

Development and management of the Joe and Pamela Ward Scholarship.
Oversee subcommittees which recognize individuals for their contributions, achievements, or excellence in the field.
Promotion activities to raise awareness amongst potential applicants and donors.

Membership Committee Chair / Director at Large

2016 - current

Hosted annual social events for members and their families
Created resiliency programs for peer support after major disasters such as wildfires, floods, and pandemic
Updated the therapist directory to reflect evolving language and new norms emerging in the field
Voted on issues which require board approval
Verify CAMFT memberships to be a member of RECAMFT

Other Committee Assistance:

Technology Committee
Programs Committee
Racial & Social Justice Committee

ALMADEN VALLEY COUNSELING SERVICE

Counseling Intern

January 2013 - April 2015

Provided 15 hours per week of academic, social, and emotional counseling to students age 11 to 19

- Conducted suicide assessments, managed crisis situations on campus, and provided referrals and parent consultations
- Maintained confidential student files and compiled service demographics for the school district.

Provided 1160 hours of counseling services to adults, teens, and families in a clinic setting with a focus on cases of anxiety and childhood trauma
Developed curriculum activities and lead 8 week S.T.E.P. co-parenting class

Intake Coordinator

June 2013 - April 2015

Conducted over 100 intake interviews per year and determined suitability of clinic services to client needs
Managed the scheduling availability of 30+ interns, assigned clients, and scheduled initial appointments
Advised administrative offices on improving and expanding clinic services based on customer trends
Provided appropriate referrals as necessary

SANTA BARBARA RAPE CRISIS CENTER

Individual Long Term Counselor

June 2010 – June 2012

Helped a caseload of 13 long term clients reduce PTSD symptoms and improve interpersonal relationships
Applied CBT informed counseling techniques to help clients build effective strategies and develop insight into resolving identified problems
Supported clients dealing with addictions and overcoming dependencies, serious mental illness, parenting challenges, managing stress, suicide ideation, and strengthening self esteem
Consulted with Supervisor and CWS to discuss treatment plans, assessments, and resolve clinical and ethical/legal concerns
Composed process notes, call report forms, and billing daily, submitted log of hours by deadlines

Teen Group Leader - Isla Vista Teen Center Outreach

June 2012

Designed and led activities to help young men ages 15-18 with the emotional aspects of their transition into adulthood. Activities focused on college, employment, and relationships.

Weekend Hotline Staff/SART Responder

July 2011 – March 2012

Provided bi-weekly mobile crisis counseling services, advised on clinic services and reporting options
Initiated the SART exam process and accompanied survivors to forensic interviews
Conducted suicidal thought assessments, intent to self-harm, and developed safety plans
Recorded anonymous reports and maintained accurate records of contact with each survivor and significant others

Women's Support Group Leader

July 2010 – January 2012

Gifted at creating a safe and confidential environment for survivors to share their trauma narrative and recovery
Provided supportive feedback and psychoeducation on sexual assault issues for 14 members over 19 months
Reinforced emotionally corrective experiences by facilitating conflict resolution and supported the growth of healthy coping mechanisms

Volunteer Crisis Advocate

March 2009 – June 2010

Provided brief 10 week therapy to recently assaulted women and oversaw their continuation to long term counseling.
Counseled walk-in clients and answered hotline calls for 50 minute crisis sessions every week
Elicited hope and stabilized clients by identifying support networks, making appropriate referrals, and collaborating on treatment interventions aimed at dealing with crisis symptoms such as nightmares, flashbacks, and insomnia

ANTIOCH UNIVERSITY SANTA BARBARA

Masters of Clinical Psychology Program Coordinator

October 2011- July 2012

Managed and executed administrative duties and provided daily support to a team of 4 core faculty, 25 adjuncts, and student body of 150 Master's candidates
Authored the program assessment metrics for the thesis-equivalent Capstone final paper
Projected future enrollment and curriculum requirements with the addition of a new concentration and created a budget plan for the next three years
Enhanced the efficiency of the graduate psychology program by streamlining inter- & intradepartmental communication and creating paperless processing systems
Organized and directed monthly program events, trainings, orientations, and meetings for students and faculty

Professional Affiliations

California Association of Marriage and Family Therapists (CAMFT)
Redwood Empire Chapter (RECAMFT)
Marin CAMFT (MCAMFT)
Santa Barbara Chapter (SBCAMFT)
American Association of Sex Educators, Counselors, and Therapists (AASECT)
EMDR International Association (EMDRIA)
International Society for the Study of Trauma and Dissociation (ISSTD)