

# TARA TUBBESING, PSY.D

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## PROFESSIONAL LICENSE

Licensed Psychologist, State of Missouri

## EDUCATION

September 2005-August 2010      Doctor of Psychology  
The School of Professional Psychology at Forest Institute  
Springfield, MO 65807  
APA Accredited Clinical Psychology Program  
Graduated Magna Cum Laude

September 2005-May 2009      Masters of Arts  
The School of Professional Psychology at Forest Institute  
Springfield, MO 65807  
APA Accredited Clinical Psychology Program  
Graduated Magna Cum Laude

August 2001-December 2004      Bachelor of Science – Psychology  
Nebraska Wesleyan University  
Lincoln, Nebraska 68504  
Graduated with High Honors

## CLINICAL EXPERIENCE

September 2011-Present

**Psychologist I**  
**Fulton State Hospital**  
**Biggs Forensic Center, New Outlook Program**  
Fulton, Missouri

*Description:* Fulton State Hospital is a public hospital consisting of four treatment units, including Biggs Forensic Center which is a maximum security facility. Individuals may come to the hospital on a voluntary or involuntary basis. The New Outlook Program is designed to treat individuals with severe mood and behavioral dysregulation. The primary reasons for placement in this program include severe aggression, sex offending behavior, and/or self-harm behaviors.

*Duties:* Provide individual therapy, group therapy, and case management in accordance with the Dialectical Behavior Therapy model, as well as psychological assessments, supervision of pre-doctoral interns and graduate students, and coordination of care with a multi-disciplinary treatment team. Additionally serve on the Cultural Competence Council, Internship Training Committee, and Research Team.

September 2010-September 2011      **Psychological Resident**  
**Butterfield Youth Services, Inc.**  
Marshall, Missouri

*Description:* Butterfield Youth Services, Inc. is a residential treatment facility for children aged seven to 18 years old. A variety of treatment modalities are provided through this agency, including individual, group, family, recreational, and art therapy.

*Duties:* Provided individual, group, and family therapy, psychological evaluations, case management, client centered case consultation, treatment team leader for residential unit, staff training, and multi-disciplinary treatment team meetings.

*Supervisors:* Jill Hackley, Psy. D.  
C. J. Davis, Psy. D.

September 2009-August 2010      **Contract Clinical Therapist**  
**Royal Oaks Psychiatric Hospital**  
Windsor, Missouri

*Description:* Royal Oaks Psychiatric Hospital provides acute inpatient services to children, adolescents, and adults.

*Duties:* Provided group therapy for preadolescent, adolescent, and adult groups with a variety of Axis I and II diagnoses at an inpatient psychiatric hospital.

September 2009-August 2010      **Psychological Intern**  
**Heart of America Psychology Training Consortium**  
**Butterfield Youth Services, Inc.**  
Marshall, Missouri

*Description:* Heart of America Psychology Training Consortium consists of various predoctoral internship sites that are approved by the Association of Psychology Postdoctoral and Internship Centers.

*Duties:* Provided individual, group, and family therapy, psychological evaluations, case management, supervision of undergraduate practicum student, treatment team leader, multi-disciplinary treatment team meetings.

*Rotations:* Girls' Intensive Care Residence Level IV Locked Unit, Boys' Level III Unit

*Supervisors:* Jill Hackley, Psy. D.  
C. J. Davis, Psy. D.

July 2008-January 2009      **Practicum Student**  
**Burrell Behavioral Health Autism Center**  
Springfield, Missouri

*Description:* Burrell Behavioral Health is a community mental health center which provides inpatient and emergency psychiatric services, as well as residential, outpatient, crisis, chemical dependency and prevention programs to the citizens of Southwest Missouri.

*Duties:* Provided Applied Behavior Analysis (ABA) treatment within the natural environment to children aged three to five years in the behavioral day treatment program. Also, facilitated a parent support group to the parents of children diagnosed with Autism Spectrum Disorder.

*Supervisor:* Allicia Baum, Psy.D

April 2005-June 2008

**Practicum Student**  
**Robert J. Murney Clinic of Forest Institute**  
Springfield, Missouri

*Description:* The Robert J. Murney Clinic of Forest Institute is an outpatient mental health clinic committed to meeting the needs of the citizens of Southwest Missouri who lack access to mental health services. This teaching institution uses an income based fee structure to provide clinical services by supervised psychological trainees, and interns, as well as licensed psychologists and professional counselors.

*Rotations:* One-year assignment within a general rotation that focused upon adult psychotherapy, a three-month assignment within a child and adolescent rotation that focused upon providing psychotherapy and psychological testing to children and adolescents, and a nine-month assignment in an assessment rotation that focused upon forensic assessment and report writing.

*Duties:* Conducted initial intake interviews and provided psychotherapy services to adolescents, adults, couples, and families. Also, engaged in mental status examinations, psychological testing, interpretation, and integrated report writing.

*Supervisors:* Deborah L. Walker, Psy.D.  
Glenna Weis, Ph.D.  
Kent Franks, Ph.D.

October 2007-May 2008

**Practicum Student**  
**Douglas Head Start**  
Springfield, Missouri

*Description:* Head Start is a national program that provides services for children of low-income families. Psychological services including group therapy, individual therapy, mental health screenings, staff cohesion trainings, and parenting classes are offered by supervised psychological trainees.

*Duties:* Conducted mental health screenings, and provided psychotherapy services to preschool aged children.

*Supervisor:* Glenna Weis, Ph.D.

January 2007-September 2007

**Practicum Student**  
**Gay and Lesbian Organization of the Ozarks**  
Springfield, Missouri

*Description:* The Gay and Lesbian Organization of the Ozarks is a non-profit community organization. Citizens of Southwest Missouri may receive free psychological services by supervised psychological trainees and interns at this organization.

*Duties:* Conducted initial intake interviews, and provided psychotherapy services to adolescents and adults.

*Supervisor:* Deborah L. Walker, Psy.D.

**RELATED PRACTICA WORK**

**Anger Management Group** – *Robert J. Murney Clinic of Forest Institute*

A special six week mens' group focusing on identifying the causes of anger, understanding how it affects daily functioning, and how to express it appropriately.

**Love and Logic Group** – *Robert J. Murney Clinic of Forest Institute*

A special four week psychoeducational group for parents based on the Love and Logic parenting philosophy developed by Jim Fay and Foster W. Cline, M.D. Within the group, parents learn how to effectively set limits with their children, make empathetic statements to their children, and foster development of independence and problem-solving skills within their children.

**SUPERVISORY EXPERIENCE**

- March 2012-Present                      Clinical supervisor of predoctoral psychology interns and graduate practicum students at Fulton State Hospital.
- October 2010-September 2011        Provided client centered case consultation regarding targeted high risk cases to a predoctoral intern at Butterfield Youth Services, Inc.
- January 2010-May 2010                  Supervisor of an undergraduate practicum student at Butterfield Youth Services, Inc.
- September 2009-September 2011    Team Leader of a residential unit at Butterfield Youth Services, Inc.

**TEACHING EXPERIENCE**

August 2013-Present                      **Part-Time Professor, Psychology Department**  
**Westminster College**  
 Fulton, Missouri

*Course:* Psychology as a Social Science

**PROFESSIONAL DEVELOPMENT**

*Prolonged Exposure Therapy Training*

Ryan Lindsay, LCSW, Missouri Department of Mental Health. June 2013.

*Missouri Department of Mental Health's Spring Training Institute*

The University of Missouri, Missouri Institute of Mental Health. May 2013.

*Clinical Supervision in Behavioral Health: Building Skills for Ethical and Effective Practice*

Frances Patterson, PhD., Cross Country Education. May 2013.

*Hot Topics in Ethics and Risk Management in Psychological Practice*

Eric A. Harris, Ed.D., J.D., American Psychological Association Insurance Trust. March 2013.

*Collaborative Institutional Training Initiative*

Paul Braunschweiger, Ph.D., November 2012.

*Dialectical Behavior Therapy: Delivering Individual DBT-Based Treatment*

Ronda Reitz, PhD., Missouri Department of Mental Health. August 2012.

*Dialectical Behavioral Therapy: The Next Steps for Missouri State Teams*

Tony DuBouse, Psy.D. and Rhonda Oswald Reitz, Ph.D., Missouri Department of Mental Health.  
May 2012

*Integrating Families into Adolescent DBT Treatment*

Ryan Lindsay, LCSW, Missouri Department of Mental Health. May 2012.

*Embodying Connection: FSH Consultation Team Retreat*

Ronda Reitz, Ph.D., Missouri Department of Mental Health. May 2012.

*Ethical Decision Making and Risk Management in Clinical Practice*

Eric Harris, Ed.D., J.D., American Psychological Association Insurance Trust. April 2012.

*Dialectical Behavior Therapy –Making it Work in Our Communities*

Ronda Reitz, Ph.D., Missouri Department of Mental Health. April 2012.

*Life Review in Aging and Dementia: Issues in Theory and Practice*

Thomas Meuser, PhD, Missouri Health Sciences Psychology Consortium. April, 2012.

*The Integration of Mindfulness into Healthcare: Science, Theory, and Practice*

Lynn Rossy, Ph.D., Missouri Health Sciences Psychology Consortium. February 2012.

*Understanding and Responding to Suicide in Our Communities*

Ronda Reitz, Ph.D., Missouri Institute of Mental Health. February 2012.

*Safe Offender Strategies Treatment Program Training*

Jill Stinson, Ph.D., Missouri Department of Mental Health. September 2011.

*USAutism & Asperger Association World Conference*

USAutism & Asperger Association. October 2010.

*Journal Therapy for Mood Disorders*

Kathleen Adams, LPC, Registered Journal Therapist, Center for Journal Therapy. April 2010.

*Strengthening the Culture of Care*

The University of Oklahoma, University Outreach College of Continuing Education. September 2009.

*Introduction to the MMPI-2-Restructured Form*

Yossef S. Ben-Porath, Ph.D. May 2009.

*Love and Logic Facilitator Training*

Glenna Weis, Ph.D., The School of Professional Psychology at Forest Institute. November 2007.

*Recognizing and Reporting Child Abuse and Neglect*

Kim Roam, Missouri Child Care Providers. September 2007.

*Prevention and Relationship Enhancement Program Facilitator Training*

Jennifer Baker, Psy.D., The School of Professional Psychology at Forest Institute. August 2007.

*Love and Laughter: Relationship Enhancement Seminar*

Yakov Smirnoff, M.A. June 2006.

*Stanford-Binet Intelligence Scales IV*

Glenna Weis, Ph.D., The School of Professional Psychology at Forest Institute. November 2005.

**RESEARCH**

*Doctoral Dissertation*

Tubbesing, T.C. (2010). *Competency assessment in professional psychology: A survey of APPIC internship sites*. Unpublished doctoral dissertation, The School of Professional Psychology, Springfield, Missouri.

*Master's Thesis*

Tubbesing, T. C. (2009). *Competency assessment in professional psychology*. Unpublished master's thesis, The School of Professional Psychology, Springfield, Missouri.

*Poster Presentations*

Tubbesing, T. C. & Orton, C. M. (2009). *Identification and treatment of secondary trauma within the military culture*. Poster session presented at the annual conference of Missouri Association for Marriage and Family Therapy, Springfield, MO.

Tubbesing, T. C. & Orton, C. M. (2009). *Identification and treatment of secondary trauma within the military culture*. Poster session presented at the annual conference of Missouri Psychological Association, Lake Ozark, MO.

*Professional Presentation*

Tubbesing, T. C. (2004). *Gender Differences in Accuracy of Event Recall*. Research presented at the Great Plains Psychology Conference, 2004.

**PROFESSIONAL AFFILIATIONS**

American Psychological Association

Professional Member 2010-2013

Student Member, 2005-2007, 2009-2010

**HONORS AND AWARDS**

The School of Professional Psychology at Forest Institute

Dean's List 2005-2009

President's List 2005-2009

Received a Research Award at the School of Professional Psychology at Forest Institute. (August, 2009).

Received a Research and Travel Award for Students at the School of Professional Psychology at Forest Institute. (May, 2009).

Received the Scholarship for New Students at the School of Professional Psychology at Forest Institute. (August, 2006).