

Tami MacAskill, M.A.

Education

- **Certified Health & Well-Being Coaching Program** 2022
College of Executive Coaching (NBC-HWC approved)
- **M.A. Clinical Psychology** 2013
Alliant International University CSPP, San Francisco
- **B.A. Psychology** 2007
San Francisco State University (Summa Cum Laude)

Summary

Experience and doctoral-level training providing therapy to adults via individual and group therapy. Extensive experience working with Veterans. Areas of practice include anxiety and mood disorders, behavioral and relationship concerns, chronic pain, disordered eating, trauma, grief, loss and bereavement. Comprehensive experience in administering, scoring and interpreting neuropsychological tests, along with written psychological reports and treatment plans. Certified coaching practice includes helping clients achieve personal and professional goals.

Clinical Skills/Training

- Cognitive Behavioral Therapy
- CBT Advanced Clinical Seminar
- Psychodynamic Therapy
- Motivational Interviewing
- Psychological Testing and Assessment
- Chronic Pain
- Suicide Prevention
- Grief, Loss and Bereavement
- Substance Use
- ADHD Coaching
- Health & Wellness Coaching

Clinical Background

Clinical Psychologist (CR) 2023 - Present
Dr. Hubley Carruthers and Associates Halifax, NS
Provide evidence-based individual therapy to adults with a wide range of issues including, but not limited to, depression, anxiety, grief, trauma and relational difficulties. Conduct comprehensive assessments to develop individual treatment plans.

Certified Health and Wellness Coach 2022 - 2023
Independent Consulting Practice Remote/Telehealth
Utilizing a client-centered and positive psychology-based approach, I partner with individual clients to enhance their well-being through self-directed lasting changes that align with their values. I assist clients in identifying and activating internal strengths and external resources to make sustainable and healthy behavioral changes in both their work and personal lives.

Behavioral Health Case Manager 2021– 2022
Bay Clinic, Inc (Hawaii Island Community Health Center – merged 7/1/2022) Hilo, Hawaii
Provided counseling, health coaching, assessments/interventions and psychosocial support to behavioral health patients.

Clinical Research Associate (Pre-and post-graduation range) 2012 – 2016

San Francisco VA Medical Center (NCIRE) San Francisco, California
Provided clinical assessments, counseling and treatment recommendations to Veterans. Utilized motivational interviewing with veterans for several ongoing studies, including PTSD, traumatic brain injuries and disabled veterans attempting to reduce opioid usage. Performed structured clinical interviews and administered neuropsychological testing batteries.

Pre-doctoral Intern 2013 - 2014
San Mateo Medical Center San Mateo, California
Provided individual long-term psychotherapy to Edison Clinic patients diagnosed with HIV/AIDS and co-facilitated therapy groups for patients confined to inpatient psychiatric units. Specialized training included dementia, end of life issues, delirium, neurology, chronic pain, substance abuse, and infectious diseases. Conducted clinical interviews and neuropsychological testing/assessment for patients with a variety of medical conditions and learning disorders. Included recommendations and referrals for services and treatment plans. As part of a consult-liaison team, provided supportive interventions and competency evaluations in the medical surgical and long-term care units.

Neuropsychological Testing – Independent Study September 2011 – May 2012
Practicum San Francisco, California
Performed diagnostic assessments, cognitive screening batteries, psychological and neuropsychological evaluations and comprehensive written reports for pro-bono clients.

St Helena Hospital, Center for Behavioral Health July 2010 – July 2011
Clinical Practicum Therapist Vallejo, California
Provided group and individual psychotherapy in a psychiatric inpatient hospital serving culturally diverse children, adolescents, and adults with severe mental illness. Administered cognitive, personality, and projective assessment testing; interpreted results and wrote integrated reports. Participated in multidisciplinary treatment team meetings and attended didactic trainings in psychopharmacology and health psychology. Rotations included residential chemical dependency recovery.

Haight Ashbury Psychological Services June 2009 – June 2010
Clinical Practicum Therapist San Francisco, CA
Provided individual assessment and psychotherapy services to a culturally diverse population in a community based nonprofit clinic. Caseload included adults between the ages of 18 and 50 with presenting problems that included depression, anxiety, grief, disordered eating, trauma, panic disorder, and relationship difficulties. Treatment plans utilized an integrative theoretical orientation, incorporating CBT and psychodynamic based approaches.

San Francisco Suicide Prevention July 2008 – January 2010
Group Co-facilitator San Francisco, CA
Co-led a Survivors of Suicide (SOS) group for individuals experiencing complicated grief after losing a loved one to suicide.

San Francisco Suicide Prevention September 2008 – July 2009
Clinical Practicum San Francisco, CA
Phone counseling services to people in crisis and those requiring additional community resources and referrals. Extensive training on suicide assessment, HIV/AIDS, substance abuse, and domestic violence.