

Tarra Judson Stariell, MFT, CBT
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EDUCATION

MA in Psychology, Marriage, Family Child Counseling; Chapman University-San Diego Campus,

Cum Laude

BA in Behavioral Sciences; National University-San Diego Campus, Magna Cum Laude
Certified Bioenergetic Therapist (CBT), San Diego Institute for Bioenergetic/International Institute for

Bioenergetic Analysis

PROFESSIONAL EXPERIENCE

Private Practice Therapist – (MFC 37920) Fully-trained Bioenergetics Therapist (CBT), Emotionally Focused Couples Therapist (EFT), EMDR II, providing psychotherapy services to individuals, families, couples, and adolescents. Experience and specialized training in addictive disorders and dissociative disorders, trauma and bereavement.

Clinical work includes conducting individual, couple and family therapy sessions. Seasoned group therapist with substance abusers, homeless populations and probationers, teaching psycho-educational groups on domestic violence, parenting skills, stress reduction and coping tools to eliminate substance abuse. Provided therapy for pregnant and parenting adolescents, offering family psychotherapy sessions and classes in parenting skills and child development. Worked with monolingual Hispanic families and their obese children to address and offer change in areas of behavioral health, nutrition and lifestyle choices.

St. Clare's Homes—Contract Psychotherapist for Individual & Group Psychotherapy
Interfaith Community Services---CASAWORKS for Families; Childhood Obesity Advisory
Committee for Health (COACH) Pilot Program; Genesis Program; Annex Counseling
Center

Mental Health Systems—Teen Recovery Center, San Marcos

San Diego Youth & Community Services (SDYCS)—Teen Options Program, Mid-City
Communities

San Diego County Juvenile Probation Department---Juvenile Hall

Vietnam Veterans of San Diego

Family Assistance Program

Stariell, P.

PRESENTATIONS

No Time to Think, No Time to Breathe...Is This Me? presentation on Stress and Trauma, Living Ubuntu; *Full Spectrum Living--Aliveness through Emotional Expression*, Southern California Bioenergetic Conference (SCBC) 2010 Keynote Presenter; Southern California Institute for Bioenergetic Analysis (SCIBA), trainer for Post-Graduate Certification Program in Relational Somatic Psychology, 2009-2015; Process Group Leader, SCBC 2002-2005, 2007-2009; *The Other Side of Grief*, SCIBA; Group Process Leader, Southern California Bioenergetic Conferences, 2002, 2004, 2005, 2007-2009; *Bringing the Body into the Therapy Room*, Presentation for San Diego North County CAMFT; "How to Get Off the Hamster Wheel of Shame, Rage and Grandiosity," workshop co-presented at SCBC

PROFESSIONAL ORGANIZATIONS

Southern California Institute for Bioenergetic Analysis (SCIBA)
 International Institute for Bioenergetic Analysis (IIBA)
 American Association of Marriage, Family Therapists (AAMFT)
 California Association of Marriage, Family Therapists (CAMFT)
 San Diego North County Chapter, CAMFT (SD-NC CAMFT)

PUBLICATIONS

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

ADDITIONAL ACCOMPLISHMENTS

Peace Corps Volunteer—Colombia, S. America
 Child Development Specialist, Preschool Teacher, Escondido Parks & Recreation
 School Attendance Review Board (SARB)—Escondido Union School District
 San Diego County Pet Bereavement Program
 Local Faculty-Retired and formerly Faculty Chair, Southern California Institute for
 Bioenergetic Analysis
 Vice President, Executive Committee, Southern California Institute for Bioenergetic Analysis