

**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.

**Family Therapist** – 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

## **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)

## **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 and formerly Faculty Chair, Southern California Institute for Bioenergetic Analysis  
Vice President, Executive Committee, Southern California Institute for Bioenergetic Analysis

## PRESENTATIONS

*No Time to Think, No Time to Breathe...Is This Me?*, presentation on Stress and Trauma, Living Ubuntu, Feb 2011, May 2010; *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, Fall Semesters 2009 & 2006; *Finding Self through the Somatic Energy of our Stories*, SCBC Workshop, 2008; Process Group Leader, SCBC 2008; Professional Development Workshops, International Institute for Bioenergetic Analysis (IIBA), 2007; *Aggression in the Body*, SCIBA Introduction to Relational Somatic Psychology, 2007; Trainer, Fall Semester for SCIBA Certification Program in Relational Somatic Psychology, 2006; *The Other Side of Grief*, SCIBA, 2006; Group Process Leader, SCBC, 2002, 2004, 2005, 2007-2009; *Bringing the Body into the Therapy Room*, Presentation for San Diego North County CAMFT, 2002; *Fear of Life*, SDIBA, 2001; *Introduction to Bioenergetics*, SDIBA 2001; *Love, Sex & Your Heart*, SCIBA 2000; *Attachment and Bioenergetics*, SDIBA, 2000.

## TRAININGS/CONTINUING EDUCATION

2010, *Transference and Counter-transference*, Bennett Shapiro, PhD, SCIBA; 2009, *Emotionally Focused Therapy: 4-Day Externship*, by Susan Johnson, EdD & Scott Wooley, PhD, Alliant International University, 30 CEU's; 2009, SCBC, *Trusting the Wisdom of the Body*, 22.5 CEU's; 2009, *Self Study: Child Abuse Laws*, Richard Leslie, JD, California Association of Marriage & Family Therapists (CAMFT), 2 CEU's; 2008, *Practices & Principles of Clinical Supervision: Law & Ethics*, by Paul Sussman, PhD, Alliant International University, 2 CEU's; 2008, *Practices & Principles of Clinical Supervision: Advanced Issues & Development of Self as Supervisor*, by Paul Sussman, PhD, Alliant International University, 7 CEU's; 2008, *Legal Issues Potpourri*, by Richard S. Leslie, JD, CAMFT, 2 CEU's; 2007, EMDR II, by Francine Shapiro, PhD, EMDR Institute, Inc., 17 CEU's; 2007, *Psychoanalysis and Dreams and the Body*, Barry Ross, Ph.D., SCIBA; 2006, Legal & Ethical Issues; Best Practices by David Jensen, JD, SDNC-CAMFT; Bimonthly *Master's Class* from SCIBA, 4 CEU's 2004-2006; 2002 to present, Monthly IIBA faculty supervision; 2005, *Invoking the Sage, Choosing to Age Well*, Center for Story & Symbol, Jonathan Young, PhD; 2004 SCIBA, *Integrating Somatic Experiencing (S.E.) & Bioenergetics* with Sylvia Conant; 2004, *Healing a Broken Heart* with Ellie Freedman, MFT, CBT, SCIBA, 3 CEU's; 2004 SCIBA, *Cephalic Shock Workshop* with Bob Lewis, MD, 6 CEU's; 2003 *EMDR I*, by Francine Shapiro, PhD, EMDR Institute, Inc., 17 CEU's; Southern California Bioenergetic Conferences 1994-2003, 21 CEU's per year; 2003 Alliant International University, *Practices & Principles of Clinical Supervision: The Basics*, 6 CEU's; Alliant International University, *Practices & Principles of Clinical Supervision, Law and Ethics*, 2 CEU's; F.A.C.E.S Trauma Workshop with Bessel van der Kolk, MD; *Psychopharmacology for Marriage Family Therapists; Relational/Experiential Focus in Couples Therapy; Developmental vs. Shock Trauma: Treatment Implications; Practical Treatment Approaches to Borderline Personality Disorder; Comprehensive Clinical Treatment for Teenage Addicts; Adoption and Attachment*, all 1.5 CEU's each, San Diego-North County CAMFT; Mar 2003, *Critical Incident Stress Management: Basic*, 14 CEU's; Jun 2002, *Women & Trauma, Building Gender-Sensitive Services*, 1.75 CEU's, California Institute for Mental Health; Apr 2002, *Ritualistic Abuse: An Introductory Course*, 4 CEU's, American Association of Pastoral Counselors-Pacific Region; Oct 2001, *The Power of Choice*, 9 CEU's, Caroline Myss, PhD; Sep 1998, *Exploring the Interface between Somatic Psychotherapy & Psychoanalytic Psychotherapy*, 18 CEU's, The Listening Perspectives Study Center, Irvine, CA; Dec 1996, *Addictive Families, a framework for healing from loss & shame*, 2.5 CEU's, Scripps/Mercy Behavioral Healthcare; Mar 1996, *Women and Anger*, Art Therapy Center of North County; Jun 1994, *Renaissance of the Sacred Feminine*, 4-day experiential/didactic; California Institute of Integrated Studies, San Francisco, 1992, *Fear of Life*, Alexander Lowen, MD, IIBA Founder, New York.