

Tara Gilmaher, M.A.,
Licensed Marriage and Family Therapist, M.F.A., C.C.Ht.
California #121152, Nevada #4012-R

SUMMARY

Marriage and Family Therapist in private practice in California and Nevada, with specialization in Depth Psychological Integrative Therapies and Healing Practices (DPT): Attachment, Somatic, Relational, Jungian, Eco, and Decolonizing/ World Traditions therapy. Currently in dissertation phase of Doctoral DPT Program at Pacifica Graduate Institute. Formerly in Theatre, Film, Television, and Entertainment Industry as Designer-Artisan-Specialty Costumer and adjunct lecturer/faculty.

CLINICAL EXPERIENCE

TARA GILMAHER, PSYCHE & SOUL TENDING MFT, INC.

August 2020 - Present

Marriage and Family Therapist

- Private Practice Depth Marriage and Family therapy with individuals, relationships, and Groups
- Complex, developmental, acute, and post-(traumatic) trauma responsive therapy
- Attachment related disorders. Anxiety, depression, Dual diagnosis and addiction issues
- Somatic approaches: Peter A. Levine, Somatic and Attachment Focused EMDR, van der Kolk
- LGBTQIA, BIPOC, multi-racial, non-monogamous relationships, and Neurodivergent issues and support
- Military, Veterans, First Responders; and related relationship and parenting issues.
- Client Advocacy- Community resource referrals, Referrals to psychiatric and medical evaluations for medications and rule-outs.
- Grief, loss, personal and collective shadow work
- Case Consultation:
- Kristi Walsh, Ph.D., LMFT #25211, Psychoanalyst, Professor; Twice Monthly
- Lionel Corbett, MD, Jungian Training Analyst, Professor; For specific cases.

SPIRALCENTRIC | MONTROSE, CA

January 2008 – Present

Sole Practitioner: Certified Clinical Hypnotherapist (CCHt.), Meditation, Mindfulness, and Introspective Growth

- Coaching personal growth and development
- Meditation, mindfulness, hypnotherapy, imagery, energetic balancing, personal myth, forgiveness
- NonViolent Communication techniques and group facilitation
- Movement awareness and somatic integration

KRSITI WALSH, PHD, LMFT #25211, PSYCHOANALYST | VENTURA, CA

July 2018 – August 2020

Associate Marriage and Family Therapist,

- Private Practice Marriage and Family therapy with individuals and couples:
- MFT Internship in Psychoanalytic Relational private practice
- Complex, developmental, acute, and post-traumatic trauma responsive therapy
- Attachment related disorders. Anxiety, depression, Dual diagnosis and addiction issues
- Somatic approaches: Peter A. Levine, Somatic and Attachment Focused EMDR, van der Kolk
- LGBTQIA, BIPOC, and Neurodivergent issues and support
- Military, Veterans, First Responders; and related relationship and parenting issues.
- Crisis management: Immediate & Proactive

- Client Advocacy- Community resource referrals, and Refer out for psychiatric and medical evaluations for medications and rule-outs.
- Grief, loss, personal and collective shadow work
- Women's Group Facilitation Sept 2019- 2022
- Conduct screenings, intake, assessments, develop course of therapy and treatment plans
- Supervisor:
- Kristi Walsh, Ph.D., LMFT #25211, Psychoanalyst, Professor

CASA PACIFICA CENTER FOR CHILDREN & FAMILIES | SANTA BARBARA, CA

Feb 2018 – June 2018

Safe Alternatives For Treating Youth (SAFTY), Santa Barbara County Contracted Youth Crisis Program

Associate Marriage and Family Therapist,

- Marriage and Family therapy with youth, adolescents, young adults (up to age 20), and their families:
- Crisis management: Immediate & Proactive
- Crisis Hotline: Conduct screenings, crisis assessment, de-escalation, safety plans, intake, deploy crisis specialists for in-field assessment, including 24 hour shift hotline coverage and deployment to cover Santa Barbara County and work collaboratively with San Luis Obispo and Ventura Counties.
- 5150 and 5585 (minors) initiation, evaluation, and re-assessment; coordinating with psychiatrists and hospital staff.
- Coordinate and support evaluation with local law enforcement to keep youth out of incarceration.
- Search for and place youth in available psychiatric beds, matching eligibility and availability; Community resource referrals; and Refer out for psychiatric and medical evaluations for medications and rule-outs.
- Provide family support following youth discharge, including assisting natural families, foster/guardians, and case workers to integrate care and provide transitional support.
- Dual diagnosis, including Autism Spectrum youth in crisis.
- Complex, developmental, acute, and post-traumatic trauma issues in youth
- Child abuse and domestic violence in intact families
- Develop course of therapy and treatment plans to stabilize youth and their families
- Transition care to county mental health services, case management.
- Worked on a coordinated team of MFT and CSW therapists.
- Supervisors:
- Christina Lombard, LMFT #53377
- Genevieve Wilkinson, LMFT # 83788, backup supervisor

COUNSELING WEST | SHERMAN OAKS, CA

July 2015 - December 2016

Marriage and Family Therapy Intern, April 2016- December 2016

Marriage and Family Therapy Trainee, July 2015- March 2016

- Marriage and Family therapy with individuals and couples:
- Complex, developmental, acute, and post-traumatic trauma
- Anxiety, depression, Grief and loss, substance and addiction issues
- Attachment related disorders
- Crisis management: Immediate & Proactive
- Dual diagnosis
- Child abuse and domestic violence in intact families
- Conduct screenings, intake, assessments, develop course of therapy and treatment plans,
- 2 hours weekly training

- Supervisors:
- Joni Lavick, M.A., LMFT CA #31244; Clinical Expertise: Attachment Theory, AAI, & Somatic Experiencing
- Ian Stulberg, LCSW CA #14126 ; Clinical Expertise: LGBT issues.

CONSULTATION: CAROL TANENBAUM, PH.D., LMFT #13621, SHERMAN OAKS, CA
Marriage and Family Therapy Trainee & Intern

March 2015 - May 2016

- Trauma Consultation: Psychoanalytic, Developmental and Veterans Issues

FAMILY SERVICES AGENCY, BURBANK | BURBANK, CA
Marriage and Family Therapy Trainee

July 2014 - August 2015

- Marriage and family therapy with adults, children, and couples in non-profit agency setting
- Individual therapy and transitional group with adolescents in middle school setting
- Developed course of therapy and treatment plans, termination
- Training in domestic violence, parent-child, child, crisis intervention and substance abuse counseling
- Client Advocacy- Community resource referrals, and Refer out for psychiatric and medical evaluations for medications and rule-outs.
- Crisis management: Immediate & Proactive
- Supervisor: George Holbrook, M.A., LMFT CA #24957, Supervisor & HIPAA Compliance Officer; Clinical Expertise: Family Systems, Managing Suicidality, Ethics and Privacy Issues.

EDUCATION

(ABD) Doctoral Studies: Depth Psychology, Integrative Therapies & Healing Practices Sept. 2016 - (May 2022)

- **PACIFICA GRADUATE INSTITUTE; CARPINTERIA, CA**
 - (Coursework 2016-2019, followed by dissertation) Depth Psychological approach to symbols, meaning, systems analysis of causative factors for dissociation, trauma, relational and attachment dysfunction, and holistic approaches to develop cognitive and personality structure to recover from crisis, abuse, neglect, and relational failure.

Group Facilitator Internship

February 2016 – 2020

PSYCHE AND THE SACRED WITH DR. LIONEL CORBETT, M.D., JUNGIAN ANALYST; MONTROSE, CA

Spiritual Psychology and Dreamwork grounded in the work of C.G. Jung, monthly or alternating-months seminars.

Master of Arts in Counseling Psychology

Sept. 2013 - April 2016

- **PACIFICA GRADUATE INSTITUTE; CARPINTERIA, CA**
 - Emphasis in Depth Psychology, Marriage and Family Therapy and Professional Clinical Counseling, Scholarships for Academic Excellence.

Master of Fine Arts in Theatre

Sept. 1995 - December 2003

- **SAN DIEGO STATE UNIVERSITY; SAN DIEGO, CA**
 - Emphasis in Design and Technology. Dual thesis, production and published, Graduate Teaching Assistant, Scholarships for research and academic excellence.

SKILLS

- Marriage & Family (relational) Therapy- Gottman, Bowenian, Gestalt, Internal Family Systems
- Hypnotherapy, Meditation, Imagery, CBT/ Behavioral (habit) Modification, and EFT

- Somatic and Body Integration
- Dream Work based on Jungian Depth Psychological Approach
- Somatic & Attachment Focused EMDR, Basic Certification
- Theatrical Design and Production Management
- Specialty Custom Costuming, Sculptural Props, and Costume Shop Management
- Art, Fine Art and Crafts Production and Instruction
- Period Movement & Manners

CERTIFICATIONS/ PROFESSIONAL ASSOCIATIONS

- 2020 – Licensed Marriage & Family Therapist, NV LMFT #4012-R
- 2020 – Clinical Member, American Association of Marriage & Family Therapists (AAMFT)
- 2020 – Licensed Marriage & Family Therapist, CA LMFT #121152
- 2016 – 2020: AMFT #93790, Registered Associate Marriage & Family Therapist (formerly “Intern”)
- 2020 – Certified Clinical Hypnotherapist (C.C.Ht.), Hypnotherapists Union AFL-CIO, Local 472
- 2018 – *The Nurturing Parenting Program Facilitator Training*, with Theresa Hasting, LMHC
- 2017 - 2018 - *Trauma Dissociation & Soul Clinical Training Certificate* with Dr. Donald Kalsched (Mar 2018)
- 2016 - Basic Somatic & Attachment EMDR Training, (48 hrs CEs), EMDRIA Trainer Deb Kennard
- 2014 – Present: California Association of Marriage & Family Therapists (CAMFT)
- 2008 – Certified Hypnotherapist (C.Ht.), Hypnotherapists Union AFL-CIO, Local 472