

## CAROLINE TAMAS, LCSW 92925

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### **EDUCATION**

- University of Southern California**, San Diego, California May 2015  
*Master of Social Work, Concentration: Mental Health GPA: 4.0*
- Hartwick College**, Oneonta, New York May 1995  
*Bachelor of Arts in Theater; Art minor*
- Certifications:** *Licensed Clinical Social Worker* October 2019  
*Certified Yoga Instructor (300 hours)* June 2017
- Specialized Trainings:** *Integrative Medicine Fellowship through the Academy of Integrative Health and Medicine, Trauma Competency, Motivational Interviewing, Trauma-Focused Cognitive-Behavioral Therapy, Dialectical Behavioral Therapy*

### **RELEVANT PROFESSIONAL EXPERIENCE**

- University of Southern California** August 2022-current  
*Adjunct Lecturer of Social Work* San Diego, California
- Experience teaching online and in person classes on: Group Therapy, Advanced Practice with Complex Cases, Professional Self-care, Foundations of Integrative Social Work
- Family Health Centers, Concentrated Mental Health Program** October 2017- current  
*Group and Individual Therapist* San Diego, California
- Facilitate therapy groups for adult patients age 22-65 with severe mental health disorders ranging from major depression and generalized anxiety to schizophrenia and bipolar in outpatient setting utilizing evidence-based practices as well as holistic modalities with focus on mind-body
  - Create opportunities for patient-led activities within program to help patients apply and practice use of healthy coping skills and behavior changes on their terms including an on-site art event
  - Collaborate daily and in 3 weekly meetings with treatment team including therapists, psychiatric staff and case managers to determine ongoing patient needs and changing needs of program
  - Ongoing development of relevant curriculum for various group needs including establishing a psychosis group for schizophrenia/affective patients and current telehealth needs
  - Provide individual therapy and coordination of care as needed for patients
- UC San Diego, Hillcrest Medical Center** September 2017- February 2018  
*Clinical Social Worker* San Diego, California
- Provided needs assessments for discharging in-patients typically related to outpatient mental health and substance use treatments and engaged with family and friends to incorporate a support system for improved after-care
  - Collaborated with in-patient medical teams to determine best course of discharge planning ranging from outpatient care to long-term medical support to end of life planning
  - Assisted in various units including homeless, trauma, maternity and burn to assist patients with needs while in hospital care and assist with communication to family and friends
- UC San Diego, Co-Occurring Disorders** March 2016 – August 2017  
*Clinical Social Worker* San Diego, California
- Provided biopsychosocial assessments and diagnosis, individual therapy, advocacy and case management for adults with co-occurring disorder
  - Facilitated group sessions and taught various adaptive coping skills ranging from cognitive to physical based awareness including COPE (cognitive behavioral therapy for psychosis), Seeking Safety (trauma informed PTSD and substance use treatment) Art Therapy (expressive art therapy for emotion management) and Healthy Living & Relaxation (health awareness and relaxation skills for emotion regulation)
  - Collaborated daily with integrative team including psychiatrists, social workers and marriage & family therapists to provide tailored treatment for each individual

- Developed and organized 2 program art shows displaying patient art therapy projects

**Mental Health Systems, Mid-Coast Regional Recovery**

May 2015 – March 2016

*Mental Health Clinician*

San Diego, California

- Provided crisis and mental health assessments, personal therapy and case management for adults with substance use disorders, co-occurring disorders and legal interactions
- Collaborated with a designated trauma-informed care team to develop curriculum and train on-site staff about trauma-informed practices for improved client care
- Developed and facilitated a trauma awareness group for clients which included psychoeducation on the causes and effects of trauma as well as the correlation to substance use, taught use of evidence-based trauma management skills
- Lead treatment team meetings of clinical staff to assist in coordination of care between alcohol and drug counselors and mental health clinicians to develop individualized client care and troubleshoot interdisciplinary care issues

**UC San Diego, Co-Occurring Disorders**

August 2014 – June 2015

*MSW Intern*

San Diego, California

- Conducted assessments and provided personal therapy and case management for adults with co-occurring disorders
- Co-facilitated group therapy and developed curriculum for aiding clients with inter-transitional skills, effective communication and emotion regulation skills through the stages of change model and art therapy
- Collaborated with integrative team including psychologists, psychiatry residents, marriage and family therapists and social work clinicians and interns using medical model

**ADDITIONAL EXPERIENCE**

**University of Southern California (with Dr. Jennifer Lewis)**

March 2014 – May 2015

*Research Assistant*

San Diego, California

- Conducted interviews with graduate social work students and collected qualitative data in support of empathy research study on empathy and pedagogy
- Provided literature review on empathy research, as related to the relationship between empathy and various life factors; assisted with composing of professional paper
- Assisted with development of coding system for interview content and data entry

**Sunset High School**

September 2013 – June 2014

*Counseling Intern*

Encinitas, California

- Provided personal and academic counseling for students age 14 through 20 (including those with co-occurring disorders/families with co-occurring issues)
- Used evidence-based treatments such as Motivational Interviewing, Cognitive-Behavioral Therapy and bio-psycho-social assessments
- Co-facilitated counseling groups including sobriety, and Latino men
- Facilitated student mentoring program and developed bully awareness program with students for other schools using vignettes, puppet shows, and cooperative games

**Elizabeth Coalition to House the Homeless**

December 2012 – April 2013

*Guest Art Teacher*

Elizabeth, New Jersey

- Conducted after-school art and storytelling group sessions for homeless and displaced children using performance, mask making and games to encourage creative thinking
- Facilitated group and family discussions through creative expression including puppeteering

**Lighthouse International**

June 2010 – June 2013

*Reading volunteer & teaching assistant*

New York, New York

- Reader & tutor for visually impaired graduate student: tutored on various subjects through role-play & discussion, read materials aloud and typed dictated papers
- Sighted guide and class assistant for visually impaired youth and teen programs by offering counseling support through talk therapy, tactile art and cooking skills