

Tina M. Tarryk, MS MHC, CH, PhD(c)
Colebrook, NH 03576
(833) 246-6624 ttarryk@gmail.com

EDUCATION

- Ph.D. Dissertation (candidate), Walden University, March 2017 – present.
Dissertation topic: A phenomenological study into understanding the lived experiences of female veterans regarding their utilization of mental health care
- Ph.D. Internship, Walden University, May 2016 – March 2017, Counselor Education and Supervision (CES), CACREP-accredited
- M.S. Walden University, August 2012, CACREP-accredited Mental Health Counseling (MHC)
- B.A., Keuka College, 1985, Psychology with minor in Fine Arts
- University of California, Berkeley, 1984, Intensive Russian Language

CERTIFICATIONS/LICENSES

- Social Emotional Learning (SEL) MPOWRD Certificate, Canaan School System, VT, 2023
Rostered Psychotherapist 2022 (097.0134457), NPI # 1417599093
QPR Suicide Prevention Gatekeeper, NKHS, Newport, VT, 2019
Vaping's Impact on Teen Culture and Community, FCD Prevention Works, 2018
Vermont Licensed Alcohol and Drug Counselor – LADC, *passed July 2020*
Youth Mental Health First Aid, Newport, VT, 2018
Grant Writing and Grantsmanship, North Country Career Center, Newport, VT, 2018
Certificate of Completion, “Queer & Trans 101”, NEKLS, Newport, Vermont, 2016
American Counseling Association Certificate of Continuing Education, Existential Therapy, 2012
Certification National Guild of Hypnotists, North Carolina, 2012 - present
Certificate of Completion, Non-Violent Crisis Intervention, North Carolina, 2012
Certificate of Completion, Substance Abuse Recovery Training Person-Centered Thinking, North Carolina, 2012
Certificate of Completion, National Institutes of Health (NIH), “Protecting Human Research Participants”, Walden University, 2011
Certificate of Completion, Life Skills Program, North Carolina, 2007

TRAINING

- NHCADSV – Sexual Assault Nurse Examination (SANE) – 4 CEUs, Lancaster, NH, 2023
Substance Abuse Prevention Specialist (SAP) – 6 CEUs, ASAP of Vermont, 2019
Drug Impairment Training for Educational Professionals (DITEP) – 6 CEUs, Newport, VT, 2019

Association of Student Assistance Professionals (ASAP) – Tall Cop – High in Plain Sight: Current Alcohol, Drug and Concealment Trends and Identifiers, 6 CEUs, Montpelier, VT, 2018
 New England School of Best Practices in Addiction Treatment, 28.5 CEUs, Waterville Valley, NH 2018
 U-Matter Suicide Prevention, Northeast Kingdom Learning Services (NEKLS), Newport, VT, 2018
 Student Assistant Professional Annual Meeting (ASAP), CFR 42, 6 CEUs, Fairlee, VT, 2018
 Substance Abuse Prevention Skills Training (SAPST), 31 CEUs, ADAP, Waterbury, VT, 2018
 Not On Tobacco (NOT), American Lung Association, 6 CEUs, Barre, VT, 2018
 CADCA’s 28th National Leadership Forum, Washington DC, 2018
 SAMSHA’s 14th Prevention Day, Washington DC, 2018
 Motivational Interviewing Interventions Brief Negotiated Interview, SBIRT, Newport, VT, 2018
 Getting to “Y” – Data Analysis Retreat, Newport, Vermont, 2017
 Domestic Violence 101, Advocacy Training, Umbrella, St. Johnsbury, VT, 2017
 Training the Next Generation of Mental Health Professionals (giveanhour.org), Walden University, 2013
 Training, Westcare Home Health and Hospice, North Carolina, 2009
 Certificate of Training, Treatment and Education of Autistic and related Communication-Handicapped Children, Division of the Department of Psychiatry, School of Medicine, University of North Carolina Chapel-Hill, 2006
 Certificate of Training, 70 hours of Applied Behavioral Analysis, Charleston, South Carolina, 2006
 Certificate of Accomplishment, Intensive Behavior Management Training, Connecticut, 2004
 Department of Corrections, Youth Mentoring Program Training, Connecticut, 2003
 Systematic Training for Effective Parenting, Connecticut, 2002
 Parenting with Love and Logic Training, Connecticut, 2001

ACADEMIC EXPERIENCE

Social Emotional Learning (SEL) through MPOWRD program at Canaan School System, VT, 2022
 Substance Abuse Prevention Specialist (SAP), North Country Union High School, Newport, VT, Sept 2017 – June 2019

- Whole School Event Featuring “Mock Crash” and “Asking for Help” (suicide prevention discussion and collaboration with 20 community partners NKHS, Umbrella, Police)
- Collaborated with school administration in supporting students referred for various substance abuse policy violations.
- Collaborated and educated staff and students throughout the North Country Supervisory Union (K – 8) schools regarding the dangers of Vaping.
- Developed and taught NONE (Not on Nicotine Everyone) curriculum to NCSAP (North Country Student Alternative Program)
- Recipient of \$10,000 from North Country Hospital to train and implement MPOWRD program for Social Emotional Learning (SEL) at NCSAP (North Country Student Alternative Program) 2018 - 2019

Teaching Assistant. (Walden University, School of Counseling, Minnesota, August 2016 – March 2017).

Students: Graduate, Doctoral, Environment: on-line

- COUN-6722A-1, Counseling & Psychotherapy Theories
- COUN-6722A-2, Counseling & Psychotherapy Theories

Teaching Assistant. (Walden University, School of Counseling, Minnesota, August 2015) Students: Graduate, Environment: Academic Residency 3, Georgia

Teaching Assistant. (Walden University, School of Counseling, Minnesota, June 2015) Students: Graduate, Environment: Academic Residency 2, Texas

Teaching Assistant. (Buncombe County School District, Asheville, North Carolina, July 2006 - November 2006) Students: Autistic Elementary School age, self-contained classroom,
Environment: Ira B. Jones Elementary School

Teaching Assistant. (Charleston City School District, Charleston, South Carolina, February 2005 - July 2006)
Students: Autistic Elementary School age, Environment: James Island Elementary School,
Various Schools within city district

Instructor. Adult Education (Bacon Academy, Connecticut, 2001-2003). Students: Adults, Environment: Traditional.
Keyboarding and Microsoft Office Introduction

EDUCATIONAL EXPERIENCE

Ph.D. Dissertation candidate, Walden University, March 2017 – present.

Dissertation topic: A phenomenological study into understanding the lived experiences of female veterans regarding their utilization of mental health care

PhD Practicum/Internships

Individual Counselor. (NEK Counseling, Newport, VT, June 2016 – September 2019).

Clients served (under supervision): Individual, family and couples counseling focusing on grief/loss, anxiety, depression, substance abuse, sleep disturbance, trauma, adjustments disorders, autism, sexual addiction, PTSD, schizophrenia, pre/post-op weight loss surgery (Dartmouth program referrals) and letters of referral for gender reassignment surgery and adoption.

Group Counselor. (NEK Counseling, Newport, VT, June 2016 – September 2019).

Co-facilitate (2) 6-month men's groups for male domestic violence program mandated by the State of VT Department of Corrections.

Facilitate adult men's substance abuse support group referred by the State of VT Department of Corrections.

Masters Practicum/Internships

Individual Counselor. (United Community and Family Services, Norwich, CT, December, 2011 – August, 2012).

Clients served: Individual, family and couples counseling focusing on grief/loss, anxiety, depression, substance abuse, sleep disturbance, trauma, adjustments disorders, autism, sexual addiction, PTSD, schizophrenia, pre/post-op weight loss surgery.

Individual Counselor. (The Counseling Center, Leicester, NC, September, 2011 – December, 2011).

Clients served: Individual, family and couples counseling focusing on grief/loss, anxiety, depression, substance abuse, sleep disturbance, trauma, adjustments disorders, autism, sexual addiction, PTSD, schizophrenia, pre/post-op weight loss surgery.

Individual and Group Counselor. (Meridian Behavioral Health Services, Inc., Sylva, NC, March, 2011 - May, 2011).

Clients served: Individual and groups through evidence-based substance abuse and recovery education classes with interventions sanctioned by SAMHSA.

SUPERVISION EXPERIENCE

Educational Experience. (Walden University, Minneapolis, MN, December 2015 – February 2016).

Provided weekly online group supervision for Masters Mental Health Counseling level students enrolled in practicum course; supervised 12 students. While enrolled as a doctoral student, completed the following supervision course:

- COUN-8135 Clinical Supervision

RELATED PROFESSIONAL EXPERIENCE

Mental Health Counselor, Chief Executive Officer. (Mobile Counseling, Norwich, CT, Newport, VT and Colebrook, NH, April, 2013 – present).

501(c)3 Non-Profit Organization, Mission: To provide free or fee-for service counseling to underprivileged and underserved communities. Vision: To end the stigma of mental illness through education, awareness and treatment of underprivileged and underserved communities improving their quality of life.

Clients served through virtual and in-person mobile mental health counseling:

Essex North Supervisory Union, Canaan School System, Canaan, VT, Essex County
North Country Supervisory Union, North Country High School, Newport, VT
K-8 Schools Orleans County, Vermont Substance Abuse Specialist (SAP)
Essex Supervisory Union, Canaan Schools K-12, School-Based Clinician, Canaan, VT

Adults and children focusing on domestic violence, substance abuse, grief/loss, anxiety, depression, sleep hygiene, trauma, adjustment disorders, weight loss surgery.

State of Vermont, Batterer Intervention Program (BIP) Men's Domestic Violence psycho-education groups in Derby, Morrisville and St. Johnsbury, VT (June 2016 – present)

State of Vermont, Women's Domestic Violence psycho-education/treatment group (under development).

RELATED RESEARCH TRAVEL

Russian Culture, Vladmir, Suzdahl, Leningrad, Moscow, USSR, 1986
NYC Fine Arts Culture, Keuka College, NY, 1987
Salvation Army, Norwich, CT, 1988
Mission District Culture, San Francisco, CA, 1989
Ramtha's School of Enlightenment, Yelm, WA, 2001
Casa Dom Inacio, Abadigina, Brazil, 2003
Massuro Emoto, College of Charleston, SC, 2005
"What the Bleep Do we Know" Conference, Miami, FL, 2005

PUBLICATIONS

Contributing Editor, "My First Encounter with an Angel", Sidney Schwartz & Rev. Carl Hewitt, Medicine Bear Publishing, 1999
Contributing Editor, "Crossovers – Origins of Homosexuality", Sidney Schwartz & Rev. Carl Hewitt, 2005

SERVICE TO THE COMMUNITY

New Hampshire Coalition Against Domestic Violence (NHCADSV) – Volunteer, 2023
Big Brothers Big Sisters of Vermont, Fundraising, Orleans County, VT
Northeast Kingdom Human Services (NKHS) Respite, Newport, VT
Northeast Kingdom Human Services (NKHS) Respite, St. Albans, VT
Academic Mentor to Undergraduate Students, Springfield College, Human Services, Newport, VT
Bariatric Support Group Coordinator for North Country Hospital Wellness Center, Newport, VT
Consultant for LGBTQ+ community support group in collaboration with NEKLS, Newport, VT
NEK TV, Newport, Vermont – Board member, February (2017 – present)
CEO, Mobile Counseling Non-profit providing counseling to individuals and families in underserved communities (2013 – present)
Affiliation with givenanhour.org promoting free mental health counseling to military personnel and their families (2013-present)
Westcare Home Health and Hospice, North Carolina, 2009
Universal Life Church, Credentials of Ministry, 2009
Invited Speaker, College of Charleston, SC Religious Studies program (2005)
Department of Corrections, Youth Mentoring Program, Uncasville, CT (2003 – 2004)
While enrolled in Undergraduate Field Experience at Keuka College, Keuka Park, NY (1982-1984):

- Salvation Army, Norwich, CT
- Youth and Family Services, Norwich, CT
- Cornerstone Halfway House, New Haven, CT

Public Access television production (1997 – present)

PROFESSIONAL MEMBERSHIPS

American Counseling Association (2011 - present)
American Mental Health Counselors Association - Vermont (2017 – present)
Association for Counselor Education and Supervision (2012 - present)
Association of Student Assistance Professionals (2018 – 2021)
Chi Sigma Iota (2011 - present)
National Guild of Hypnotists, Inc. (2012 - present)
National Association of Professional Women (2014 – present)
North Carolina Coalition Against Domestic Violence (2011 – 2013)
Vermont Council on Domestic Violence Task Force (2016 – 2021)