

## CURRICULUM VITAE

### Tamara L. Strohauer, MSW, ASW

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#### Educational History

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- 8/2014-5/2016      **San Diego State University**  
Master of Social Work; Direct Practice
- 7/2012-5/2014      **San Diego State University**  
B.A. in Liberal Arts and Sciences, Psychology  
Summa Cum Laude with Distinction in Psychology  
Minor: American Indian Studies
- 1/2010-5/2012      **San Diego City College**  
A.A. in Behavioral Sciences: Psychology  
Highest Honors Graduate

#### Professional Experience

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- 1/2018 to Present      **Lecturer, Field Faculty, and Indigenous Social Work Alliance Advisor**  
San Diego State University, School of Social Work  
Courses Taught: Introduction to Social Work and Social Welfare (SWORK120)  
Introduction to Fields of Service in Social Work (SWORK 110)  
BASW Field Seminar (SWORK 489A & 489B)  
**Responsibilities:** For all courses, updated curriculum to include cultural humility, cross-cultural concerns in our communities, and self-care. Foster inclusive safe and brave space conversations and include professional speakers to share with students their challenges and resilience providing services through COVID 19 pandemic and Black Lives Matter Movement. Created remote alternative assignments for student interns at all levels. **International/Diversity/Cultural Responsiveness Committee**
- 7/2017 to Present      **Southern California Warrior Spirit Co-Founder, Consultant, Event Planner**  
“Calling Upon the Warrior Spirit to Heal Historical Trauma” Conference and Ceremonies, and Co-Chair of the SDSU Native Truth and Healing California Genocide Conference  
11/2019      <https://www.sdsu.edu/conferences/native-truth-and-healing>  
From 7/2017-11/2018 participated in the National Roundtable Virtual Learning Collaborative on Native American Trauma Informed Initiatives. This work culminated in the development of National Trauma Conferences the first of which occurred in 4/2017 at Gila River, the second was in 10/2018 at Viejas Kumeyaay Nation in San Diego, the third 4/2019 at Navajo Nation Window Rock. As a member of this planning committee, provide clinical consultation on the neuroscience of trauma and addiction, historical trauma, Adverse Childhood Experiences Study and Resilience. Co-Chaired and facilitated SDSU Conference linked above
- 1/2017 to Present      **SERVE Indigenous Social Workers for Change Project Coordinator, CalSWEC Title IV-E Stipend Program, Consultant on Tribal Pilot Project, Tribal Support Specialist**  
San Diego State University, School of Social Work/CalSWEC  
**Responsibilities:** SERVE, Indigenous Social Workers for Change, seeks to support recruitment of Native students for BASW and MSW Title IV-E Child Welfare Stipend programs. As Southern region Coordinator, support ten Schools of Social Work and focus on fostering relationships among schools and Native communities, mentor prospective students in the process of applying for and navigating higher education and professional training.

SERVE is committed to full equity, justice, well-being, and cultural preservation of American Indian/Alaska Native children and families by: increasing the numbers of Indigenous social work graduates; fostering inclusive leadership development; developing partnerships between Tribal sovereign nations, indigenous communities, and other stakeholders; and implementing decolonizing social work curricula to reflect community- based, culturally appropriate Indigenous values and the promotion of Indigenous sovereignty and self-determination. Provide on California Indian History, Historical Trauma, Cultural Humility, ACES, Resilience and ICWA to MSW students at CSU Schools of Social Work across Southern California.

1/2022 to 8/2022

**External Field Instructor/Supervisor**

Tule River Yokut Tribe Native Star Program/University of Nevada Reno MSW Program

**Responsibilities:** Provide weekly supervision for MSW Field Practicum, training on trauma informed practice with youth, NASW Code of Ethics and social work competencies. Support student in all manner of professional development through MSW internship in collaboration with Tule River Yokut Tribe

7/2016 to 3/2017

**Clinical Counselor**

SDSU Research Foundation DUI Program

**Responsibilities:** Facilitating group, education sessions and client interviews in accordance with DUI philosophy and State/County guidelines. Managed client caseload of 30-45 in accordance with program regulations and State/County requirements. Performed general trauma-informed counseling, motivational interviewing, provided grounding techniques to manage dissociative experiences, cognitive behavior tools to focus on both anxiety reduction, and distress tolerance, and stress management and relaxation tools including mindfulness to reduce hyper arousal. Facilitate collaborative treatment and recovery planning with an emphasis on personal choice and a focus on clients' goals, maintaining clarity of roles and boundaries in the counseling/client relationship. Provided appropriate referrals as member of the clinical team, identify strengths, coping resources and resilience of clients and the importance of ensuring physical and emotional safety.

**ASW Clinical Supervision with Melanie Barker, LCSW, MPH**

1/2013 to 5/2016

**Teaching Assistant: Department of American Indian Studies**

San Diego State University

Instructor: Richard Carrico, M.A.

Responsibilities: Grading all exams and quizzes, proctoring exams, student support.

8/2015 to 5/2016

**Therapist Intern**

Sharp Mesa Vista Hospital

Intensive Outpatient Services: Dual Recovery

**Responsibilities:** Co-facilitate group therapy with LCSW supervisor using multiple therapeutic modalities, 2 process groups daily; lead weekly psycho-education sessions teaching CBT, DBT, Positive Psychology, Mindfulness, 12 step recovery model, SMART recovery model; individual therapy using Motivational Interviewing, CBT, DBT, Positive Psychology, Neuroscience, and Seeking Safety; conduct psychosocial assessments and suicide risk assessment (trained in Columbia Suicide Severity Rating Scale); treatment planning; termination; discharge. Participate in weekly multidisciplinary treatment team meetings with therapists, psychiatrists, nursing staff, and social workers.

**Clinical Case Management:** Meet individually with patients to outline treatment goals; provide outside referrals including community self help groups, vocational rehabilitation, physicians, psychiatrists, and outside therapists through insurance systems; utilize Motivational Interviewing skills to assess and support patients in stages of change regarding addiction.

**Trainings:** CBT, DBT, Motivational Interviewing, ACT, Columbia Suicide Severity Rating Scale, Psychosocial Assessment, DSM 5 Diagnostics, Case Conceptualization, Treatment Planning

**Information Technology System:** Cerner

8/2014 to 5/2015

**Graduate Intern**

Health Promotion, Division of Student Affairs, San Diego State University

**Responsibilities:** Attend trainings in collaboration with Counseling and Psychological Services: Motivational Interviewing, suicide awareness and prevention, and SBIRT (Screening, Brief Intervention, and Referral to Treatment)

**Conduct SBIRT** in the medical offices of Student Health Services utilizing the Alcohol Use Disorder Identification Test (AUDIT) a screening measure which has been shown to be reliable and valid in identifying alcohol related health risks. Working closely with physicians, nurse practitioners, medical assistants, and psychologists, provide alcohol use education, brief interventions using Motivational Interviewing, and referral to treatment for at risk students.

**Clinical case management:** Providing students with a wide range of services including outside medical referrals, health insurance assistance (including applying for Medi-Cal, choosing a health plan and provider, and utilizing Medi-Cal), behavioral health referrals, provide resource information to homeless students.

**Options counseling for pregnancy:** providing students with full education on pregnancy options, schedule medical appointments as needed, follow up.

**Information Technology System:** Medicaat.

8/2013 to 12/2013

**Teaching Assistant: Department of Psychology**

Developmental Psychology

San Diego State University

Instructor: Barbara McDonald, PhD

**Responsibilities:** Assist instructor with development of assignments, tests, and class discussions, lead chosen class discussions, and provide support to students.

1/2000-12/2009

**Strohauer Painting: San Diego, CA**

Painter, Color Consultant, Artist

7/1998-6/1999

**Muscular Dystrophy Association: San Diego, CA**

Responsibilities included cold calling professional people in the San Diego area to recruit for "Lock Up" fundraisers, assisting in organization of events, collecting pledge funds, and interaction with Muscular Dystrophy community.

4/1995-2/1997

**In-Home Support Services (IHSS): San Diego, CA**

Caregiver. Responsibilities included all aspects of home health care (diet and nutrition, administering medication including injections), hospital, radiation, and chemotherapy treatment visits, interacting with doctors, nurses, social workers, counselors, and hospice.

7/1983 to Present

**Professional Actor/Public Speaker**

Extensive training and professional experience in television commercials, use of teleprompter, film, daytime drama, theater, motivational speaking. Credits on request

## **Honors and Awards**

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2021	<b>Champion of Collaboration</b> Tribal STAR
2020	<b>Outstanding Undergraduate Professor</b> , SDSU College of Health and Human Services 2018
2018	<b>Champion for Justice and ICWA Compliance through Training</b> , Tribal STAR 15 <sup>th</sup> Annual Celebration
2016	Phi Alpha National Honor Society of Social Workers
2014	<b>Outstanding Graduating Senior in Psychology</b> , San Diego State University Phi Beta Kappa National Honor Society, San Diego State University
2012-14	Dean's Honor List, San Diego State University Honor Society of Phi Kappa Phi, San Diego State University Golden Key International Honor Society, San Diego State University Lion's Key International Leadership Society, San Diego State University Psi Chi, International Honor Society of Psychology, San Diego State University
2010-2012	Dean's Honor List, San Diego City College Psi Beta, National Honor Society of Psychology for Community Colleges, San Diego City College Office held: Publicity Chair
2012	<b>Leora Dumlao Honors Special Achievement Award</b> , San Diego City College
2011	<b>Chancellor's Award of Excellence</b> , San Diego City College

## **Scholarships/Fellowships**

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2015-2016	SDSU Women's Association Scholarship SDSU Graduate Equity Grant
2014-2016	Phi Kappa Phi National Graduate Fellowship Phi Kappa Phi Graduate Fellowship, San Diego State University Chapter Cesar Chavez Scholarship, San Diego State University SDSU Phi Beta Kappa, Brian Billotte Memorial Scholarship
2013-2014	Conrad Klement Memorial Scholarship, San Diego State University Osher Scholarship for California Community College Transfer Students, San Diego State University
2012-2013	Doris Hendren Scholarship, San Diego Foundation
2011-2012	Leora Dumlao Honors Special Achievement Scholarship, San Diego City College Friends of Downtown Scholarship, San Diego City College Osher Community College Scholarship, San Diego City College Larry Schwartz Memorial Scholarship, San Diego City College
2010-2011	Chancellor's Scholarship, San Diego City College Dimensions Women's Group Scholarship Friends of Downtown Scholarship, San Diego City College Larry Schwartz Memorial Scholarship, San Diego City College

## **Research Interests**

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Alcohol and other drugs/Co-occurring disorders  
Driving under the influence  
Relationship of cultural trauma and substance use to youth suicides among Native Americans  
Chronic illness prevention and quality of life improvement  
Cultural health disparities

## **Research Experience**

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5/2020-12/2020	<b>Co-PI and Mentor 2020 Summer Undergraduate Research Program Award, SDSU</b> Undergraduate Mentee: Chamese Dempsey, School of Social Work Title: Cancer Care Access and Utilization among American Indian/Alaskan Natives (AI/AN). Faculty Mentors: Ko, E. & Strohauer, T. (Co-Mentor)
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- 5/2015-5/2016      **Researcher: SDSU School of Social Work**  
**SDSU DUI Program: Center for Alcohol & Drug Studies/School of Social Work**  
 Responsibilities: Data cleaning/analysis investigating contributing factors to DUI among female offenders with special interest in the impact of trauma, PTSD, other mental health concerns, and parental alcoholism on hazardous drinking behaviors and blood alcohol content.
- 1/2013-6/2015      **Research Assistant**  
**Chronic Illness Lab, San Diego State University**  
**Principal Investigator: Vanessa L. Malcarne, Ph.D.**  
 Responsibilities: Scleroderma Patient-centered Intervention Network (SPIN)  
 Attend and participate in collaborative Body Image team meetings developing online psychosocial interventions for scleroderma patients using CBT and ACT models. Collaborate with principal investigator and graduate students to develop poster and oral conference presentations.
- 9/2011 to 6/2015      **Research Assistant**  
**UCSD Moores Cancer Center Community Outreach Program**  
**Principal investigators: Vanessa L. Malcarne, Ph.D.**  
**Georgia Robins Sadler, B.S.N., M.B.A., Ph.D**  
 Responsibilities: Assist in developing scripts for and filming of coping with cancer education DVDs for the Deaf community in American Sign Language. Participate in American Sign Language classes with Deaf interns from Gallaudet University to further ASL fluency, and attend meetings with Deaf Community partners.  
 For Deaf Ministries Cancer Education Project: assist in entry, processing, and cleaning of data, analyze data, editing of existing paper on dissemination of cancer education videos through Deaf friendly churches.  
 Collaborate with other students and lab members to develop conference presentations. Complete independent research projects, present findings at conferences, and seek publication in collaboration with principal investigators.  
 Completed an Honors Thesis on the relationship of acculturation and fatalism to attitudes and knowledge about cancer clinical trials among Hispanic Americans.
- 8/2012-12/2012      **Research Assistant**  
**Bilingualism and Cognition Laboratory, San Diego State University**  
**Eye Tracking and Language Processing in Bilinguals Project**  
**Principal Investigator: Henrike Blumenfeld, Ph.D.**  
 Responsibilities: Conduct standardized tests with participants, including PPVT, WASI Matrix, Numbers Reversed and Verbal Fluency  
 Compiling visual stimuli and corresponding word lists for a German-English eye-tracking study, voice-over recording for eye-tracking tests.

### **Publications**

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Hohman, M., Kleinpeter, C., & **Strohauer, T. L.** (2018). *Bringing up what they don't want to talk about: Use of screening, brief intervention, and referral to treatment (SBIRT) for alcohol misuse and depression in a community college health center.* In R. H. Rooney & R. G. Mirick (Eds.), *Strategies for work with involuntary clients* (p. 461–477). Columbia University Press. <https://doi.org/10.7312/roon18266-019>

## **Oral Presentations and Paper**

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- Strohauer, T. L.,** Ruis, L., Sutton, G., Llerandi, M., Premo, S., Fereti, C. (2019, November). *Child Welfare and ICWA: Healing our Children and Communities*. Panel Presentation for the 2019 SDSU Native Truth and Healing California Genocide Conference, San Diego, California.
- Strohauer, T. L.,** Rainer, M., & Zukovsky, Z. (2019, October). *California Native History and Historical Trauma*. Panel Presentation for the CalSWEC Bay Area ICWA Symposium, Berkeley, California
- Strohauer, T. L.** (October, 2019) *California History, Historical Trauma and ACEs*. Meeting of the Minds 2019: Powerful Past, Phenomenal Future, Marina Village Conference Center, San Diego, California
- Strohauer, T. L.** (2019, June). *California Indian History, Historical Trauma, ACEs, Resilience and ICWA*. Oral presentation for the 26<sup>th</sup> Annual California State ICWA Conference: ICWA at a Crossroads. Pala Resort, Valley Center, California.
- Strohauer, T. L.,** Rainer, M., Zukovsky, Z. & Premo, S. (2018, October). *SERVE Indigenous Social Workers for Change Child Welfare, Historical Trauma, ICWA and Resilience*. Panel presentation for the 2018 Calling Upon the Warrior Spirit to Heal Historical Trauma Conference and Ceremony. Viejas Kumeyaay Nation, San Diego, California
- Strohauer, T. L. &** Ranier, M. (2018, April). *Shifting perceptions: Impacts of colonization and honoring resilience in California's Indigenous Communities*. Oral presentation for the 2018 CalSWEC Title IV-E Summit, San Mateo, California.
- Strohauer, T. L.** (2016, October). *The relationship between cultural identity and co-occurring depression and substance use among American Indian adolescents*. Oral presentation for the 31<sup>st</sup> Annual California Indian Conference, San Diego, California.
- Barker, M., Reily, K., **Strohauer, T. L.** & Hohman, M. (2016, August). *Women in DUI Programs: Demographic, Alcohol Use, Trauma, and Cultural Needs*. Oral presentation for Substance Use Disorders, 2016 Statewide Conference, Orange County, California.
- Strohauer, T. L.,** Hohman, M., Finnegan, D., Barker, M., & Min, J. W. (2016, March). *Relationships of Trauma, PTSD, Mental Health, and parental Alcohol Use Patterns to BAC Among Female DUI Offenders*. Oral presentation for San Diego State University Student Research Symposium.
- Strohauer, T. L.,** Mills, S.D., Fox, R.S., Malcarne, V. L., & Sadler, G. R. (2014, March). *Relationship of acculturation and fatalism to knowledge and attitudes about clinical trials among Hispanic Americans*. Oral presentation for San Diego State University Student Research Symposium.
- Malcarne, V. L., Mayes, M. D., Assassi, S., Fox, R. S., Gholizadeh, S., Gottesman, K., Harcourt, D., Kwakkenbos, L., Jewett, L. R., Mendelson, C., Mills, S. D., Rumsey, N., **Strohauer, T. L.,** Williamson, H. & Thombs, B. D. (2014, February). *Developing an Intervention for Body Image Distress in Systemic Sclerosis: An Update from the Scleroderma Patient-centered Intervention Network (SPIN)*. Accepted for poster presentation at the biennial meeting of the Systemic Sclerosis World Congress, Rome, Italy.
- Strohauer, T. L.,** Mills, S.D., Fox, R.S., Marlcane, V.L., & Sadler, G.R. (2013, September). *Relationship of acculturation and fatalism to knowledge and attitudes about clinical trials among Hispanic Americans*. Oral paper presented at American Association for Cancer Education International Conference, Seattle, WA.
- Strohauer, T. L.,** Mills, S.D., Fox, R.S., Malcarne, V. L., & Sadler, G. R. (2013, August). *Relationship of acculturation and fatalism to knowledge and attitudes about clinical trials among Hispanic Americans*. Oral paper presented at the UCSD Moores Cancer Center Young Investigators Symposium, La Jolla, CA.

## **Invited Talks**

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- 2018-Present ***Self Care Workshops***  
Elymash Yuuchaap Native Scholars and Leaders Program, San Diego State University,  
Tribal agencies including Sycuan Medical/Dental Center
- 2017-present ***California Indian History, Historical Trauma, Cultural Humility, ACES and ICWA***  
Provide trainings for MSW students including Title IV-E Stipend students at SDSU, CSU  
Dominguez Hills, CSUN, CSULA, CSU Long Beach, Chico State University, CSU San Marcos  
and CSU San Bernardino (these talks are ongoing throughout California Universities)
- 7/10/2020 ***Trauma and Accidental Overdose: Healing through the 2020 Fentanyl Crisis.***  
Rez Beats and Warrior Spirit Youth Matter Online Event, in partnership with Indian Health  
Council Inc.
- 10/2016-2020 ***Interested in Social Work?*** San Diego State University, Psychology Department  
Introduction to Counseling and Psychotherapy class guest speaker each semester on careers  
in psychology professional panels
- 5/2017 ***Transferring from Community College to a Four-Year University***  
Psi Beta National Honor Society in Psychology 2017 Induction Ceremony,  
San Diego City College, San Diego Community College District
- 5/2014 ***Take a "Mental Selfie"***  
Outstanding Graduating Senior in Psychology Keynote  
San Diego State University Psychology Awards Ceremony
- 5/2013 ***Transferring from Community College to a Four-Year University***  
Psi Beta National Honor Society in Psychology 2013 Induction Ceremony,  
San Diego City College, San Diego Community College District
- 5/2012 ***Claim Your Future Today***  
Greater San Diego Academy 2012 Commencement  
San Diego Aerospace Museum, Balboa Park
- 5/2011 ***Live Life Deliberately***  
San Diego City College 2011 Commencement Keynote  
Balboa Park Organ Pavilion

## **Professional Development Trainings**

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- 2018, 2019, 2020, 2021 **Tribal STAR Training for Trainers on ICWA**  
Certification in ICWA Core Training for Child Welfare Social Workers
- 6/8-6/9/2016 **University of California San Diego**  
45<sup>th</sup> Summer Clinical Institute in Addiction Studies  
Department of Psychiatry/School of Medicine  
Center for Criminality & Addiction Research, Training and Application (CCARTA)
- Many more available upon request

## **Professional Memberships**

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2016 to present	California Association of Alcohol and Drug Educators
2015 to present	National Association of Social Workers
2013 to present	American Association for Cancer Education
2013 to 2015	Association of Rheumatology Health Professionals/American College of Rheumatology

## **Relevant Coursework**

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Social Work	All MSW courses including Direct Practice, Human Behavior, Policy, Research Methods, DSM-5, Special Study (SW 798) and Field Practicum
Psychology 410	Advanced Research Methods
Psychology 452	Introduction to Counseling and Psychotherapy
Psychology 351	Abnormal Psychology
Psychology 361	Neuropsychology
Psychology 365	Drugs and Behavior
Psychology 332	Psychology of Adolescent and Young Adult Development
Gen Studies 340	Confronting HIV/AIDS
ASL 1, 2, and 3	American Sign Language and Deaf Culture
AIS 140, 141, 410	American Indian Studies History, Government, and Cultural courses
AIS 420	California Indians in Film—created a short documentary on cultural historical trauma, substance use, and youth suicide
PFSA 381	Cross-Cultural Gambling Addiction

## **Community Engagement**

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2006-present	Advocate for special education needs regarding ADHD and cognitive learning challenges, including Individualized Education Plans and 504 contracts. Extensive experience in meeting with District and School administrators, school psychologists, and faculty to explore and implement learning strategies
1/2014-5/2014	San Diego State University Department of Psychology Course: Social Psychology (Psy. 340) Professor: David Marx, Ph.D.
8/2013-12/2013	San Diego State University Department of Psychology: Note taker for students with disabilities. Course: Drugs and Behavior (Psy 365) Professor: Paul Gilbert, Ph.D.
2012-2013	Bella Luna Educational Foundation: Raising awareness of violence against women Cast member of the 2012 and 2013 V-Day productions of the Vagina Monologues at the LGBT Center in San Diego raising funds for Becky's House, the LGBT Women's Resource Center, and Voice Inside the Walls
2012-2013	San Diego State University Department of American Indian Studies: Mentor for international student with language challenges, and students with disabilities. Course: US History from American Indian Perspective (AMIND 141) Professor: Richard Carrico
2011-2013	Deaf Awareness and Deaf AWE (All Welcome Everyone) community events

2011-2012

San Diego City College Department of Psychology: Mentor/support for students with disabilities.

Courses: Learning and Behavioral Psychology (Psy 211)

Introduction to Physiological Psychology (Psy 260)

Professor: Marie St. George, Ph.D.

## References

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Richard Carrico  
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Studies San Diego State University  
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