

# TARA WALDRON, MSW, LICSW

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## EDUCATION:

UNIVERSITY OF WISCONSIN, Madison Wisconsin 2010  
*Master of Social Work*

UNIVERSITY OF WISCONSIN, Madison Wisconsin 2008  
*Bachelor of Arts, Religious Studies-Buddhism*

## SPECIALTIES:

### *Populations*

- **Adults of all ages**
- **Couples**
- **Families**

### *Conditions*

- **Anxiety including Post-Traumatic Stress and Panic Symptoms**
- **Identity or Phase of Life Problem**
- **Partner Relational Conflict**
- **Parent-Child Relational Conflict**
- **Bereavement/Grief**
- **Chemical Health Issues**
- **Physical, Verbal, Domestic, Sexual Abuse**
- **Mood Disorders**

## EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota 2014 – Present  
**Mental Health Therapist**

TASKS UNLIMITED, Minneapolis, Minnesota 2013 – Present  
**Mental Health Therapist**

### *Clients: Adults*

- Provide individual psychotherapy to adults in a vocational support program with a primary diagnosis of Schizophrenia and/or Bipolar Disorder

RUM RIVER COUNSELING, INC., Blaine, MN 2011– 2014  
**Mental Health Therapist**

### *Clients: Children, Adolescents, Couples, and Families*

- Provided individual, family, and couples psychotherapy in an outpatient setting.
- Worked with clients with a variety of mental health concerns, including PTSD, anxiety disorders, partner/ relational conflict, emotional dysregulation and anger management, bereavement, chemical health issues, occupational and academic strain, physical, verbal, domestic, sexual abuse, gambling and other impulse control issues, mood disorders, chronic pain, sleep dysregulation, attachment issues, personality disorders, psychotic disorders.

MHS, Edina, Minnesota 2010 – 2011  
**Mental Health Therapist, Group Facilitator, Co-Adolescent Program Coordinator**

*Clients: Adolescents and adults*

- Provided individual and group therapy in an intensive outpatient setting using DBT informed treatment

MENTAL HEALTH CENTER OF DANE COUNTY, Madison, Wisconsin

2009 – 2010

**Graduate Intern**

*Clients: Adults*

- Provided individual and group therapy in a community mental health setting working primarily with low-income and/or court-ordered clients

**ADDITIONAL EXPERIENCE:**

WPS, Madison, Wisconsin

2010

**Continuing Education Instructor**

UNIVERSITY OF WISCONSIN-MADISON, Madison, Wisconsin

2009

**Teaching Assistant**