

## Tiffany L . Allen

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### Education

*Candidate for the Doctorate of Psychology* Present  
California School of Professional Psychology- Fresno, CA  
Alliant International University

Emphasis: Advanced Infant-Preschool Mental Health Certification

Dissertation: The Effect of Expectations and Experiences of Childbirth on Postpartum Mood Disorders in First time Mothers. Chaired by Dr. Sue Ammen.

Spanish Summer Immersion Program, Summer 2007 Alliant International University, Mexico City, Mexico

*Master of Arts in Counseling* May 2003  
Webster University Albuquerque, NM

*Bachelor of Arts in Psychology* August 2001  
Saint Mary-of-the-Woods College Saint Mary-of-the-Woods, IN

*General Education Transfer* May 1999  
Lakeland Community College Mattoon, IL

### Honors

2011 Robert N. Emde Scholarship for the Colorado Association for Infant Mental Health's Biennial Conference

### Professional Affiliations

National Association for Play Therapy, Affiliate, Since 2007

Colorado Association for Play Therapy, Affiliate, Since 2010

Colorado Association for Infant Mental Health, Student, Since 2010

American Psychological Association, Affiliate Student, Since 2010

### Licensure

New Mexico Counseling and Therapy Board, Professional Mental Health Counselor, License #0084031 (retired status)

### Research

*The Effect of Expectations and Experiences of Childbirth on Postpartum Mood Disorders in First time Mothers* 2008- Present  
Dissertation Research  
Supervisor: Sue Ammen, PhD

Recruited participants from online parenting forums such as BabyCenter.com.

Participants completed surveys in the third trimester and 6-8 weeks after birth.

Data were gathered using the online survey tool Qualtrics.com.

Used Postpartum Depression Screening Scale, Impact of Events Scale-Revised, Health Locus of Control, Childbirth Expectation Questionnaire, and Expectation and Experience Screening Scale for data collection.

Analyzed data using a series of chi-square and multiple regression tests in SPSS.

Findings:

- Internal locus of control related to higher reported postpartum depressive symptoms.
- Negative experiences related to higher reported postpartum depressive symptoms.
- Positive expectation was found to be a protective factor for postpartum depressive symptoms.

## Professional Interests

Play Therapy

Neurobiological Effects of Trauma and Maltreatment

Diagnostic Classifications of Mental Health and Developmental Disorders of Infancy and Early Childhood (DC:0-3)

Perinatal Mood Disorders

## Practica

*Assessment Center for Children*

August 2009 – July 2010

Exceptional Parents Unlimited

Fresno, CA

Provide services to children with behavioral difficulties or suspected developmental delay.

Assess, diagnose and provide recommendations for children ages 0-6 using a variety of assessment tools including parental self report measures, development screening tools, cognitive testing and observations.

Conduct therapy using a variety of treatment modalities including Parent Child Interaction Therapy, Watch Wait and Wonder, Filial Therapy and Play Therapy techniques.

Consult with a multidisciplinary treatment team that includes speech and language pathologist, occupational therapist, psychiatrists, and other specialists.

*Supervisor:* Daryl Hitchcock, PhD

*Hours:* 20 weekly

*Phoenix Academy*

January – July 2009

Fresno Unified School District

Fresno, CA

Work with children removed from their original schools and placed in Phoenix Academy for aggressive or behavioral difficulties.

Conduct psychosocial skill building groups with the 1st and 2nd grade students using Play Therapy techniques and The Incredible Years curriculum.

Assist teachers in creating and structuring successful classroom activities.

Conduct initial and/or triennial Individual Education Program assessments for students as required by the special education department.

*Supervisor:* Julia Picher, School Psychologist

*Hours:* 20 weekly

*Painted Sky Elementary*

January – April 2003

Albuquerque Public Schools

Albuquerque, NM

Conduct groups with students on grief, self-esteem, divorce, and social skills.

Provide individual intervention and conflict resolution.

Administration, under supervision, of the WRAT to students.

*Supervisor:* Dr. Dan Giuliano

*Hours:* 15 weekly

*Chemical Dependency Residential Treatment Unit*

May – October 2002

Desert Hills Youth and Family Services

Albuquerque, NM

Provide counseling services to adolescents with chemical dependency and their families.

Facilitate group therapy with 10-13 residents on a daily basis

Consult with probation and social workers to develop long term treatment plans.

*Supervisor:* Barbara Caldwell, LPCC

*Hours:* 5 weekly

## **Work Experience**

*School Counselor*

2007 – 2008

Pablo Roybal Elementary School

Pojoaque, NM

Pojoaque Public Schools

Provide consultation with the 2nd grade, 4th grade and half of the kindergarten teachers.

Conduct counseling services for at-risk or in-crisis children and their families.

Provide classroom instruction on character and bullying to students.

Facilitate a counseling group focused on divorce.

Facilitate Student Assistant Team meetings for children whom are performing low academically.

Coordinate New Mexico Standard Based Assessment to insure appropriate administration and test security.

*Clinician*

2005 – 2007

La Otra Puerta Emergency Youth Shelter

Santa Fe, NM

Youth Shelters and Family Services

Provide emergency crisis counseling.

Conduct weekly individual and group counseling services for youth ages 10-17.

Facilitate family counseling and mediation for families of the shelter residents.

Assess youth referred by the juvenile and family court systems.

Provide after care services to youth and their families upon discharge.

Participate in the emergency on-call clinical rotation.

*Director*

2003 – 2005

La Casa Libertad Transitional Living Program

Santa Fe, NM

Youth Shelters and Family Services

Develop and implement a transitional living program to serve five foster care and homeless adolescents and two teenage mothers with infants.

Assess client needs and compatibility with the program

Assist in grant preparation to secure federal, state and local funding.

Create and monitor the annual program budget with the financial director.

Prepare monthly and annual reports for the board of directors and funding sources.

Supervise a staff of nine employees.

Facilitate weekly staff meetings and bi-weekly client council meetings.

Facilitate monthly multidisciplinary treatment team meetings.

Participate in 24 hr. pager rotation for staff and clients to use in emergencies.

*Treatment Coordinator* 2002 – 2003  
Family Works Treatment Foster Care Albuquerque, NM  
Desert Hills Youth and Family Services

Coordinate and manage a caseload of eight clients.

Write and develop treatment plans.

Provide support, guidance and supervision foster parents.

Facilitate monthly multidisciplinary and systemic treatment team meetings.

Monitor clients progress and placement with bi-monthly home visits.

Organize a community donation campaign to insure that all children in the program received something special for the holidays.

*Behavior Management Specialist* 2001 – 2002  
Family Works Treatment Foster Care Albuquerque, NM  
Desert Hills Youth and Family Services

Develop and implement behavior modification program with clients in their home and school settings.

Teach parents and teachers positive interventions to assist in dealing with child behavior problems.

Facilitate verbal de-escalation and processing with clients in crisis.

Promoted to treatment coordinator for Treatment Foster Care.

## **Volunteer Experience**

*Mentor* 2003 – Present  
Career Services St. Mary of the Woods, IN  
St. Mary of the Woods College

Speak in psychology classes about professional and academic experiences.

Provide relocation information and support for new graduates.

Review student resumes.

*Conference Volunteer* 2008  
International Association for Play Therapy Dallas, Tx  
Annual Conference  
Association for Play Therapy

*Conference Volunteer* 2007  
International Association for Play Therapy Las Angeles, CA  
Annual Conference  
Association for Play Therapy

## **Professional Presentations**

Allen, T. (2011, February). *The Effect of Birth Expectations & Experiences on Postpartum Depression*. Poster presentation at the Biennial Colorado Association for Infant Mental Health Conference.

### **Relevant Professional Workshops & Conferences**

Colorado Association for Infant Mental Health Biennial Conference, 2011

International Association for Play Therapy Annual Conference, 2008

International Association for Play Therapy Annual Conference, 2007

Trauma Focused–Cognitive Behavioral Therapy online course offered by Medical University of South Carolina.

Parent-Child Interactional Therapy by Dr. Dana Riley

D.I.R /Floor Time: A Developmental Relational Approach to Play Therapy with Children Impacted by Autism by Esther Hess

Applications of Theraplay by Evangeline Munns

### **References**

Dr. Sue Ammen, Ph.D., RPT-S, IFECMH-SP/RF-III

Dr. Daryl Hitchcock, Ph.D., RPT-S, IFECMH-SP/RF-III