

Tammy Trojan, LMFT

Psychotherapist & Meditation Teacher

Phone | Email | City, State | URL

SUMMARY

I am a creative, patient psychotherapist specializing in trauma, anxiety, depression, existential concerns, and those who identify as a Highly Sensitive Person (HSP). Growing up Asian-American ignited a desire to help others (and myself once upon a time!) grow beyond the traumas people of color face and create authentic meaning. As a clinician, I believe in the healing powers of attunement and somatic work as well as spiritual views, like Buddhist psychology

EDUCATION

M. S. MARRIAGE & FAMILY THERAPY 20XX

University of Southern California, Rossier School of Education

B. A. DEGREE TITLE 20XX

University

EXPERIENCE

PSYCHOTHERAPIST // LMFT 20XX – Present

COMPANY NAME

- Provide culturally-sensitive psychotherapy for primarily Asian clientele with C-PTSD, anxiety, depression, and Borderline PD Utilize trauma and humanistic modalities—EMDR, IFS, Trauma Resiliency Model, Gestalt Therapy, and mindfulness Coordinate care with psychiatrists and admin team
- Maintain comprehensive EHR records
- Lead mental health workshops in corporate settings
- Train therapist colleagues on new client consultation calls

PSYCHOTHERAPIST // MFT TRAINEE – AMFT 20XX – 20XX

COMPANY NAME

- Provided psychotherapy for adults, children, and teens
- Led yoga and stress management groups for mandated clients
- Managed care from start to finish - intake, billing, and records
- Trained in suicide risk assessment, culturally-sensitive care, trauma-informed psychotherapy, and school-based counseling

YOGA & MEDITATION TEACHER

20XX – 20XX

COMPANY NAME

- Led group yoga and meditation classes for 6-50 participants
- Led wellness/speaking events in corporate and educational settings

ADVERTISING ACCOUNT MANAGEMENT

20XX – 20XX

COMPANY NAME

- Nurtured relationships with blue-chip marketing clients
- Facilitated execution of national TV/print/digital campaigns
- Led team of creatives and producers through client feedback

SPEAKING

BURNOUT PREVENTION / GROWTH MINDSET

20XX-20XX

Workshops, various organizations

"STRESS MANAGEMENT DURING COVID- 19"

20XX

Workshop, USC Keck School of Medicine

"MINDFULNESS FOR STRESS MANAGEMENT"

20XX

Guest Lecture, USC Dornsife College of Arts & Sciences

"MINDFULNESS IN DAILY LIVING"

20XX

Workshop, USC Keck School of Medicine

"MINDFULNESS 101 FOR TEENS"

20XX & 20XX

Workshop, USC high school outreach program

TRAININGS

EMDR Basic Training, Company Name

Internal Family Systems, Company Name

Training, Company Name

Gestalt Therapy Weekend Training, Company Name

Trauma Resiliency Model® (Level 1), Company Name

200-Hour Yoga & Meditation Teacher Trainings, Company Name

SKILLS

Mental Health Assessment, Case Conceptualization, Treatment Planning, Safety Planning, Team Collaboration, Cultural Competency, Record-Keeping

ABOUT ME

SF native / dog mom / dumpling expert / once got lost in the Swiss Alps / if I weren't a therapist, I'd be an interior designer and dog daycare owner / love rainforests and clear night skies