

CURRICULUM VITAE

KAREN SUSAN TANZY, PHD

April 2017

1752 NW Market Street, #602
Seattle, WA 98107
206.579.3143

karen@agingwithcreativity.com
www.agingwithcreativity.com

EDUCATIONAL BACKGROUND

- 1985-1991 **FULLER THEOLOGICAL SEMINARY, GRADUATE SCHOOL OF PSYCHOLOGY.** Pasadena, CA.
APA-Accredited program in Clinical Psychology. Dissertation: Stress-Related Change in Health Status: Relationship Between Psychological and Physiological Adjustment.
Psychology Masters Thesis: Raven's Standard Progressive Matrices Short Form: Validity Study with a Neurologically Impaired Population
- 1985-1990 **FULLER THEOLOGICAL SEMINARY.** Pasadena, CA.
Master of Arts in Theology.
- 1979-1983 **SOUTHERN METHODIST UNIVERSITY.** Dallas, TX.
Bachelor of Science in Psychology &
Bachelor of Arts in English.
- 1985 **UNIVERSITY OF TEXAS AT DALLAS.** Dallas, TX.
Special non-degree status. Completed 12 graduate semester hours in neuroscience.

ADDITIONAL TRAINING – BRIEF SELECTION

- 2014 **OMEGA INSTITUTE.** Mount Madonna, CA.
Completed weeklong training intensive in **Mindfulness-Based Stress Reduction (MBSR)** Training with Jon Kabat-Zinn and Saki Santorelli.
- 2010-2011 **UNIVERSITY OF WASHINGTON, PROFESSIONAL & CONTINUING EDUCATION PROGRAM.** Seattle, WA.
Completed a year-long Certificate Training in Therapeutic Healing Garden Design.
- 2007-2008 **SACRED ART OF LIVING CENTER.** Bend, OR.
Completed 4 Unit training in “The Sacred Art of Living and Dying”

National Education Program: Understanding, Diagnosing, Healing
and Transforming Spiritual Pain

AWARDS AND HONORS

- 2017 Short film with older adults chosen to be featured in the Creatively Connected Film Festival in New York City
- 2016 Chosen to present film work with older adults in Leadership Exchange at the National Center for Creative Aging in Washington, DC
- 2015 Short film with older adults had featured screening at Healthy Aging Partnership Film Event, Seattle, WA.
- 2014 Movie Musical with older adults won 3rd place in Healthy Aging Partnership Film Event, Seattle, WA.
- 1991 Selected as an “Outstanding Young Woman of America”
- 1989 Recipient of College Women’s Club of Pasadena Scholarship
- 1989 Selected as an “Outstanding Young Woman of America”
- 1988 2-year recipient of Scholarship from J.C. Crothers Foundation
- 1985 6-year recipient of Life Enlistment Church Scholarship
- 1983 Graduated cum laude from Southern Methodist University
- 1982 Sigma Tau Delta, English honorary
- 1982 Golden Key Honor Society, academic honorary
- 1981 Psi Chi, psychology honorary

CLINICAL–PROFESSIONAL EXPERIENCE

- 2015-present **AGING WITH CREATIVITY, LLC.** Seattle, WA.
CLINICAL PSYCHOLOGIST. Provides education and supportive services to older adults as they seek to lead vibrant and rewarding lives through pursuit of meaningful activities and creative expression. Teaches classes on how factors such as psychosocial engagement, mindset, spirituality and creativity can positively influence the aging experience. Shares recent findings in neuroscience. Offers intergenerational projects to provide ways to build bridges & open inspirational dialogue across generations.
- 2013-present **AGING WITH CREATIVITY, LLC.** Seattle, WA.
FILMMAKER. Collaborates with local filmmaker working with older adults to produce expressively creative movie projects with positive messages about aging, as well as short films regarding meaningful moments in the lives of older adults. Produces creative legacy films for older adults with intention of highlighting the remarkable elders of our communities.

CLINICAL–PROFESSIONAL EXPERIENCE continued

- 1994-2001 **PRIVATE PRACTICE.** Seattle, WA.
CLINICAL PSYCHOLOGIST/NEUROPSYCHOLOGIST. Clinical practice included individual (child, adolescent & adult), family and group psychotherapy. Provided psychological and neuropsychological evaluations. Conducted evaluations and/or provided therapy for individuals who had medical disorders or brain dysfunction (i.e., traumatic brain injury, chronic illness, chronic pain, neurological disorders, CVA, dementia, learning disabilities).
- 1997-1998 **SEATTLE CANCER TREATMENT & WELLNESS CENTER.** Seattle.
CLINICAL PSYCHOLOGIST. Provided psychological services for the Center as an independent contractor. Provided psychological support to individuals with a diagnosis of cancer as well as their family members. Taught courses in mind/body relationships and in the exploration of healing and wholeness.
- 1995-1996 **CHILDRENS' HOSPITAL AND MEDICAL CENTER.** Seattle, WA.
CHILD CLINICAL NEUROPSYCHOLOGIST. Provided clinical and neuropsychological assessments and delivery of psychological serviced to children and adolescents with traumatic brain injury, medical illnesses and developmental disorders. Conducted neuropsychological and psychological assessments in both outpatient and inpatient settings. Interfaced with healthcare professionals. Provided feedback of test results and psychoeducational information to families, patients and relevant school personnel. Provided brief supportive psychotherapy and behavioral consultation. Participated in multidisciplinary team meetings.
- 1994 **COMMUNITY SECTOR SYSTEMS, INC.** Seattle, WA.
DIRECTOR OF CLINICAL AFFAIRS. Provided clinical leadership in development of software/online services to be marketed to mental healthcare professional. Worked with Michael Goodman, M.D. (co-author of Managing Managed Care) to bring PsychAccess language to "alpha" status. Conducted analyses of organizational work flow and form sets to demonstrate benefits of implementation in managed care settings. Developed clinical assessment tools and prepared training vignettes. Participated in interdepartmental meetings to maintain clinical integrity of the product. Conducted formal presentations to various professional audiences nationwide.

CLINICAL–PROFESSIONAL EXPERIENCE continued

- 1992-1993 **CENTRAL VALLEY ASSOC IN NEUROPSYCHOLOGY.** Bakersfield. PSYCHOLOGICAL ASSISTANT/LICENSED PSYCHOLOGIST. Provided psychological and neuropsychological assessments for patients with a variety of medical/mental health disorders (i.e., traumatic brain injury, chronic pain, chronic illness, depression). Conducted individual psychotherapy sessions for adults and older adolescents, including management of chronic pain. Co-leader for a Breast Cancer Support Group & for a Cancer Support Group. Supervised by Eugene T. Couture, Ph.D.
- 1991-1992 **NEUROPSYCHIATRIC INSTITUTE, UCLA.** Los Angeles, CA. POST-DOCTORAL FELLOW. Provided neuropsychological assessment for patients with a wide variety of neurobehavioral disorders (ranging from young children through older adults) referred from within the UCLA Center for the Health Services and external sources including medical-legal referrals. Provided assessment for pediatric surgical candidates from the epilepsy program at UCLA Reed Neurology, as well as participated in case conferences. Evaluated Inpatients from psychiatric and medical wards at NPI and provided recommendations regarding rehabilitation. Interfaced with health care and legal professionals. Supervisors: Paul Satz, Ph.D., Rebecca Rausch, Ph.D., Wilfred van Gorp, Ph.D., Louis D’Elia, Ph.D., Rebecca Jacobsen, Ph.D., Eric Miller, Ph.D.
- 1990-1991 **UNIVERSITY OF WASHINGTON, SCHOOL OF MEDICINE.** Seattle. PSYCHOLOGY INTERN. APA-Accredited internship program in Clinical Psychology. Chosen for Rehabilitation Medicine stipend position. Preceptor was Jay Uomoto, Ph.D. Rotations included:
- UNIVERSITY OF WASHINGTON MEDICAL CENTER (UWMC), REHABILITATION MEDICINE PROGRAM.** Supervised by Sureyya Dikmen, Ph.D. and Jay Uomoto, Ph.D. Prepared written reports based on neuropsychological test data for patients with traumatic brain injury, stroke and spinal cord injury. Utilized neuropsychological findings in counseling of patients and families and in planning of rehabilitation treatment programs.

CLINICAL–PROFESSIONAL EXPERIENCE continued

HARBORVIEW MEDICAL CENTER, REHABILITATION MEDICINE PROGRAM. Supervised by David Patterson, Ph.D. Worked with children, adolescents and adults on Inpatient Rehabilitation Medicine Unit, Rehabilitation Consultations Service and Burns/Plastic Center. Evaluated patients with neuropsychological and personality tests, provided consultation for behavioral management of patients, provided hypnosis for management of acute pain and brief counseling for patients and families.

UWMC, CLINICAL PAIN SERVICE. Supervisors included: Wilbert Fordyce, Ph.D., Pat Johnson, Ph.D. Provided services on both inpatient and outpatient components. Conducted psychological assessment and treatment for a diverse group of chronic pain patients. Gained experience in case management, individual and group treatment, work with an interdisciplinary team and interfacing with the health care system.

- 1988-1989 **HUNTINGTON MEMORIAL HOSPITAL, DEPARTMENT OF REHABILITATION MEDICINE. Pasadena, CA.**
MEDICAL PSYCHOLOGY INTERN. Supervised by Lawrence V. Majovski, Ph.D. Administered neuropsychological tests to neurologically impaired individuals, conducted evaluation plans and implements patient care in accordance with physician's orders and patient's needs. Dictated psychological assessment reports. Provided family education and assisted with patient groups.
- 1988-1989 **KAISER PERMANENTE MENTAL HEALTH CENTER.** Los Angeles.
CLINICAL PSYCHOLOGY CLERK. Supervised by John Snibbe, Ph.D. Administered psychological tests to adolescents and adults in order to determine emotional and/or neuropsychological functioning of patients in an acute psychiatric setting. Composed weekly assessment reports.
- 1988-1990 **GLENDORA COUNSELING CENTER.** Glendora, CA.
PSYCHOLOGICAL ASSISTANT to Thomas Malcolm, Ph.D. Provided individual psychotherapy for adults, adolescents & children. Conducted marital, family and group therapy. Provided psychological assessments.

CLINICAL–PROFESSIONAL EXPERIENCE continued

- 1987-1988 **PASADENA COMMUNITY COUNSELING CLINIC.** Pasadena, CA.
CLINICAL PRACTICUM STUDENT. Supervised by Sam Alibrando,
Ph.D. Provided psychotherapy for adult clients. Performed intake
procedures and prepared evaluation reports.
- 1987-1988 **MOUNTAIN VIEW SCHOOL DISTRICT.** El Monte, CA.
SCHOOL COUNSELING INTERN. Supervised by Kenneth Baum,
Ph.D. and Jorge Gutierrez, M.A. Conducted play therapy with
children ages 6 through 13. Made home visits as necessary.
- 1986-1987 **TREATMENT CENTERS OF AMERICA – BEHAVIORAL HEALTH
TREATMENT CENTER.** Los Angeles, CA.
CLINICAL PRACTICUM STUDENT. Supervised by Aune Strom,
Ph.D. One 18-week rotation through the Chemical Dependency
Program and one 18-week rotation through the Adolescent
Treatment Program. Co-led C.D. and Adolescent groups. Actively
participated in multi-disciplinary treatment teams. Gained
assessment and report writing experience.
- 1986-1987 **PARENT-ADOLESCENT COMMUNICATIONS TRAINING.** CA.
INSTRUCTOR. Participated in training approach developed and
supervised by Gary L. Brainerd, Ph.D. and Richard Michalsen,
Ph.D. Conducted didactic experience involving parent and
adolescent dyads via electronic equipment. Provided training in
communication skills.
- 1986-1987 **HOMELESS MENTALLY ILL/ICAN “THE JUNCTION.”** Pasadena.
PROGRAM COORDINATOR. Supervised by Susan Sierlen, Ph.D.
Coordinated the work component and activities of a socialization
program for homeless mentally ill persons in the Pasadena area.
Assisted in planning and implementation of a coffee shop and job-
skills training.

PROFESSIONAL LICENSURE

Washington State: #PY1866
California State: #PSY13599 (“Inactive” Status)

PROFESSIONAL ORGANIZATIONS

American Psychological Association
Division 12, Clinical Psychology
Division 36, Health Psychology
Washington State Psychological Association

TEACHING EXPERIENCE

- 2013-present **BAYVIEW RETIREMENT COMMUNITY.** Seattle, WA.
INSTRUCTOR. Co-teaches filmmaking classes. As of 4/17, have produced 6 short films with residents. Teaches series of “Creative Aging” classes to older adult population.
- 1998 **SEATTLE PACIFIC UNIVERSITY.** Seattle, WA.
ADJUNCT FACULTY. Taught graduate course “Psychological Interventions: Theory and Technique” to doctoral level Psychology students. Taught “Clinical Psychopharmacology” to doctoral level students.
- 1997-1998 **SEATTLE CANCER TREATMENT AND WELLNESS CENTER.**
CLINICAL PSYCHOLOGIST. Taught courses in mind/body relationships, exploring healing and wholeness for patients with cancer.
- 1994 **COMMUNITY SECTOR SYSTEMS, INC.** Seattle, WA.
DIRECTOR OF CLINICAL AFFAIRS. Conducted formal teaching presentations to various professional audiences nationwide (i.e., St. Louis, Chicago, New York, Los Angeles).
- 1993 **FULLER THEOLOGICAL SEMINARY, GRADUATE SCHOOL OF PSYCHOLOGY.** LECTURER. For graduate course in “Neuropsychological Assessment.
- 1990 **FULLER THEOLOGICAL SEMINARY, GRADUATE SCHOOL OF PSYCHOLOGY.** TEACHING ASSISTANT. Assistant to Hendrika vande Kemp, Ph.D. for graduate course in “Psychology of the Family.”

RESEARCH EXPERIENCE

- 1993 **WEST LOS ANGELES VETERANS ADMINISTRATION.** CA.
RESEARCH PSYCHOLOGIST. Facilitated research project in psychoneuroimmunology (Stacy Wilkins, Ph.D. as Principal

Investigator) entitled "Education/Support Groups to Improve Psychological and Immune Functioning in Caregiving Spouses." The study focused on determining the psychological and immunological functioning of caregivers of spouses with dementia. Participated in grant writing.

- 1989-1990 **NEUROPSYCHIATRIC INSTITUTE, UCLA.** Los Angeles, CA. PSYCHOLOGICAL RESEARCH ASSISTANT. Worked with Asenath La Rue, Ph.D. on the Projects of Aging Longitudinal "Family Study of Alzheimer's Type Dementia." Scheduled patients, performed neuropsychological assessments for Alzheimer's patients, first-degree relatives and Control subjects. Conducted data analysis. Assisted in preparations for PET study of relatives of Alzheimer's patients.
- 1989 **WEST LOS ANGELES VETERANS ADMINISTRATION.**Brentwood. PSYCHOLOGICAL EXAMINER. Worked with Lissy Jarvik, Ph.D. Performed neuropsychological assessment of patients with Alzheimer's Disease who were participating in Tacrine experimental drug treatment program.
- 1983-1984 **SOUTHERN METHODIST UNIVERSITY.** Dallas, TX. RESEARCH ASSISTANT to James Pennebaker, Ph.D. Assisted graduate psychology students in performing thesis projects and analyzing data. Major areas of research: cognitive, emotional and physiological components of confiding.

RESEARCH GRANT

- 1988 Recipient of \$6000 research grant from the Paul Taylor Company (Paul Taylor, Chairman Emeritus of the Wellness Community in Southern California) to conduct psychoneuroimmunological research (dissertation). Funded project consisted of collaboration among Fuller Graduate School of Psychology, Loma Linda Medical Center and Huntington Research Institute.

PUBLICATIONS

- Castle, S., Wilkins S., Heck, E., **Tanzy, K.**, & Fahey, J. (Accepted April 1995). Depression in Caregivers of Demented Patients is Associated with Altered Immunity: Impaired Proliferative Capacity, Increased CD8+, and a Decline in Lymphocytes with Surface Signal Transduction Molecules (CD38+) and a Cytotoxicity Marker (CD56+CD8+). Clinical and Experimental Immunology.

Drebing, C., Takushi, R., **Tanzy, K.**, Murdock, G., Stewart, J., & Majovski, L. (December, 1990). Re-examination of RCPM performance and neglect in lateralized brain injury. Cortex.

Tanzy, K.S. (1991). Stress-related change in health status: Relationship between psychological and physiological adjustment. (Unpublished dissertation).

PRESENTATIONS

2016 **NATIONAL CENTER FOR CREATIVE AGING.** Washington, D.C. Chosen to present in the "Leadership Exchange" for the international conference. Presentation: "Movie-Making with Older Adults." Part of a multidisciplinary team presenting experience of collaborative endeavors involving movie-making workshop with older adults ages 78 to 104 in a continuing care retirement community (September 2016).

Tanzy, K., Drebing, C., Stewart, J., Takushi, R., Murdock, G., & Majovski, L. (1989, April). RSPM short form: Validity study with a neurologically impaired population. Paper presented at combined meeting of Western Psychological Association and Rocky Mountain Psychological Association, Reno, NV.

Drebing, C., Takushi, R., **Tanzy, K.**, Murdock, G., Stewart, J., & Majovski, L. (1989, April). Re-examination of RCPM performance and neglect in lateralized brain injury. Paper presented at combined meeting of Western Psychological Association and Rocky Mountain Psychological Association, Reno, NV.

Stewart, J., Murdock, G., **Tanzy, K.**, Drebing, C., Takushi, R., & Majovski, L. (1989, April). Multiple factors in the clinical assessment of verbal memory. Poster presented at combined meeting of Western Psychological Association and Rocky Mountain Psychological Association, Reno, NV.

Tanzy, K., Brown, W., Foy, D., Lipsker, L., Markee, T., & Tyson-Olmstead, D. (1990, April). Stress-related change in health status: Relationship between psychological and physiological adjustment. Presentation at Western Psychological Association, Los Angeles, CA.

Drebing, C., Murdock, G., **Tanzy, K.**, Stewart, J., & Majovski, L. (1990, April). RCPM response patterns in neurologic patients with right hemi-neglect. Presentation at Western Psychological Association, San Francisco, CA.

Markee, T., **Tanzy, K.**, Foy, D., Brown, W., Lipsker, L., & Tyson-Olmstead, D. (1991, April). Social support as a mediating factor for stress. Presentation at Western Psychological Association, San Francisco, CA.

- Tyson-Olmstead, D., **Tanzy, K.**, Lipsker, L., Brown, W., Foy, D., & Markee, T. (1991, April). Spirituality as a mediating variable of daily hassles. Presentation at Western Psychological Association, San Francisco, CA.
- Wilkins, S.S., **Tanzy, K.**, & Schretlen, D. (1994, February). Detecting Feigned Insanity: A Comparison of the Rey Osterreith Complex Figure and the Rey 15 Item Memory Test. Presentation at International Neuropsychological Society, Cleveland, OH.
- Wilkins, S., Heck, E., **Tanzy, K.**, Makinodan, T., Norman, D., Solomon, D., Fahey, J., Castle, S. (1994, May). Psychological and immune status in caregivers receiving a group treatment intervention. Presentation at American Geriatrics Society, Los Angeles, CA.
- Castle, S., Wilkins, S., Heck, E., **Tanzy, K.**, Makinodan, T., & Fahey, J. (1994, May). Emotional distress, immune cell phenotype, & T cell function in caregivers. Presentation at American Geriatrics Society, Los Angeles, CA.

COMMUNITY SERVICE WITH OLDER ADULTS

- 2016-present **BAYVIEW RETIREMENT COMMUNITY.** Seattle, WA.
VOLUNTEER MEMBER of "AgeUp," an anti-ageism task force, helping to promote positive perceptions and images of aging.
- 2008-2013 **ST ANNE SCHOOL.** Seattle, WA
VOLUNTEER COORDINATOR. Organized and facilitated intergenerational dialogue and writing projects between 6th grade students and residents of local retirement communities.

REFERENCES AVAILABLE UPON REQUEST