Tara Guest Arnold, Ph.D., LCSW CEDS-S

Licensed Clinical Social Worker

Certified Eating Disorder Specialist

Certified Eating Disorder Supervisor

License #003250

Spring 2019

Practice Address: 6 Lenox Pointe NE

Atlanta, GA 30324

E-mail: taraarnold@gmail.com

Phone: (404) 964-6629 current

(404) 661-8331 cell

**Educational History**

University of Georgia

Degree: Doctor of Philosophy 2003

Major: Social Work

University of Georgia

Degree: Masters 2000

Major: Social Work

Phi Kappa Phi Honors Society

Emory University 1997

Degree: Bachelor of Arts

Major: Psychology

**Honors and Awards**

# Phi Kappa Phi

Gamma Beta Phi

Phi Eta Sigma

HOPE grant

Jessy Coleman council scholarship

Martha Bigham scholarship

**DBT Group Leadership Experience**

2005-present DBT group leader. Private Practice. WholeHeart Psychotherapy

2002-2005 DBT group leader. Skyland Trail. Dr. Neal Cohen

2002-2005 DBT Learning Community Leader. Dr. Neal Cohen

### Social Work Related Experience

Private practice (full- time). Clinical Co-Director 1/04- present

Treat individuals with mental illness and substance abuse, specializing

in eating disorders, and women’s and young adult issues.

Location: WholeHeart Psychotherapy

Day Treatment Counselor (full-time 32 hours) 10/02- 8/05

Conduct family session and individual therapy sessions. Group therapy

utilizing DBT and behavior therapy techniques. Program development, program evaluation, consumer assessment, and outcomes management. Substance abuse program coordinator and developer STOP.

Supervisor: Steven McDaniel, M.D.

Location: Skyland Trail

Case Manager (contract basis). CATIE and CAFÉ clinical 8/01-5/03

trials case manager. Psychoeducation, counseling, resource linkage,

and assessment.

Supervisor: Kathleen Jarboe, CNS and Sarah Schwartz, LMSW

Location: Emory University

Community Services Counselor (part-time 30+ hr/ wk). 8/01- 10/02

Counseling for personal case load of adults with mental illness and

substance related concerns. Plan and facilitate groups. Assessment and

evaluation of consumers.

Supervisor: Neal Cohen, Psy.D.

Location: Skyland Trail

Substance Abuse Coordinator/ Case Manager (part-time 30hr/ wk). 5/00- 8/01

Program planning and evaluation. Case management for personal case

load of adults with severe mental illness and substance abuse. Plan and

facilitate groups. Assess consumers and assist with medication management.

Supervisor: Rich Lewine, PhD

Location: Skyland Trail

Prevention Specialist (part-time). Facilitate middle school 2/00-8/00

based coping skills groups. Plan and facilitate children’s drug and alcohol

prevention groups in agency.

Supervisor: Laura Morse, LCSW

Location: St. Jude’s Recovery Center

Internship (part-time). Case manager and group facilitator 8/99-5/00

for substance abusing adults and HIV+ individuals in an inpatient setting.

Treatment planning, homework assignments, group planning, and

conferencing.

Supervisor: Caroline Johnson, LCSW

Location: St. Jude’s Recovery Center

Internship (part-time).Co-facilitate group therapy 1/99-5/99

for substance abusing adults in an outpatient setting. Treatment

planning, goal setting, staff conferencing, planning groups, weekly

reviews, and charting.

Supervisor: David Newton, LPC

Location: Dekalb Addiction Clinic

Mental Health Associate (part-time). Care for consumers 8/98-1/99

in an inpatient setting. Manage consumers, conduct group sessions,

and conduct brief individual counseling. Provide direct patient care.

Populations served adults, adolescents, children, and elderly.

Supervisor: Kathy Vogen, RN

Location: Charter Winds

Clinical Assistant (half- time). Care for consumers. 1/98-8/98

Take vital signs, manage consumers, and conduct rounds. Conduct group

and individual therapy sessions. Populations served mental health and

substance abusing children, adolescents, adults, and women.

Supervisor: Mimi McCollough, RN

Location: Ridgeview Institute

Clinical Assistant (part- time). Supervise on women’s 2/98-8/98

unit managing consumers with eating disorders and survivors of abuse.

Monitor and record eating habits, conduct group therapy sessions,

help teach nutritional habits, and provide brief individual therapy sessions. Develop groups for eating disorder treatment program.

Supervisor: Carol Orr, RN

Location: Ridgeview Institute

Volunteer (part-time). Create a resource 12/96-4/97

library for the clients. Assist the staff by

arranging appointments, and various other projects.

Supervisor: Iris Bolton, MA

Location: Link Counseling Center

**Research Experience**

Outcomes Analyst (part-time). Create a program 1/02- 8/05

evaluation protocol for a mental health and substance abuse

service provider. Literature search, data collection, data analysis,

write up, and presentation.

Supervisor: Kevin DeWeaver, Ph.D./ Margaret Collier

Locations: Skyland Trail/ University of Georgia

Research Assistant (half-time). Aid in development 8/00- 1/02

and administration of in-depth qualitative interviews for clients who are

HIV+ and use the internet for coping. Dataanalysis and write- up.

Supervisor: Trisha Reeves, Ph.D

Location: University of Georgia

Research/ Graduate Assistant (half-time). Aid in 8/99- 5/00

collection of papers for potentially published monograph.

Review and analyze literature concerning marital rape victims,

and aid in development and implementation of group protocol

for victims of marital rape.

Supervisor: Bonnie Yegidis, Ph.D.

Location: University of Georgia

Research Assistant (half-time). Assist in research in 6/97- 8/98

behavioral pharmacology. Care for animals, analyze data,

research, inject animals, present research, use data bases.

Supervisor: Jesse Dallery, Ph.D. & Juliana Lancaster, Ph.D.

Location: Morris Brown College/ Emory University

Research Assistant (part- time). Aide in research on 6/97-9/97

linear system theory. Care for pigeons, run them in operant

chambers.

Supervisor: Paul Soto, MA

Location: Emory University

Research Assistant (part- time). Conduct research on 4/97- 12/97

exposure with response prevention treatment for OCD spectrum

disorders. Develop writing skills, research skills, and search data

bases.

Supervisor: Lisa Shaw, Ph.D.

Location: Emory University

Research Assistant (half-time). Aided in testing 1/96-5/96

subjects in memory experiments. Administered free-recall

test to subjects and recorded data.

Supervisor: Howard Rollins, Ph.D.

Location: Emory University

**Presentation Experience**

Beaton, B. (May, 2019). DBT Advanced Clinical Practice. Anxiety & Stress Management Institute.

Beaton, B. (March, 2019). DBT in Clinical Practice. Anxiety & Stress Management Institute.

Avery, C. (March, 2019). In Plain Sight: What we can Learn Through Sensing Our Body Using Yoga, Mindfulness, and Meditation. AAP Southern Region Spring Conference Hiawasee, GA.

Kotwicki, R. (March, 2019). DBT for Therapist Self Care, Skyland Trail.

Beaton, B. (February, 2019). DBT and Eating Disorders.  Anxiety and Stress Management Institute.

Kramer, M. (November, 2018). Healing Eating Disorders Using DBT. Coastal Collaborative for eating Disorders Conference. Savannah, GA.

Donlon, D. (October, 2018).Finding Our Voice Through Our Bodies Using Yoga, Mindfulness, and Meditation. Annual AAP Conference, Atlanta, GA

Beaton, B. (October, 2018). DBT Advanced Clinical Practice. Anxiety & Stress Management Institute.

Hahn, J. (October,2018). DBT for Substance Abuse- Staff Training. Manifest Treatment Center. Atlanta, GA

Beaton, B. (September, 2018). DBT in Clinical Practice. Anxiety & Stress Management Institute.

Seigfried, N. (August, 2018). Left Brain Right Brain Approaches to Treating Eating Disorders. Annual SEED Conference, Asheville, NC

Davis, J. (May, 2018). Advanced DBT in Clinical Practice. West GA College; Carrolton, GA.

Davis, J. (April, 2018). DBT for Beginners. West GA College; Carrolton, GA.

Beaton, B. (April, 2018). DBT Advanced Clinical Practice. Anxiety & Stress Management Institute.

Beaton, B. (March, 2018). DBT in Clinical Practice. Anxiety & Stress Management Institute.

Johns, B. (March, 2018). DBT-S for substance abuse. Ridgeview Institute- Monroe.

Beaton, B. (February, 2018). DBT and Eating Disorders.  Anxiety and Stress Management Institute.

Trusheim, T. (November, 2017). DBT in Clinical Practice. Highlands River Health. Cartersville, GA.

Beaton, B. (November, 2017). DBT Advanced Clinical Practice. Anxiety & Stress Management Institute.

IADEP (October, 2017). Right Brain / Left Brain Approach to the Treatment of Eating Disorders. IADEP Webinar October 12,2017 12:00-1:00 EST.

Beaton, B. (September, 2017). DBT in Clinical Practice. Anxiety & Stress Management Institute.

LPCA-GA (May, 2017). Right Brain / Left Brain Approach to the Treatment of Eating Disorders. LPCA GA Chapter Annual Conference

Beaton, B. (April, 2017). DBT Advanced Clinical Practice. Anxiety & Stress Management Institute

Beaton, B. (March, 2017). DBT in Clinical Practice. Anxiety & Stress Management Institute

Wilson, P. (February, 2017). Beginners DBT, Fulton County Schools. Atlanta, GA.

NASW-GA (November, 2016). Right Brain / Left Brain Approach to the Treatment of Eating Disorders. NASW GA Chapter Annual Conference

Weiskoff, L. (November, 2016). DBT in Clinical Practice. Heartworks Counseling Center. Atlanta, GA.

Beaton, B. (October, 2016). DBT Advanced Clinical Practice. Anxiety & Stress Management Institute

Beaton, B. (September, 2016). DBT in Clinical Practice. Anxiety & Stress Management Institute

Shehi, M. (September, 2016). DBT in Clinical Practice. Mountain View Hospital, Gadsden, AL.

Garry, A. (September, 2016). Right Brain / Left Brain Approach to the Treatment of Eating Disorders. GSCSW.

Aleem, A. (August, 2016). Treatment Innovations Using DBT For Treating Substance Abuse DBT-S & Eating Disorders RO-DBT. Peachford Hospital.

Beaton, B. (May, 2016). DBT Advanced Clinical Practice. Anxiety & Stress Management Institute

Beaton, B. (February, 2016). DBT and Eating Disorders.  Anxiety and Stress Management Institute.

Johns, B. (February, 2016). DBT-S (substance abuse) and RO-DBT (radically open for eating disorders). Ridgeview Institute.

Beaton, B. (November, 2015) Advanced Clinical DBT Practice. Anxiety and Stress Management Institute.

Beaton, B. (September, 2015) Beginners DBT Practice. Anxiety and Stress Management Institute.

Kotwicki, R. (October, 2015).Advanced ClinicalDialectical Behavior Therapy. Community Education Program. Skyland Trail.

Johns, B. (July 2015). DBT, Myth and Metaphor. Ridgeview Institute

Beaton, B. (March, 2015) Beginners DBT Practice. Anxiety and Stress Management Institute.

(February, 2015). Body Image, Myth, and Metaphor. Rosewood Institute.

Beaton, B. (February, 2015). DBT and Eating Disorders Anxiety and Stress Management Institute.

Kotwicki, R. (November, 2014).Dialectical Behavior Therapy. Family STEP Program. Skyland Trail.

Kotwicki, R. (April, 2014).Advanced ClinicalDialectical Behavior Therapy. Community Education Program. Skyland Trail.

Gary, A. (February, 2014). Treating Body Image in Eating Disorders. Clinical Series. Georgia Society for Clinical Social Work.

Beaton, B. (March, 2014) Beginners DBT Practice. Anxiety and Stress Management Institute.

Margolis, R. (March, 2014). Treating Body Image in Eating Disorders. Clinical Lunch and Learn. Jewish Family and Career Services.

Beaton, B. (April, 2013) Advanced Clinical DBT Practice. Anxiety and Stress Management Institute.

Kotwicki, R. (April, 2013).Advanced ClinicalDialectical Behavior Therapy. Community Education Program. Skyland Trail.

Leader, D. (March, 2013) Eating Disorders Treatment. Abnormal Psychology. Georgia Tech.

Beaton, B. (November, 2013) Advanced Clinical DBT Practice. Anxiety and Stress Management Institute.

Beaton, B. (October, 2013) Beginners DBT Practice. Anxiety and Stress Management Institute.

Johns, B. (October, 2013). DBT and Eating Disorders Ridgeview Institute

Beaton, B. (March, 2013) Beginners DBT Practice. Anxiety and Stress Management Institute.

Beaton, B. (March, 2013) Treating Eating Disorders and Body Image. Anxiety and Stress Management Institute.

## NASW-GA (October, 2012) Advanced Clinical DBT Practice

## Conference. Annual Georgia Conference.

Beaton, B. (September, 2012) Advanced Clinical DBT Practice. Anxiety and Stress Management Institute.

Margolis, R. (February, 2012). Treating Body Image in Eating Disorders. Clinical Lunch and Learn. Jewish Family and Career Services.

Kotwicki, R. (November, 2011).Dialectical Behavior Therapy. Family Program. Skyland Trail.

## NASW-GA (October, 2011) . Advanced Clinical DBT Practice

## Conference. Annual Georgia conference. .

Kotwicki, R. (February, 2011).Dialectical Behavior Therapy. Family Program. Skyland Trail.

Safford, C. (June, 2010). Module Five: Building the Executive Skills in Children and Adults: Facilitating the Development of Self-organization, Self-control, and Interpersonal Effectiveness.

NASW-GA (October 2010). Dialectical Behavior Therapy (DBT): Advanced Clinical Application. Annual Georgia Conference.

NASW-GA (October 2009). Dialectical Behavior Therapy (DBT): An Overview of Mindfulness, Emotional Regulation and Distress Tolerance. Annual Georgia Conference.

McDaniel, S. (2009). Dialectical Behavior Therapy. Family Program. Skyland Trail

NASW-GA (October 2008). Dialectical Behavior Therapy (DBT): An Overview of Mindfulness, Emotional Regulation and Distress Tolerance. Annual Georgia Conference.

McDaniel, S. (2008). Dialectical Behavior Therapy. Family Program. Skyland Trail

NASW-GA (October, 2007). Dialectical Behavior Therapy (DBT): An Overview of Mindfulness, Emotional Regulation and Distress Tolerance. Annual Georgia Conference.

McDaniel, S. (2007). Dialectical Behavior Therapy. Family Program. Skyland Trail.

McDaniel, S. (2004). DBT: Emotional Regulation. Family Program. Skyland Trail.

McDaniel, S. (2003). Dialectical Behavior Therapy. Family Program. Skyland Trail.

McDaniel, S. (2003). Dual Diagnosis. Family Program. Skyland Trail.

Cohen, N. (2003). Emotional Regulation: Part II of DBT. Family Program. Skyland Trail.

Cohen, N. (2003). Being Present: An introduction to DBT. Family Program. Skyland Trail.

### Teaching Experience

SOWK 7232- Family Dynamics Spring 2004

Position: Temporary Instructor

Location: University of Georgia

SOWK 7232- Family Dynamics Fall 2003

Position: Temporary Instructor

Location: University of Georgia

SOWK 5544- General Practice III Spring 2003

Position: Teaching Assistant

Location: University of Georgia

Mentor: Dr. Paul Ammons

SOWK 6074- Theory and Practice with Communities and Fall 2002

Organizations.

Position: Teaching Assistant

Location: University of Georgia.

Mentor: Dr. Edward Risler, LCSW

SOWK 7222- Assessment and Psychopathology. Summer 2002

Position: Teaching Assistant

Location: University of Georgia.

Mentor: Dr. Larry Nackerud

SOWK 5544- General Practice III. Spring 2002

Position: Teaching Assistant

Location: University of Georgia.

Mentor: Dr. Stacy Kolomer

SOWK 5326- Social Work Research. Fall 2001

Position: Teaching Assistant

Location: University of Georgia.

Mentor: Dr. Kevin DeWeaver

Science Teacher (part-time) Integrate the scientific method 1996-1997

through the use of experiments and research..

Position: Student Teacher

Location: Mary Lin Elementary School.

Mentor: Katie Meitt

**Professional Service**

IADEP Mentorship Committee Cahir January 2018-present

GSCSW Ethics Committee member July 2008- present

GSCSW Mentorship Committee July 2007- present

GSCSW Mentorship Committee co-chair Jan 2010- present

Interim Secretary for NASW GA Chapter Jan 2010- July 2010

GSCSW Ethics committee co-chair July 2008–July 2010

# NASW GA Membership Committee Chairperson February 2004- July 2005

# NASW GA Executive Committee August 2003- July 2005

# NASW GA Member at large July 2003- July 2005

# NASW GA North Georgia Revitalization Committee September 2002- present

# NASW GA Athens Chairman July 2001- July 2003

# NASW GA Athens Financial Chairperson July 2001- September 2002

**Professional Affiliations**

International Association of Eating Disorder Professionals

American Academy of Psychotherapists

# Georgia Society for Clinical Social Work

National Association of Social Workers

**Journal/ Newsletter Article Publications**

Arnold, T. (2012). Acceptance and Change. Understanding Dialectical Behavior Therapy, *National Association of Social Workers- Georgia Chapter Newsletter*.

Arnold, T. (2012). Acceptance and Change. Understanding Dialectical Behavior Therapy, *Georgia Society for Clinical Social Work Journal, 1*.

Arnold, T. (2012). Attachment Informed Validation Strategies in Dialectical Behavior Therapy, *Georgia Society for Clinical Social Work Journal*.

Arnold, T. (2009). Dialectical Behavior Therapy: Distress Tolerance. *National Association of Social Workers- Georgia Chapter Newsletter*.

Arnold, T. (2009). Dialectical Behavior Therapy: Radical Acceptance. *National Association of Social Workers- Georgia Chapter Newsletter*.

Arnold, T. (2009). Dialectical Behavior Therapy: Emotional Regulation. *National Association of Social Workers- Georgia Chapter Newsletter*.

Arnold, T. (2008). Dialectical Behavior Therapy: Interpersonal Effectiveness. *National Association of Social Workers- Georgia Chapter Newsletter*, 4.

Arnold, T. (2008). Dialectical Behavior Therapy: Core Mindfulness. *National Association of Social Workers- Georgia Chapter Newsletter*.

Arnold, T. (2008). Cognitive Behavior Therapy- Change Your Thinking, Behavior Therapy: Radical Acceptance. *National Association of Social Workers- Georgia Chapter Newsletter*, 6.

Arnold, T. (2008). Dialectical Behavior Therapy. *National Association of Social Workers- Georgia Chapter Newsletter*.

Reeves, P. & Arnold, T. (2006). Empowerment: The evolving nature of relationship between HIV/AIDS patients and their physician*, Journal of HIV/AIDS and Social Services, 5 (3/4), 25-44.*

Guest, T. (2000). Using the Eating Disorder Examination in the assessment of bulimia and anorexia: Issues of reliability and validity, *Social Work in Health Care, 31*, 71-84.

Arnold, T. (in press). A Pilot Study of an Integrated Dual Diagnosis Treatment Program: STOP*, Social Work Practice in the Addictions*.

Arnold, T. (in press). Exposure and Response Prevention in the treatment of bulimia nervosa, *Social Work in Health Care*.

### Book Publications

Thyer, B. & Arnold, T. (2002). *Directory of Doctoral Programs in Social Work.* Alexandria, VA: Council on Social Work Education.

**Journal Article Publications**

Reeves, P. & Arnold, T. (2006). Empowerment: The evolving nature of relationship between HIV/AIDS patients and their physician*, Journal of HIV/AIDS and Social Services, 5 (3/4), 25-44.*

Guest, T. (2000). Using the Eating Disorder Examination in the assessment of bulimia and anorexia: Issues of reliability and validity, *Social Work in Health Care, 31*, 71-84.

Arnold, T. (in press). A Pilot Study of an Integrated Dual Diagnosis Treatment Program: STOP*, Social Work Practice in the Addictions*.

Arnold, T. (in press). Exposure and Response Prevention in the treatment of bulimia nervosa, *Social Work in Health Care*.

## **Editorial Reviews**

Guest Reviewer for Research on Social work Practice March 2001

Editor: Bruce Thyer, Ph.D., LCSW

Guest Reviewer for Research on Social work Practice May 2001

Editor: Bruce Thyer, Ph.D., LCSW

**Paper and Poster Presentations**

Arnold, T. (June, 2010). Module Five: Building the Executive Skills in Children and Adults: Facilitating the Development of Self-organization, Self-control, and Interpersonal Effectiveness. Paper Presented at the YourCEUs Conference, Mercer University, Atlanta, GA.

Arnold, T. (October, 2007). Dialectical Behavior Therapy (DBT): An Overview of Mindfulness, Emotional Regulation and Distress Tolerance. Paper presented at the Georgia National Association of Social Workers Conference, Atlanta, GA.

Arnold, T. (March, 2004). Evaluation of an Innovative Dual Diagnosis Program: Skyland Trail’s Operation Prevention. Paper presented at the Council on Social Work Education Conference, Anaheim, CA.

Arnold, T. (January, 2004). Evaluation of an Innovative Dual Diagnosis Program: Skyland Trail’s Operation Prevention. Poster presented at the Society for Social Work Research Conference, New Orleans, LA.

Reeves, P. & Arnold, T. (January, 2004). From Empowerment to Self-Efficacy: Toward a Social Work Intervention Model for Individuals with HIV/AIDS. Poster presented at the Society for Social Work Research Conference, New Orleans, LA.

Arnold, T. (October, 2003). Evaluating your practice: A practical guide to basic research designs that will fit your practice. Paper presented at the Georgia National Association of Social Workers Conference, Atlanta, GA.

Cohen, N., Arnold, T., and Globus, R. (May, 2003) The Decision Tree. Presented at the International Conference for Psychosocial Rehabilitation, Atlanta, GA.

Arnold, T. (February, 2003) Skyland Trail’s Operation Prevention: An Evaluation of a drug and alcohol treatment approach for dually diagnosed clients. Paper presented at Council on Social Work Education Conference, Atlanta, GA.

Arnold, T. (November, 2002) Skyland Trail’s operation prevention: A program evaluation for dually diagnosed consumers. Paper presented at the American Evaluation Associations Conference, Arlington, VA.

Arnold, T. (October, 2002). Evaluating your practice: A practical guide to basic research designs that will fit your practice. Paper presented at the Georgia National Association of Social Workers Conference, Atlanta, GA.

Reeves, P. & Arnold, T. (January, 2002). How patient empowerment affects the traditional medical relationship between patients with HIV/AIDS and their physicians. Paper presented at the Society for Social Work Research Conference, San Diego, CA.

Arnold, T. & Crunckilton, D. (September, 2001). Object relations and attachment: Linking theory with practice. Paper presented at the National Association of Social Workers, Georgia Chapter Conference, Atlanta, GA.

Arnold, T (September, 2001). Groups with substance abuse and dually diagnosed clients. Paper presented at the National Association of Social Workers, Georgia Chapter Conference, Atlanta, GA.

Guest, T., Dallery, J., & Lancaster, J. (March,1998). Behavioral mechanisms of response-rate decrements in morphine treated rats. Poster presented at the Southeastern Psychological Association conference, Mobile, AL.

Dallery, J., Lancaster, J., & Guest, T. (May,1998). Tolerance and economic context of reinforcement loss. Poster presented at the Association for Behavior Analysis conference, Orlando FL.

Guest, T., Dallery, J., & Lancaster, J. (May, 1998). Behavioral mechanisms of opiod-induced response-rate decrements. Poster presented at the Association for Behavior Analysis conference, Orlando, FL.

Guest, T.,& Dallery, J. (June, 1998). Using the matching theory to predict the degree of behavioral tolerance. Poster presented at the Conference for Problems on Drug Dependence, Scottsdale, AZ.

**Extracurricular Activities**

Alpha Delta Pi Scholarship Chairman

Student Government Association Senator

Resident Student Association

Voter Registration Committee

Service Projects Committee

Pineland Mental Hospital

Ronald McDonald House

Link Counseling Center

**Computer Skills**

Microsoft Word

Microsoft Excel

Windows

internet/ web searches

SPSS