

Tanya J Peterson, MS, NCC

mental health writer & speaker

Tanya J Peterson

<http://www.tanyajpeterson.com>

With both personal and professional experiences in the field of mental health, I have depth and breadth of understanding of mental health issues. I use my expertise in this field to increase society's understanding of mental illness. I write novels, give presentations and speak at conferences about various issues regarding mental health. Further, I write for HealthyPlace.com, America's Mental Health Channel: I write weekly articles for their Anxiety-Schmanxiety blog, write the main article for their weekly newsletter, and have written dozens of content articles about various mental health topics.

I can be reached on my cell phone (text or call): 541-514-8663 or via e-mail: tanyajpeterson@gmail.com.

Expertise

mental health, counseling, writing (fiction and non-fiction), speaking

Publications

Twenty-Four Shadows (Apprentice House, 2016), *My Life in a Nutshell: A Novel* (Inkwater Press, 2014), *Leave of Absence* (Inkwater Press, 2013), *Losing Elizabeth* (Createspace, 2012), the short story *Challenge!*, and a review of Positive Therapy: A Meta-Theory for Positive Psychological Practice that appeared in *Counseling Today*, the national publication of the American Counseling Association.

Media Experience

I have been interviewed on numerous online radio programs and podcasts, including an international radio book tour in 2016-2017 (details: <http://tanyajpeterson.com/interviews/> ; quoted in the September, 2013 Nail Pro Magazine article *Women and Depression* by Tracy Morin and in the Leduc Rep (AB, Canada) article *What, Exactly, is Bipolar Disorder?* Summer, 2014

Memberships

National Certified Counselor/National Board of Certified Counselors, National Alliance on Mental Illness

Awards

- Kirkus Reviews' Best Books of 2014, *My Life in a Nutshell: A Novel*
- Recipient of the Kirkus Star, *My Life in a Nutshell: A Novel*
- "Recommended" rating by The US Review of Books, *My Life in a Nutshell: A Novel*
- National Indie Excellence Awards Finalist, 2013, *Leave of Absence*
- Storytellers Campfire Marble Book Award, *Losing Elizabeth*
- Psych Central's Top 10 Anxiety Blogs of 2014, *Anxiety-Schmanxiety*, *HealthyPlace.com*

Education

Master of Science in Counseling, Bachelor of Science in Secondary Education