

# Tanya J. Peterson, MS, NCC | Curriculum Vitae

[tanyajpeterson.com] – [tanyajoypeterson@gmail.com] – [541-514-8663]

## Certification and Education

[National Board of Certified Counselors, Nationally Certified Counselor] – [2009-present]

[South Dakota State University, Master of Science in Counseling] – [Brookings, SD 2005-09]

[Northern State University, In Honoribus Bachelor of Science in Ed.] – [Aberdeen, SD 1989-92]

## Teaching, Counseling, and Associations

[National Alliance on Mental Illness (NAMI), multiple roles] – [Lane County, OR 2012-present]

[New Roads School for homeless adolescents, teacher/counselor] – [Eugene, OR 2011-13]

[Watertown School District, Watertown Senior High School] – [Watertown, SD 1992-2000; 2008-11]

[Lutheran Social Services, volunteer play therapist] – [Castlewood, SD 2010-11]

## Publications

[*Break Free: Acceptance and Commitment Therapy in 3 Steps*] – [Althea Press; 2016] – A Workbook for Overcoming Self-Doubt and Embracing Life]

[*Twenty-Four Shadows*] – [Apprentice House Press; 2016] – [Bizarre behaviors lead family man Isaac Bittman to discover that his personality is splintered. Is his wife's love strong enough for all of him?]

[*My Life in a Nutshell: A Novel*] – [Inkwater Press; 2014] – [A man, crippled by anxiety. A girl, abused and unstable. Their journey to learn from each other.]

[*Leave of Absence*] – [Inkwater Press; 2013] – [A story of loss and a story of strength. Readers join Oliver and Penelope on their tumultuous journey through pain, struggle with mental illness, and triumph.]

[*Losing Elizabeth*] – [Createspace; 2012] – [High school junior Elizabeth Carter is confident and outgoing until she meets senior Brad Evans. Brad insidiously isolates Elizabeth; will she be lost to his control and abuse?]

[HealthyPlace.com] – [2013-present] – [weekly Anxiety-Schmanxiety column, weekly newsletter, content articles, specific topic primers]

[The Mighty.com] – [Occasional articles on this mental health website] – [2016 - present]  
[American Athenaeum] – [summertime, 2013] – [A personal reflection on *Leave of Absence*]

[Hives: My Badge of Honor] – [PsychCentral.com/TherapySoup; November, 2013] – [An article about stress reactions and management]

[Veterans, a Summit, and Pizza] – [National Alliance on Mental Illness' national newsletter/blog; 2013] – [Article about Veteran mental health]

[Newsletter articles] – [NAMI Lane County; 2013-2015]

[Professional textbook review] – [Counseling Today; February 2007] – [Critique of *Positive Therapy: A Meta-Theory for Positive Psychological Practice* by Steven Joseph & P. Alex Linely]

[Challenge!] – [Listen Magazine; December 2000] – [Short story about a high school trumpet player's quest to believe in herself]

## Awards and Distinctions

[Selected as a course for mental health professionals' continuing education] – [*Break Free: Acceptance and Commitment Therapy in 3 Steps*] – [GenesisCE.org; 2016 - present]

[Recipient of the Kirkus Star and named to Kirkus Reviews Best Books of 2016] – [*Twenty-Four Shadows*]

[“Recommended” by the US Review of Books; 2016] – [*Twenty-Four Shadows*]

[Digital Health Award Fall 2016 Winner] – [Anxiety-Schmanxiety Blog on HealthyPlace.com]

[Recipient of the Kirkus Star and named to Kirkus Reviews' Best Books of 2014] – [*My Life in a Nutshell: A Novel*]

[“Recommended” by the US Review of Books; 2014] – [*My Life in a Nutshell: A Novel*]

[Recipient of Storytellers Campfire Marble Book Award for authoring “a book that makes a significant difference in the world;” 2014/15] – [*Losing Elizabeth*]

[Included in the article “7 Books You Must Read in your 30s, IndieReader December 2014”] – [*My Life in a Nutshell: A Novel*]

[Recipient of Storytellers Campfire Marble Book Award for authoring “a book that makes a significant difference in the world;” 2014/15] – [*Losing Elizabeth*]

[Finalist, 2013 National Indie Excellence Book Awards] – [*Leave of Absence*]

[Named to PsychCentral's Top 10 Anxiety Blogs of 2014] – [HealthyPlace Anxiety-Schmanxiety Blog]

## Media Experience

[Wellbeing & Words Radio Show] – [I'm the host of my own mental health and book-related radio show] – [Beginning February, 2017]

[International Radio 12-month Book Tour] – [2016-2017]

[Author's Voice show on Storytellers Campfire] – [January, 2016]

[The Donna Seebo Show] – [Online interview about *Leave of Absence* and the humanity of mental illness; September, 2015]

[Storytellers Campfire] – [Live and recorded radio interview; May 2015]

[Storytellers Campfire] – [Live and recorded radio interview; October 2014]

[The Anxiety Guru Show] – [Podcast interview; September 7, 2014]

[On Health and Healing Radio] – [Live and recorded radio interview; August 28, 2014]

[A Fine Time for Healing] – [Live and recorded radio interview; August 13, 2014]

[Beautiful Minds Radio] – [Live and recorded radio interview; June 24, 2013]

[Artist First Radio/The Author Show] – [Live and recorded radio interview; May 21, 2013]

[P.E.E.R.S. Mental Health and Wellness Radio] – [Live and recorded radio interview; April 18, 2013]

[The Michael Dresser Show] – [Live and recorded radio interview; April 11, 2013]

[The Authors Show] – [Podcast interview; April, 2013]

[Writers in the Sky] – [Podcast interview; April, 2013]

[Storytellers Campfire] – [Live and recorded radio interview; August 9, 2012]

[Women and Depression; quoted in this featured article] – [Nail Pro magazine; September, 2013]

[What, Exactly, is Bipolar Disorder; quoted in this featured article] – [The Leduc Rep, AB, Canada; Summer 2014]

## Presentations and Events

[Find Yourself. Keep Yourself: Where's the Line between Love and Control, the Balance between Giving and Taking?] – [A curriculum using the book *Losing Elizabeth* used in schools, libraries, and other community organizations] – [2017 - ongoing]

[Triumph Over TBI: Turning Loss into Opportunity] – Presentation at the Brain Injury Alliance of Oregon 2017 Conference]

[Barnes & Noble] – [Fiction Author Event] – [January 28, 2017; Eugene, OR]

[Barnes & Noble] – [Non-Fiction Author Event] – [February 25, 2017; Eugene, OR]

[Mental Health. What Does That Really Mean? Presentation to 11<sup>th</sup> grade health classes] – [Springfield High School, Springfield, OR; October, 2016]

[Career presentation] – [Madison Middle School 7<sup>th</sup> and 8<sup>th</sup> grade AVID classes]  
[Lunch with an Author; discussion] – [The Book Nest, Springfield, OR; June, 2016]

[Mental Health. What Does That Really Mean? Presentation to 11<sup>th</sup> grade health classes] – [Springfield High School, Springfield, OR; March, 2016]

[Counseling is Humanity; Keynote Speaker at the Chi Sigma Iota/International Counseling Honor Society Induction Banquet] – [Northwest Christian University; March, 2016]

[Passion, Purpose, and a Life Worth Living; Keynote Speaker at the NAMI Lane County Holiday Dinner] – [December, 2015]

[You are More than Your Mental Health Challenges] – [The Healing Matrix, Cottage Grove, OR; October, 2015]

[Creative Writing Class] – [Winston Churchill High School; May, 2015]

[The Impact of Solitary Confinement on Mental Illness] – [M.I.S.S., Inc. National Conference; August, 2013]

[The Stigma of Psychiatric Hospitals] – [Avera Behavioral Health Hospital, Sioux Falls, SD; August, 2013]

[Fiction as a Vehicle for Conveying Human Truths] – [Siuslaw Public Library, Florence, OR; October, 2013]

[Bloomsbury Bookstore, Ashland, OR; October, 2013] – [Fern Ridge Library, Veneta, OR; October, 2013]

[Springfield Public Library, Springfield, OR; May, 2013] – [In Other Words Bookstore, Portland, OR; 2013]

## Book Club appearances

[Eugene, Oregon book club 2] – [April, 2016]

[Eugene, Oregon book club 1] – [April, 2015]

[Lake Oswego, Oregon book club] – [July, 2013]

## Book Signings

[Florence Festival of Books] – [October, 2016]

[Art in the Vineyard, Eugene, OR] – [July 4, 2016]

[Lane Library League Authors and Artists Fair] – [December, 2015]

[Lane County Fair, Eugene, OR] – [July 23, 2014]

[Art in the Vineyard, Eugene, OR] – [July 6, 2014]

[Wordstock Book Festival, Portland, OR] – [October 5, 2013]

[Eugene Celebration; August, 2013]

[More Than Words Bookstore, Watertown, SD] – [August, 2013]