

# TAMARA HAMILTON, LCSW, CMBT

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## SUMMARY

- Licensed Clinical Social Worker CSW 004709 (Georgia)
- Core theoretical foundation in the science of motivation, compassion, positive psychology, and neurodevelopment
- Expertise in SEL, executive functions, professional trainings, presentations, and program development and implementation
- Clinical expertise in Motivational Interviewing, CBT, MBSR
- Pronouns: she, her

## EXPERIENCE

### The Happiness Institute, LLC

Atlanta, GA, 02/2025-Current

- Founded and managed a Positive Psychology-informed private practice focused on strengths-based assessment, well-being coaching, and evidence-based interventions for emotional growth and life satisfaction
- Provided clinical coaching to individuals to enhance resilience, motivation, and goal attainment
- Developed and delivered workshops for schools and organizations on resilience, mindset, and thriving
- Incorporated compassion-focused interventions to enhance well-being, motivation, and life satisfaction
- Invited speaker for multiple conferences, presenting on evidence-based approaches to resilience, motivation, and well-being
- Guided parents in recognizing and leveraging family strengths to build supportive, growth-focused relationships

### Executive Functioning Specialist

The Lovett School-Atlanta, GA, 08/2024-Current

- Developed and implemented executive functioning support in the middle school
- Conducted individual and group executive function instruction for middle school students
- Provided annual Executive Function Certificate Training (EFCT), supervised EFCT cohort for case study
- Developed and implemented parent education to families at The Lovett School and in the broader community
- Coordinated and participated in local and national seminars and conferences to promote evidence based best practices for child development and overall well-being
- Developed and implemented evidence-based educational programs for teachers, faculty, and parents

### School Counselor and Director of CV Institute

Cliff Valley School - Atlanta, GA, 06/2013 - 2024

- Developed, coordinated, and implemented professional development training to educators at Cliff Valley and in the broader community

## SKILLS

- Strong written and verbal communication
- Expertise in Motivational Interviewing
- Signature strengths include judgment, humor, social and emotional intelligence, fairness, kindness
- Strengths perspective
- High executive function skills

## EDUCATION AND TRAINING

### Graduate Certificate; Mind, Brain, and Teaching

Johns Hopkins University, School of Education

GPA: 3.9/4.0

### Master of Social Work Degree

Honors of high distinction

Indiana University School of Social Work

GPA: 3.98/4.0

### Cognitive Based Compassion Training, Emory University

### SEE Learning 101, Emory University

### Bachelor of Science

Psychology

Indiana State University

GPA: 3.65/4.0

## ACTIVITIES

Main Stage Actor at Whole World Improv Theatre, Atlanta, GA

- Provided annual Executive Function Certificate Training (EFCT), supervise EFCT cohort for case study
- Developed and implemented parent education to families at Cliff Valley and in the broader community
- Coordinated and participated in local and national seminars and conferences to promote evidence based best practices for child development and overall well-being
- Developed, implemented, and supported social and emotional learning curriculum for PreK-8th grade
- Worked with teachers to integrate social emotional learning in the classroom
- Provided proactive counseling support to students and families
- Developed and implemented evidence-based educational programs for teachers, faculty, and parents
- Provided professional development training to teachers at Cliff Valley School and in the community
- Coordinated with teachers and administrators on student strategies
- Collaborated with administrators, teachers, and students on service-learning projects
- Worked with administrators and parents to provide additional resources and recommendations to parents as needed
- Provided crisis management and critical support to Cliff Valley School students, families, faculty, and staff, and in the community as needed

#### **Group Coordinator, Consultant, Mental Health Therapist**

**Gaia Counseling and Wellness** - Atlanta, GA, 01/2023 - Current

- Provided guidance and support to therapists developing and implementing group therapy programs
- Consulted with the leadership team to enhance programming and services
- Provided individual mental health therapy

#### **Director and Improv Instructor for Neurodiverse Kids and Teens**

**Whole World Improv Theatre** - Atlanta, GA, 08/2022 - Current, Director 08/2025-Current

- Coordinated and provided improv instruction to neurodiverse kids and teens
- Consulted with instructional team to provide guidance in meeting the needs of neurodiverse children and parents
- Promoted neuro-inclusion through access to the improvisational arts
- Provided administrative support to instructors, marketed and promoted program enrollment, supervised instructional staff

#### **President, Mental Health Therapist**

**Hamilton & Hamilton, PC** - Indianapolis, IN, 06/2002 - 05/2012

- Developed and implemented a therapy group for middle school girls with behavior problems
- Created and facilitated an early intervention substance use treatment group for teens
- Served as consulting director of Project IRISH (Instilling Respect Involved to Stop Harassment), an anti-bullying program at Cathedral High School, Indianapolis, IN (2007-2008 school year)
- Implemented academic coaching and consultations with Indianapolis area middle schoolers
- Conducted faculty orientation trainings for area schools related to bullying prevention
- Delivered professional presentations to independent schools in the Indianapolis area

- Trained to be a workshop facilitator with the 'Bully Busters' prevention program
- Provided individual and family counseling for children with social skill deficits, anxiety disorders, eating disorders, mood disorders, parent-child relationship problems, and/or substance use disorders
- Offered crisis management and family mediation services.

## HONORS AND AWARDS

- Master of Social Work Honors of High Distinction, IU School of Social Work, May 2002
- Phi Alpha Honor Society, IU School of Social Work, May 2002
- Legislative Committee Co-Chair, Master of Social Work Student Association, August 2000-May 2001
- Dean's List, Indiana State University, 1990-1992
- Elected to Psi Chi National Honor Society, 1991

## PROFESSIONAL PRESENTATIONS AND PANELS

- *Executive Functioning: Emotional Regulation*, Professional development for CORE Community School, 07/2025
- *Advanced Motivational Interviewing*, Professional development training, The Happiness Institute, 06/2025
- *Executive Function Certificate Training*, Professional development certificate course, The Happiness Institute, 06/2025
- *The Spectrum of Improv: How Improv Supports Neurodiversity*, Association for Applied and Therapeutic Humor Annual Conference, 05/2025
- *Motivating and Engaging Students in Executive Function Work*, Southern Association of Independent Schools Academic Support Conference, 02/2024
- *How Would Being Mindful Make Me a Better Parent*, Parent education event at Cliff Valley School, 02/2024
- *What Can I Expect from Parenting an Adolescent*, Parent education event at Cliff Valley School, 01/2024
- *Living Happier: Helping Parents Find Peace and Happiness*, Parent education virtual event for Gaia Guidance at Gaia Counseling and Wellness, 12/2023
- *How Can We Help Our Kids Be Motivated*, Parent education event at Cliff Valley School, 11/2023
- *How Can Our Children's Strengths Help Our Parenting*, Parent education event at Cliff Valley School, 10/2023
- *What Can Parents Do to Live Well and Be Happy*, Parent education event at Cliff Valley School, 09/2023
- *Meeting the Challenge of Change: An Introduction to Motivational Interviewing*, Southern Association of Independent Schools Summer Conference, 06/2023
- *Advanced Motivational Interviewing*, Professional development training, Cliff Valley Institute, 06/2023
- *Executive Functioning & MI*, invited guest on Talking to Change podcast, 04/2023
- *Executive Function Certificate Training*, Professional development certificate course, Cliff Valley Institute, 06/2022
- *Maintaining a Positive Relationship with Your Developing Teen*, Parent education event at Cliff Valley School, 01/2023
- *Responsive parenting*, Parent education event at Cliff Valley School, 11/2022

- *Resilient, Competent Kids*, Parent education event at Cliff Valley School, 10/2022
- *Pushing our children without pressure*, Parent education event at Cliff Valley School, 09/2022
- *Executive Function Certified Tutoring*, Professional development certificate course, Cliff Valley Institute, 06/2022
- *Advanced Motivational Interviewing*, Professional development training, Cliff Valley Institute, 06/2022
- *Executive Function Certified Tutoring*, Professional development certificate course, Cliff Valley Institute, 06/2021
- *Parenting with Compassion: Where We Stop and They Begin*, Parent education event at CORE Community School, 09/2021
- *It's a Trip! Helping Students and Teachers Find the Drive*, SAIS Virtual Annual Counselors Conference, 06/2020
- *Understanding Your Developing Teen*, Parent education event at Cliff Valley School, 03/2019
- *Executive Function 2.0*, Professional development presentation for middle school faculty at Heathwood Hall, 03/2019
- *Let's Take a Trip: An Introduction to Executive Function Skills*, Presentation for middle school students at Heathwood Hall, 03/2019
- *The Fourth R: Building and Fostering Resilience in Our Children*, Parent education event at The Core Community School, 02/2019
- *Tough Talks: Challenging Conversations to Have with Kids*, Parent education event at Cliff Valley School, 01/2019
- *Executive Function What's Your Function? Strategies and Skills that Kids Need for Success*, Professional development training and workshop at Heathwood Hall, 01/2019
- *Outstanding Parenting: Parenting Your Adolescent into Young Adulthood*, Parent education event at Cliff Valley School, 11/2018
- *Anxiety and Learning: Strategies for Teaching the Anxious Learner*, Georgia Independent School Association Annual Conference, 11/2018
- *Outstanding Parenting: Focus on Social and Emotional Learning*, Parent education event at Cliff Valley School, 09/2018
- *If You Would Only Just Apply Yourself: Reaching Underachieving and Unmotivated Students*, Westminster School Summer Institute, 06/2018
- *Helping Kids Develop Habits of Well-Being Through Grit and Goal Setting*, Parent education event at Cliff Valley School, 12/2017
- *Kids and Technology*, Parent education event at Cliff Valley School, 02/2017
- *Executive Functions and Constructive Self Talk*, Professional development training at Cliff Valley School, 01/2017
- *Executive Functions*, Parent education event at Cliff Valley School, 10/2016
- *Outstanding Education: Focus on Social and Emotional Learning*, Parent education event at Cliff Valley School, 09/2016
- *How Do I Motivate My Kid? Helping Kids Find the Drive to Succeed*, Parent education event at Cliff Valley School, 02/2016
- *Anxiety and Learning*, Professional development training at Cliff Valley School, 01/2016
- *Stress and Learning*, Faculty presentation at Cliff Valley School, 11/2015
- *Social and Emotional Development: Superflex, Mindset, and 3R's*, Parent education event at Cliff Valley School, 09/2015
- *Instilling and Fostering a Growth Mindset in Your Classroom*, Faculty presentation at Cliff Valley School, 03/2015
- *Instilling and Fostering a Growth Mindset in Your Child*, Parent education event at Cliff Valley School, 03/2015
- *Maintaining a Positive Relationship with Your Developing Teen*, Parent education event at Cliff Valley School, 02/2015

- *Neurodevelopment of a Cliff Valley Kid*, Professional development training at Cliff Valley School, 01/2015
- *Understanding Your Developing Teen*, Parent education event at Cliff Valley School, 10/2014
- *Raising and Nurturing Resilient Children*, Parent education event at Cliff Valley School, 03/2014
- *The 3R's Beyond Cliff Valley: 3R's and Empowering Parents*, Parent education event at Cliff Valley School, 10/2013
- *I Like Me*, Invited lecture for third, fourth, and fifth grade students at Cliff Valley School, 09/2012
- *S.I.S.T.A. Talk*, Invited lecture for Kappa Alpha Theta at DePauw University, 10/2011
- Bullying Symposium Panelist, Park Tudor School, 04/2011
- Assessment of Inclusivity and Multiculturalism (AIM) focus group facilitator, Park Tudor School, 05/2010
- *Mean in the Millennium Training* for Faculty and Staff, Cathedral High School, 08/2010
- *Mean in the Millennium*, Invited lecture for middle school students at Immaculate Heart of Mary School, 10/2009
- 21st Century Bullying, Continuing education workshop presented at New Perspectives of Indiana, 11/2006
- *Change for Homeless Families: Applying Stages of Change to Families at a Homeless Program*, Invited seminar for volunteers at Interfaith Hospitality Network of Indianapolis, 09/2004
- *Understanding the Change Process: An introduction to Stages of Change*, Invited lecture for students in the Helping Relationship Techniques course at Ivy Tech State College of Indianapolis, 08/2004
- *Adolescent Borderline Personality Disorder*, Workshop presented at New Perspectives of Indiana, Inc., 05/2004
- *One Step Ahead: Practical Advice for Parenting the Adolescent*, Invited Seminar for parents at Westlane Middle School, 03/2004