



April 17, 2023

Dear Dr. Almstrum,

I am writing to recommend Tara L. Chase for the Doctor of Philosophy in Counselor Education and Supervision program at Grand Canyon University. I have known Tara for a year and a half, as I was Tara's clinical supervisor from October 2021 - September 2022 at Arizona Christian University's Counseling Services, and at House of Grace. Tara is an extremely dedicated and hard worker who ensures that clients receive care in a timely manner. She is able to build rapport with clients from diverse backgrounds and experiences due to her genuineness and empathy. She conducts herself professionally, ethically, and with integrity.

Clinically, Tara demonstrates the ability to identify clients' strengths and coping skills, as well as gaps in those skills. She is able to offer appropriate treatment interventions, and then adjust those interventions based on the client's progress. Working with Native Americans at House of Grace, Tara has shown multicultural competence and humility as a learner, not an expert. She has utilized and incorporated culturally appropriate resources to inform her treatment. She also brings an awareness of the impact of trauma to the counseling process.

During supervision, Tara has shown an openness to receive feedback and direction on a wide range of issues, including therapeutic approaches, treatment goals and planning, incorporating spiritual interventions into counseling when ethically appropriate, personal reactions, self-care, and boundaries. Despite a personal tragedy last year, Tara remained committed to serving her clients. I know she will be a benefit to GCU's program!

Please do not hesitate to call me with any questions, or for further information. I can be reached at (607) 221-2032 or melissa@overflowchristiancounseling.com

Sincerely,

Melissa A. Ingraham, MA, NCC, LPC
Owner