

Tammy K. Allen, MA, LPC, CART

EMDR Trained Licensed Professional Counselor & Author

Tammy embraces people from all walks of life with unconditional acceptance and without judgment or preconceived ideas. She believes that each person should be honored as a unique individual with experiences specific to them alone. She will provide you with a safe environment in which to explore your thoughts, feelings, and beliefs. She affirms that everyone has a right to live a healthy, authentic life that is free from judgment and shame. Tammy aims to help you honor your voice and live your truth.

Professional Background:

Psychotherapy is a 'second act' career for Tammy, and as such, she brings a great deal of 'life experience' in addition to her education. Tammy's professional experience ranges from the prison system to politics, but she spent most of her prior career in wealth management. Tammy has shared that she first felt called to the mental health field as early as 16 years old; she didn't listen to the calling for some time but expressed that she is very grateful that she finally did and loves helping people find peace, health, and happiness.

Tammy is also the author of a children's book based on the concepts of Cognitive Behavior Therapy (CBT), which can be purchased at her website, www.tammykallen.com, or on Amazon. The second book in the series is currently in the works.

Education:

Tammy holds a Master's Degree in Clinical Mental Health Counseling and a Bachelor's Degree in Business Administration, both from LeTourneau University in Longview, TX. Tammy is also trained in Anger Resolution and EMDR (Eye Movement Desensitization and Reprocessing). She is currently in training to become certified in Gottman Couple's Counseling and will be providing relationship workshops in the near future.

Personal Philosophy:

Tammy practices a holistic approach to counseling and psychotherapy that embraces the well-being of the person or couple as a whole – mental, emotional, physical, cultural, sexual, and spiritual. Her style can be exemplified by the Greek word "paraklesis," which means "to come alongside to help." This help may include encouraging, supporting, teaching, confronting, and even calling you out on your 'bull' when necessary. Her Christian perspective greatly influences her approach to psychotherapy. It is not necessary for you to share her beliefs for counseling to be successful for you, but it is important that you are aware of them.

Specialties:

Tammy has worked with clients who struggle with a variety of life issues. Her specialties include anxiety, depression, couples counseling, trauma, and bariatric surgery (Tammy can provide the pre-surgical psychological screening necessary to be approved for bariatric surgery). Tammy also has experience working with stillbirth/infant loss, grief, self-esteem, spirituality, and the LGBTQIA+ community. Whatever you struggle with, Tammy would love to walk alongside you and help you find the path to peace.