

# Tina D. Hoffman, Ph.D.

(Licensed Psychologist #877)

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## EDUCATION

**PhD The University of Iowa (APA Accredited)**

Counseling Psychology

Degree Conferred: December 2013

**MA The University of Nebraska-Lincoln (APA Accredited)**

Counseling Psychology

Degree Conferred: May 2007

**Kansas State University**

School Counseling (January 2003-December 2003)

**BA Chadron State College**

General and Social Psychology

Degree Conferred: May 1998

## CLINICAL EXPERIENCE

October 2015 to  
Present

**Hoffman Psychological Services (Owner - Private Practice)**

- **Assessment:** Conduct clinical interviews with parents/guardians/caretakers and clients; Administer objective and projective psychological and neuropsychological assessments using measures of intelligence, achievement, memory, mood, and personality for client across a variety of diagnostic indicators; Interpret results and write integrative reports with documentation of service provision and recommendations; Provide feedback regarding assessment results; Consult with and discuss results with medical, mental health, and educational specialists; Organize insurance billing and coding requirements to align with state and insurance policy regulations
- **Individual Therapy:** Conduct diagnostic interviews; Individual therapy; Treatment planning; Coordination of services with psychiatric providers, other health care providers, student services, services for students with disabilities, and other on- and off-campus entities
- **Provision of Supervision:** Provide provision of supervision for Provisionally-Licensed Psychologists around a variety of psychological services; Evaluate progress and presented constructive feedback
- **Lecturer:** Teach clinical courses for Intellectual Assessment and Personality Assessment (including both objective and projective measures) at the University of Nebraska-Lincoln (UNL)

August 2014 to  
August 2017

**University of Nebraska-Lincoln Counseling and Psychological Services (Psychologist and Assessment Coordinator)**

- **Assessment:** Develop and implement the Psychological Assessment Program at UNL-CAPS for students and psychological trainees; Develop relationships with referral sources on-campus and in the Lincoln community regarding assessment services; Foster collaborative relationships with campus programs to develop a trainee pipeline for sustainable assessment services and referrals for CAPS; Conduct clinical interviews with parents/guardians/caretakers and clients; Administer objective and projective psychological and neuropsychological assessments using measures of intelligence, achievement, memory, mood, and personality for college student populations across a variety of diagnostic indicators; Interpret results and write integrative reports with documentation of service provision and recommendations; Provide feedback regarding assessment results; Consult with and discuss results with medical, mental health, and educational specialists; Organize insurance billing and coding requirements to align with state and insurance policy regulations
- **Individual Therapy:** Diagnostic interviews; Individual therapy; Treatment planning; Coordination of services with psychiatric providers, other health care providers, student services, services for students with disabilities, and other on- and off-campus entities
- **Group Therapy Coordination and Facilitation:** Design and coordinate group therapy programs for CAPS; develop and co-facilitate groups (e.g., Understanding Self and Others, How to Survive College with ADHD, Trauma Recovery, Graduate and Undergraduate Groups, ACT on Life, and others)
- **Supervision:** Provision of supervision for Counseling Psychology doctoral-level practicum students around individual and group therapy as well as psychological assessments; Trained students on various psychological assessments; Provide supervision and live mentoring during diagnostic interviewing, psychological assessment, interpretation, diagnosis, and report writing; Evaluate student progress and presented constructive feedback
- **Outreach and Prevention Services:** Organize and schedule outreach, presentation, and prevention services with multiple entities on the UNL East Campus; Offer outreach and presentation services to students and groups across UNL campuses; Develop specific outreach presentations as needed for specific UNL groups
- **Crisis Intervention:** Provide walk-in and phone crisis services to parents, students, and the UNL community as needed; Conduct urgent and crisis counseling; Offer phone consultation triage services for students seeking services

August 2013 to  
July 2014

**Central Iowa Psychological Services (Psychology Associate)**

- **Assessment:** Conducted clinical interviews with parents/guardians/caretakers and clients; Administered objective and projective psychological and neuropsychological assessments using measures of intelligence, achievement, memory, visual perception, motor coordination, mood, and personality for children, adolescent, and adult populations; Assessed disorders including (but not limited to) pervasive developmental disorders, autism spectrum disorders, attention/hyperactivity disorders, learning disorders, oppositional and defiant disorders, post-traumatic stress-related disorders, conduct disorder, anxiety

disorders, intellectual disabilities, sexual assault, eating disorders, adjustment disorder, mood disorders, and personality disorders; Interpreted results and wrote integrative reports with documentation of service provision and recommendations; Provided feedback regarding assessment results to children, adults, and families; Consulted with and discussed results with medical, mental health, and educational specialists; Attended school staffing meetings to better assist students within the educational environment

- **Assessment Instruments:** Happy to supply a list upon request
- **Individual Therapy:** Diagnostic interviews; Individual therapy and treatment planning
- **Group Therapy:** Unstuck and On Target (coping skills group for eight to eleven year-old children to increase cognitive flexibility); Improving Relationships with Self and Others (interpersonal process group for adults)
- **Supervision:** Provision of supervision for four Counseling Psychology doctoral-level practicum students; Trained students on various psychological assessments; Provided supervision and live mentoring during diagnostic interviewing, psychological assessment, interpretation, diagnosis, and report writing; Evaluated student progress and presented constructive feedback

August 2012 to  
August 2013

**University of Missouri-Columbia Counseling Center (APA Accredited)**

- **Individual Therapy:** Intake/referral assessments; Individual therapy and treatment planning with culturally diverse college students presenting primarily with mood disorders, personality disorders, trauma, relationship concerns, eating disorders, and adjustment difficulties
- **Group Therapy:** Multiple Co-Leader Interpersonal Process Group
- **Crisis Intervention:** Walk-in and phone on-call crisis services
- **Supervision:** Individual supervision of practicum students; Assistance with treatment planning, progress notes, treatment plans, and termination
- **Programming and Consultation Focus Area:** Development, implementation, and evaluation of needs assessment for MU School of Journalism
- **Outreach and Prevention:** Tabling Events; Emotional Support; Outreach Presentations; Screenings; Social Media

August 2011 to  
May 2012

**Veterans Affairs Medical Center, Iowa City, Iowa**

- **Individual Therapy:** Intake assessments, crisis counseling, individual therapy, and treatment planning with adult veteran populations presenting primarily with mood disorders, personality disorders, trauma, relationship concerns, and adjustment difficulties
- **Couples Therapy:** Intake assessments, treatment planning, and couples therapy with adult veteran populations presenting primarily with trauma, relationship concerns, and adjustment difficulties
- **Group Therapy:** Co-facilitated the Meditation and Mindfulness Group for PTSD
- **Assessments:** Administered and scored PCL-C, BDI-II, BAI

June 2011 to  
May 2012

**University of Iowa Women's Resource and Action Center**

- **Individual Therapy:** Intake/referral assessments; Individual therapy and treatment planning with culturally diverse college student and adult

community-based populations presenting primarily with mood disorders, trauma, grief and loss, and relationship concerns; and Crisis Counseling

- **Outreach:** Presented outreach presentations to first generation college students on *Healthy Relationships*
- **Administrative Initiatives:** Developed the WRAC Practicum Counselor Training Manual; Designed organizational policy changes to add assessment and crisis intervention hours; Developed and implemented community-based and psychiatric/medical referral and communication forms; Collaborated with campus counseling agencies to cover organizational liability concerns
- **Assessments:** Administered, scored, and interpreted assessments (BDI-II, BAI, Zung anxiety and depression scales, PCL-C, MMPI-RF, 16-PF, CPI, MBTI, SDS); Composed 4 integrated reports

August 2010 to  
May 2011

#### Cornell College Counseling Center

- **Individual Therapy:** Intake and referral assessments, individual therapy and treatment planning with culturally diverse college student population presenting primarily with mood disorders, trauma, relationship concerns, and grief and loss
- **Programming & Outreach:** Tabling Events (*New Student Welcome*); Designed, implemented, and evaluated presentations and workshops (*Transitioning to College*; *Stress Management*; *Friends with Mental Illness*; *Healthy Relationships*); Bulletin Boards (*Demystifying Mental Health*; *Depression and Suicide Warning Signs*)
- **Assessments:** Conducted campus-wide screening assessments [*Mood Disorders*; *Eating Disorders (EAT-26)*; *Alcohol & Drug Use (AUDIT)*]

August 2009 to  
May 2012

#### Project H.O.P.E. (Healthcare Opportunities Preparation and Exploration), Iowa City, Iowa

- **Group Intervention:** Implement and evaluate career intervention methods with rural middle school students underrepresented in ethnic diversity and socioeconomic status
- **Group Supervision:** Provided individual and group supervision to a team of 10-15 graduate level students per semester
- **Administrative Initiatives:** Collaborated with key to develop, implement, and evaluate career intervention activities

August 2008 to  
May 2009

#### University of Iowa Counseling Services

- **Individual Therapy:** Intake and referral assessments; Individual therapy and treatment planning with culturally diverse college students presenting primarily with mood disorders, relationship issues, adjustment difficulties, and personality disorders
- **Programming & Outreach:** Designed, implemented and evaluated presentations and workshops (*Stress Management*; *Self-Care*)

August 2005 to  
May 2007

#### Lincoln Northeast High School Academic Counseling Center & SINE Program

- **Individual Therapy:** Individual therapy and treatment planning with freshman high school students from ethnically and economically diverse backgrounds for

academic preparation, personal/social well-being, and interpersonal skills enhancement

- **Group Therapy:** Group therapy with freshman high school students for academic and career preparation, personal/social well-being, skill assessment, and interpersonal skills enhancement

August 2006 to  
December 2006

**University of Nebraska-Lincoln Counseling and School Psychology Clinic**

- **Individual Therapy:** Individual therapy and treatment planning with diverse community members and incarcerated populations regarding relationship issues, depression, anxiety, career development, and prison-to-work transitions

#### RELEVANT PROFESSIONAL EXPERIENCE

August 2011 to  
May 2012

**University of Iowa Women's Resource and Action Center**  
Diversity Dialogues Coordinator

May 2010 to  
August 2010

**University of Iowa College of Education**  
Graduate Assistant – Web Design & Technology Development

May 2008 to  
August 2009

**The University of Iowa Hospitals & Clinics-Neurology**  
Graduate Research Assistant - Transcription

August 2005 to  
August 2007

**Center for Research on Children, Youth, Families, and Schools, Lincoln, Nebraska**  
Graduate Research Assistant – Grant Development

December 2003 to  
August 2005

**Lincoln Area Agency on Aging, Lincoln, Nebraska**  
Senior Office Assistant & Aging Specialist II

#### TEACHING EXPERIENCE

**The University of Nebraska-Lincoln (Adjunct Instructor)**  
Intelligence Assessment (Summer 2016, 2018, 2020 expected)

**The University of Iowa**

Ethics and Issues in Professional Psychology (Fall 2011)  
Opportunities for Diversity in Education (August 2007- May 2011)  
Technology in the Classroom (August 2009- May 2011)  
Leadership and Public Service (August 2010-December 2010)

**Southeast Community College, Lincoln, Nebraska**

Career Assessment Instructor (June 2004-May 2007)

**YWCA Survival Skills Program, Lincoln, Nebraska**

Independent Living Skills Instructor (September 2004-December 2005)

**AmeriCorps\*/RSVP Leadership in Literacy, Manhattan, Kansas**

Teaching Assistant & After-School Tutor, Grades K-6 (August 1999-2001)

PEER REVIEW PUBLICATIONS

- Ali, S., Lee, S., **Hoffman, T. D.**, Gibbons, S., Asabi, D., & Williams, J. (manuscript in preparation). Project H.O.P.E.: Career interventions with rural youth.
- Ali, S., Fall, K., & **Hoffman, T. D.** (2012). Life without work: Understanding social class changes and unemployment through theoretical integration. *Journal of Career Assessment*. Available at <http://jca.sagepub.com/content/early/2012/08/06/1069072712454820>
- Hoffman, T. D.** (2011). Rural ethics: Culture, dilemmas, and strengths-based resolutions. *Journal of Rural Community Psychology*, *E14* (1). Available at <http://www.marshall.edu/JRCP/VE%2014%20N%201/JRCP%20Hoffman%2014.1%20ready.pdf>
- Hoffman, T. D.** (2011). Developing professional boundaries. *The Iowa Psychologist*, *55* (1), 5-7.

CONFERENCE PRESENTATIONS

- Cochran, S. V., **Hoffman, T. D.**, & Nelson, K. (2014) *Confidentiality 2.0: Digital Dilemmas*. Presented at the Iowa Psychological Association Spring Conference, Des Moines, IA.
- Davidson, K., Greiner, M., **Hoffman, T. D.**, Phillips, W. H., Waterhouse, L., & Young, S. (2014). *Early Career Psychologists in Private Practice: Learning and Lessons*. Panel discussion presented at the Iowa Psychological Association Spring Conference, Des Moines, IA.
- Hoffman, T. D.** (2013). *Project HOPE: A Career Education for Rural Middle School Students*. Symposium presented at the 121<sup>st</sup> American Psychological Association Annual Convention, Honolulu, HI.
- Hoffman, T. D.**, Lee, S., & Ali, S. (2009, August). The link between rural health disparities and career education. In J. O'Brien (Chair), *Healthcare career opportunities: Treating rural and other underserved populations*. Symposium presented at the 117<sup>th</sup> American Psychological Association Convention, Toronto, Canada.
- Hoffman, T. D.**, Lee, S., Yang, L. Y., & Ali, S. (2009, June). *Understanding differences between Latino/a and European rural adolescents' career development*. Poster presented at the Society for Vocational Psychology Biennial Conference, St. Louis, MO.
- Hoffman, T. D.**, Koon, J. A., Schultz, J. M., & Hix, R. (2008, August). *Evolution of the 'F-word': Feminist Therapy & College Culture*. Poster presented at the 116<sup>th</sup> American Psychological Association Convention, Boston, MA.

**Hoffman, T. D.** (2008, August). *Familial influences on the career development of Native Americans*. Poster presented at the 116<sup>th</sup> American Psychological Association Convention, Boston, MA.

Chatlain, A. L., & **Hoffman, T. D.** (2007, August). *Career development in rural women*. Principle Investigator, A. L. Chatlain, MA. Poster presented at the 115<sup>th</sup> American Psychological Association Convention, San Francisco, CA.

Hobza, C. L., **Hoffman, T. D.**, & Bitz, A. L. (2007, August). *Real men real depression campaign: Focused intervention on a university campus*. Poster presented at the 115<sup>th</sup> American Psychological Association convention, San Francisco, CA.

#### RESEARCH & SCHOLARLY EXPERIENCE

**Transcriptionist.** (Summer 2007). *Infusing arts in Native American education: Teacher education focus groups*. Principle Investigator, N. Engen-Wedin, PhD.

**Research Assistant.** (March 2006 – January 2007). *What about men? Social comparison and the effects of media images on body and self-esteem*. Principle Investigator, C. L. Hobza.

**Research Assistant.** (Spring 2006). *Career development research with Ukranian college students*. Principle Investigator, O. Yakushko, PhD.

**Research Assistant.** (Fall 2006). *An exploration of adult Latina/o immigrant career development and its effects upon familial patterns of interaction*. Principle Investigator, O. Yakushko, PhD.

**Research Assistant.** (November 2005-Present). *Career counseling and international students: A literature review*. Principle Investigators, P. Heppner, PhD, M. Heppner, PhD, & O. Yakushko, PhD. Research in conjunction with University of Missouri-Columbia.

#### FUNDED GRANTS

**Hoffman, T. D.** (Fall 2008). *Opportunities in Education: Plato/Praxis I Software*. University of Iowa Student Computing Fund (\$2100).

**Hoffman, T. D.**, Bitz, A. L. & Deeds, J. (Summer 2007). *Men and depression campaign funding proposal*. UNL Pepsi Student Events Fund (\$900), UNL Pepsi Diversity Program Fund (\$500), and UNL Council for Student Affairs Directors (\$500).

Hobza, C. L., & **Hoffman, T. D.** (Summer 2006). *Real men real depression campaign funding proposal*. Kim Foundation (\$1,000), UNL Council for Student Affairs Directors (\$500), UNL Pepsi Diversity Program Fund (\$500), UNL Pepsi Student

Events Fund (\$780), UNL Alumni Center Student Enhancement Fund (\$500), and UNL Program Committee (\$250).

#### PROFESSIONAL AFFILIATIONS

American Psychological Association - Full Member (Currently Lapsed)  
Division 17 – Full Member  
Iowa Psychological Association - Full Member (Currently Lapsed)  
Nebraska Psychological Association – Full Member

#### VOLUNTEER EXPERIENCE

Early Career Psychologist Program Coordinator. *Nebraska Psychological Association.*  
Committee Member. *Iowa Psychological Association Ethics Committee.*  
Community Volunteer. *Women's Resource and Action Center.*  
Student Volunteer. *Iowa Psychological Association Ethics Committee.*  
Student Judge. *Iowa Psychological Association Research Poster Session.*  
Philanthropy Chair. *University of Iowa Counseling Psychology Social Services Committee.*  
Division 17 Presentation Submission Judge. *Society for Counseling Psychology.*  
Student Volunteer. *International Counseling Psychology Conference.*  
Facilitator. *University of Iowa Diversity Dialogue Circles.*

#### TECHNOLOGY SKILLS

**Operating Systems:** Windows 95, 98, 2000, XP, Vista, 7, 8; AS/400 Mainframe  
**Microsoft Office Suite:** Word, Excel, Powerpoint, Access, Publisher, Outlook  
**Microsoft Works Suite:** Word Processor, Database, and Spreadsheet  
**Specialty Software:** EHR 24/7 Office Ally; GSuite; Titanium, TheraManager, OfficeAlly, SPSS, Qualtrics, Video Editing, Windows Live Movie Maker, Adobe Photoshop, Adobe Premiere, Plato/Praxis I, Reserve It/RoomTime, Guardian/Connect, Nfocus, Wiggio  
**Web Design/Editing:** Dreamweaver, Frontpage, Contribute, FTP, Google Sites, Wiki  
**Social Media:** Facebook, Twitter, InstaGram  
**Other:** WordPerfect, Lotus 1-2-3, Quickbooks, Internet (Explorer/Firefox), Novell GroupWise