

Tamara Coder Mikinski, Ph.D.
Licensed Psychologist – Kansas, Missouri, & Michigan
National Register of Health Service Psychologists
University of Kansas – Department of Educational Psychology
JRP Hall – Room 626 – 1122 West Campus Rd.
Lawrence, KS 66045 and mikinski@ku.edu
Gottman Referral Network – www.gottman.com
Certified Gottman Therapist
AND
Sastun Associates
10965 Granada Lane, Overland Park, KS 66211-1412
(913)777-6665

Education:

Ph.D. Counseling Psychology, August 1993
The University of Kansas-Lawrence
Dissertation: “Counselor Self-Efficacy and Suicide Intervention”

M.S. Ed. Counseling Psychology, May 1988
The University of Kansas-Lawrence
Thesis: “Suicide Among Middle Level Students in Kansas”

B.S. Ed. English, minor in French, May 1984 with highest distinction
The University of Kansas-Lawrence

Experience:

Independent Practitioner (August 1995 to Present)
Sastun Associates www.sastuncenter.com
Individual, couples, and family therapy; evaluation; consultation; &
supervision
Current psychologist licenses in **Kansas, Missouri, and Michigan**
Completed Levels 1-3 and Certification Track –
Gottman Method Couples Therapy Training

Lecturer/CPSY MS Program Coordinator - MPCAC Accredited
(Faculty 2001 to Present)
Co-Training Director – APA Accredited Doctoral Program in CPSY
(2017-2018 Academic Year)
University of Kansas – Counseling Psychology Program www.ku.edu
Department of Educational Psychology
Courses taught:
Beginning and Advanced Practicum/Public School
Counseling/Ethics/Career Development/Group

Counseling/Counseling Theory & Technique/Diagnosis and Psychopathology/Theory of Couples and Family Counseling/Classroom Management/Advanced Ethical and Professional Issues/Counseling Skills/Doctoral Seminar

Director, Counseling Center (August of 1993 to May 2001)
Rockhurst University, Kansas City, Missouri
Chair, HIV/AIDS Education Committee (1997 to 2000)
Project Director, FIPSE Grant (1993 to 1994)
1800 hours of post-doctoral supervision
Missouri license issued in December of 1994
Kansas license issued in June of 1995

Doctoral Psychology Intern (August of 1992 to August of 1993)
University of Missouri at Kansas City Counseling Center – APA accredited 2000 hour internship specializing in brief solution-oriented therapy, consultation, and assessment

Graduate Student Clinician (August of 1991 to June of 1992)
Counseling and Psychological Services, The University of Kansas

Adjunct Faculty (January of 1991 to May of 1993)
Social Sciences Division, Johnson County Community College
Overland Park, Kansas

Neuropsychological Assessment for Alzheimer's and Parkinson's Drug Studies and Biofeedback Trainer (August of 1990 to February of 1992)
Headache Clinic, University of Kansas Medical Center
Department of Neurology, Kansas City, Kansas

Graduate Teaching Assistant
Department of Counseling Psychology at the University of Kansas
“Counseling and Consultation Skills for Classroom Teachers” (August 1990 to May of 1991; August of 1988 to May of 1989)
“Career and Life Planning” (January of 1987 to May of 1987)

Adjunct Faculty (August of 1991 to May of 1991)
Psychology Department, Kansas City Kansas Community College

School Counselor (August of 1997 to May 1998)
Nike Middle School (grades 6,7, & 8) – Gardner, Kansas

English Tutor (August of 1986 to May of 1987)
Supportive Educational Services, The University of Kansas

Language Arts Teacher (August of 1984 to May of 1986)
Student council sponsor, homework center tutor, summer and night school instructor, and cooperating teacher for a student teacher
Topeka West High School, Topeka, Kansas

Presentations:

“Ethical Encounters” – January 2019
DCCCA, Lawrence, KS

“Everyday Ethics” and “Diagnosis and Treatment with Complex Family Systems” – December 2017 & May 2018
DCCCA, Lawrence, KS

“Gottman Method Couples Therapy”
Close Relationships Interest Group – April 2017
University of Kansas

“Healthy Relationships” – February 2017
Sastun Center of Integrative Health Care

Preparing for the DSM 5 Workshop – May 2013 and September 2013 –
NE Kansas VA Psychologists, Interns, and Social Workers

“Current Issues in Couples Therapy – October 2013 – NE Kansas VA
Psychologists and Interns

“Cognitive-Behavioral Therapy for Relationship Issues” – Feb. 2011
Sastun Center of Integrative Health Care Workshop

“Cognitive-Behavioral Therapy for Anxiety and Depression” – June 2010
Sastun Center of Integrative Health Care Brunch and Learn

“Solution-Focused Therapy” – August 2009
North-East Kansas V.A. Psychologists & Interns

“Integrative Healthcare – Managing the Mind” (April 2007)
Prairie View – Newton, KS

“Building Your Ideal Private Practice” (November 2005)
Kansas Psychological Association Fall Conference

“Managing the Mind” (April 2005) – Chronic Pain
Sastun Center of Integrative Health Care CEU workshop

“Ethical Decision-Making and Suicidal Clients” (October 2003)
Kansas Psychological Association Fall Conference

“Anxiety Management for Test-taking and Public Speaking”
Greater Kansas City Psychological Association (January 2002)
Kansas Counseling Association Spring Conference (April 2003)

“Balancing Act: Juggling Work, Relationships, and Time for Yourself” (May, 1997 & July 2000)
Heartland Conference Jesuit Higher Education, Saint Louis University
DeSoto Professional Business Women’s Group (2000)

“Brief Therapy and College Counseling Centers” (September, 1996)
Brief Therapy Clinic, University of Missouri at Kansas City

“Counselor Self-Efficacy and Suicide” (April, 1994)
ACA National Convention, Minneapolis, Minnesota

“Letting Go—Parents and Orientation” (March, 1994)
ACPA National Convention, Indianapolis, Indiana

“Stress Management”
Kauffman/Project Choice, Kansas City, Missouri (December, 1993)
First United Methodist Church, Topeka, Kansas (August, 1990)
East Central Kansas Coop. in Ed., Lawrence, Kansas (April, 1990)
Lawrence Credit Women International, Lawrence, Kansas (April, 1990)

“Adolescent Suicide”
St. Mary’s High School Salina, KS (February 2000)
DeSoto High School, DeSoto, KS (April 1998)
Tonganoxie High School, Tonganoxie, Kansas (March, 1993)
Onaga High School, Onaga, Kansas (February, 1993)
Mainstream, Inc., Indianapolis, Indiana (November, 1992)
Mainstream, Inc., Austin, Texas (March, 1992)
Social and Rehabilitation Services, Douglas County Group Home
Providers, Lawrence, Kansas (September, 1991)
Mainstream, Inc., Lawrence, Kansas (January, 1991)
Westridge Optimist Club, Topeka, Kansas (May, 1990)
Auburn-Washburn Schools, Topeka, Kansas (August, 1989)

Kansas State Department of Education, Statewide Conference on
Students at Risk, Wichita, Kansas (June, 1989)
Therapeutic Foster Care, Topeka, Kansas (May, 1989)
Winfield Public Schools, Winfield, Kansas (February, 1989)

“Stress Management in the Workplace” (May, 1992)
Mainstream, Inc., Salina, Kansas and Kansas City, Kansas

“A Call for Graduate Training in Supervision” (August, 1991)
American Psychological Association, 99th Annual Convention
San Francisco, California

“Youth Suicide” (February, 1991)
Olathe Public Schools, Olathe, Kansas

“Myers-Briggs Type Indicator” (October, 1990)
Leadership Lindsborg, Lindsborg, Kansas

“Suicide Among Elementary, Junior High, and High School Students”
(March, 1990)
American Association for Counseling and Development
Cincinnati, Ohio

“Self-Esteem and Communication Skills” (February, 1990)
Marysville Public Schools, Marysville, Kansas

“Suicide Awareness and Prevention: But You Didn’t” (October, 1989)
North Central Association Counselor Education and Supervision
Milwaukee, Wisconsin

“Communication Skills for Students” (April, 1989)
South Junior High School, Lawrence, Kansas

“Paradoxical Interventions in Counseling” (April, 1989)
K.U. Interdisciplinary Symposium, Lawrence, Kansas

“Adolescent Suicide: Prevention, Identification and Intervention”
Mainstream, Inc., YWCA, and KNEA
Topeka, Kansas (August, 1988)
Wichita, Kansas (March, 1989)
Lenexa, Kansas (April, 1989)

“ACT, PSAT, and SAT Preparation” (September, 1988; April, 1989)
Jack and Jill of Topeka, Topeka, Kansas

“ACT, PSAT, and SAT Preparation Programs” (April, 1986)
State Convention for Kansas Career Education, Manhattan, Kansas

Publications:

Mikinski, T.C. (2009) Relaxation in The Encyclopedia of Positive Psychology. S.J. Lopez, Ed. Wiley-Blackwell: Malden, MA.

Coder, T., Nelson, R., & Aylward, L. (1991). Suicide among secondary students. School Counselor, 38, 358-361.

Nelson, R., & Coder, T. (1989). Suicide among school aged children in Kansas [Monograph]. Kansas State Department of Education.

Honors:

Honorary BSN – Research College of Nursing - 2001
CPSY Department Nominee for AACD
Research/Publication Award
SALLIE MAE Teacher Award, 1985
Watkins-Berger Scholar
Presidential Scholar
Mortar Board
Omicron Delta Kappa
Weaver Scholar
Kansas State Scholar
Alpha Mu Gamma
Phi Eta Sigma
State winner, U.S. Coast Guard Project AIM

Organizations:

American Psychological Association – Member Div. 17
Kansas Psychological Association
Greater Kansas City Psychological Association
Kansas Counseling Association
Council of Master’s in Counseling Training Programs

Media Interviews for both print and internet publications including: Mademoiselle, Teen, Young and Modern, Seattle Post-Intelligencer, The Kansas City Star, The University Daily Kansan, Cosmo-Girl, Seventeen, Dr. Drew.com, and Teen's All About You.