

# Tanisha M. Ranger, PsyD, CSAT

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## Licenses, Certifications and Specialized Skills

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- Pennsylvania Licensed Clinical Psychologist – License Number: PS017191
- Nevada Licensed Clinical Psychologist – License Number: PY0803
- National Register Health Service Psychologist – HSP ID: 54101
- Certified Sex Addiction Therapist - Supervisor
- Certified Multiple Addictions Therapist – Financial Disorders
- Military and Veteran Behavioral Health Certification
- Trained in Prolonged Exposure Therapy for PTSD
- Provider Status in Cognitive Behavioral Therapy for Insomnia
- Provider Status in Integrated Behavioral Couples' Therapy
- Provider Status in Motivational Interviewing
- Level 3 Gottman Method Couples Therapy – Certification Track
- Trained in Acceptance and Commitment Therapy

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## Work Experience

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Nov 2017 to Present	<b>Insight to Action LLC</b> <i>Owner/Operator</i> Full service private practice offering psychotherapy, evaluations/assessments, clinical supervision and professional consultation. The clinical arm of Insight to Action LLC provides individual and couples therapy for adults. Specializing in the treatment of trauma, addiction, and relationship problems, with specific training to work with sexual addiction/problematic sexual behavior. Providing clinical supervision and case consultation for interns, pre-licensed clinicians and licensed clinicians. The consulting arm of Insight to Action LLC provides program development services, including but not limited to needs assessment, policy and procedures development, and staffing guidelines as needed. Conducts staff trainings and provides corporate coaching.	Henderson, NV
Jul 2014 to Present	<b>VA Southern Nevada Healthcare System</b> <i>Clinical Psychologist</i> Full time employment. Conduct comprehensive psychosocial assessments with veterans of all United States military branches. Provide individual, marital, family and/or group therapy on an outpatient basis for treatment of a wide variety of psychological and psychosocial problems, in accordance with the needs of the veteran. Develop comprehensive treatment plans in coordination with interdisciplinary treatment team. Administer and score a wide variety of projective and non-projective psychological assessments. Maintain comprehensive documentation in the electronic medical record. Provide	Las Vegas, NV

consultation and in-service training to agency staff. Provide training to students, residents, interns and fellows from other disciplines.

Jul 2009  
to Jun 2014

**Keystone Center Extended Care Unit**

Chester, PA

*Director of Outpatient Programming (January 2013 – June 2014)*

Full time employment. All duties performed in the Supervisory Psychologist position. Design and implement various outpatient treatment programs for sexually compulsive/addicted individuals and their families. Facilitate groups focused on relapse prevention, trauma processing and effective interpersonal behaviors. Plan and conduct individual therapy. Manage clinical team and organize provision of services.

*Supervisory Psychologist (November 2011 – June 2014)*

Full time employment. All duties performed in Primary Therapist position. Provide individual clinical supervision for primary therapists. Lead weekly group supervision with primary therapists. Assist in the hiring and training of clinical staff. Offer workshops and presentations to various local and international audiences.

*Primary Therapist (November 2009 – June 2014)*

Full time employment. All duties performed in Per Diem Counselor position. Co-facilitate therapeutic groups focused on recovery from sex addiction and trauma. Administer psychological assessment batteries, prepare reports and provide feedback to clients. Engage in consultation with treatment team, as well as outside agencies and providers, to develop treatment plans and coordinate services for clients. Plan and conduct brief individual psychotherapy with adult males and females in residential treatment setting. Conduct comprehensive intake evaluations including diagnosis and treatment planning. Prepare reports and maintained client records. Provide clinical supervision for doctoral interns. Engage in marketing and training activities as a representative of the agency.

*Per Diem Counselor (July 2009 – November 2009)*

Part time employment. Supervised client outings and monitored the unit for safety. Engaged in milieu management and working with clients individually as problems arose. Engaged clients in pro-social behaviors intended to enhance coping resources, communicative abilities and interpersonal skills. Assisted clients with crisis management and conflict resolution as needed. Updated medical records and reviewed charts for mistakes and missing data. Attended trainings to maintain clinical competency. Co-facilitated groups as necessary. Assisted in the training and orientation of new staff members. Prepared detailed case notes and maintained client records.

Mar 2009  
to Sep 2009

**Friends Hospital**

Philadelphia, PA

*Activities Therapist*

Part time employment. Provided group therapy in a short-term acute psychiatric hospital setting. Designed and implemented groups focused on relapse prevention, community building, stress management and relaxation for clients with a variety of psychiatric diagnoses. Provided individual counseling at patients' request. Prepared detailed case notes and maintained patient records.

Nov 2007 to Jun 2008	<b>Family Support Services</b> <i>Teacher – Extended Day</i> Part time employment. Provided supervision to children ages 5 to 10 years old. Planned and implemented recreational activities for children during after school hours. Provided supervision and assistance with homework. Maintained professional demeanor while interacting with parents and other family members. Maintained safe, clean and healthy environment in the classroom.	Upper Darby, PA
Mar 2004 to Sep 2005	<b>Delta-T Group, Inc.</b> <i>Therapeutic Support Staff</i> Full time employment. Implemented behavioral interventions constructed by the behavioral specialist and supervising psychologist. Facilitated socially appropriate behaviors and assisted the child in eliminating threatening and dangerous behavior. Recorded data and charted child’s progress in relation to treatment goals and participated in constructing and modifying treatment plans.	Bryn Mawr, PA
Nov 2002 to Aug 2003	<b>The Italian Home for Children</b> <i>Residential Counselor</i> Full time employment. Created, implemented, monitored and evaluated behavior management programs for children with a variety of psychiatric diagnoses, in conjunction with treatment team. Ensured the safety and support of children at all times. Supervised daily functioning of milieu life and implemented all facets of the therapeutic program.	Jamaica Plain, MA

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## Education

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2003 – 2009	<b>Widener University</b> <b>Institute for Graduate Clinical Psychology</b> <ul style="list-style-type: none"> <li>• Doctor of Psychology received 2010</li> <li>• Master of Arts received 2006</li> </ul>	Chester, PA
1998 – 2002	<b>Rochester Institute of Technology</b> <b>College of Liberal Arts</b> <ul style="list-style-type: none"> <li>• Bachelor of Science received 2002</li> <li>• Major: Psychology, Minor: Criminal Justice</li> </ul>	Rochester, NY

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## Practicum and Internship Experience

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Jul 2008 to Jun 2009	<b>Keystone Center Extended Care Unit</b> <i>Primary Therapist Intern</i> 24 hour per week internship associated with the Widener University Doctor of Psychology program. Co-facilitated therapeutic groups focused on recovery from sex addiction and trauma. Administered psychological assessment batteries, prepared reports and provided feedback to clients. Planned and	Chester, PA
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conducted brief individual psychotherapy with adult males and females in residential treatment setting. Provided clinical supervision to a practicum student. Prepared reports and maintained client records. Engaged in consultation with treatment team as well as outside agencies and clinicians to develop treatment plans and coordinate needed services for clients.

Jul 2006  
to Mar 2007

**Elwyn, Inc.**

Media, PA

*Psychological Associate*

24 hour per week internship associated with the Widener University Doctor of Psychology program. Administered psychoeducational and psychological assessment batteries. Prepared reports and maintained client records. Engaged in consultation with treatment team as well as outside agencies to develop treatment plans and coordinate needed services for clients and their families. Planned and conducted psychotherapy with adolescent female clients in a therapeutic group home setting.

Sep 2005  
to Jun 2006

**Upper Darby School District**

Upper Darby, PA

*School Psychologist Intern*

16 hour per week practicum associated with the Widener University Doctor of Psychology program. Administered psychoeducational assessment batteries. Compiled psychoeducational reports and offered feedback to parents and/or teachers. Engaged in consultation with teachers regarding classroom interventions.

Sep 2004  
to Jun 2005

**Robin Lowey and Associates**

Philadelphia, PA

*Psychotherapist*

16 hour per week practicum associated with the Widener University Doctor of Psychology program. Conducted psychotherapy with adults, children, and couples in a traditional outpatient private practice setting. Administered psychological and psychoeducational assessments for the Bureau of Disability Dispensation. Coordinated needed services with outside agencies including insurance companies, inpatient facilities, Community Mental Health organizations, and the like. Maintained client records, both paper and electronic.

Sep 2003  
to Jun 2004

**Intercommunity Action, Inc.**

Philadelphia, PA

*Intake Specialist*

16 hour per week practicum associated with the Widener University Doctor of Psychology program. Conducted Biopsychosocial intake evaluations in an outpatient, community mental health setting. Constructed psychological reports based on intake assessment data. Co-facilitated Social Rehabilitation group for special needs adult population.

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## Assessment Experience

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**Psychoeducational:**

Wechsler Intelligence Scales for Children – Fourth Edition

Wechsler Adult Intelligence Scales – Third Edition

Wechsler Adult Intelligence Scales – Fourth Edition

Wechsler Preschool and Primary Scale of Intelligence – Third Edition  
Wide Range Achievement Test – Third Edition  
Bender Visual-Motor Gestalt Test – Second Edition  
Behavioral Assessment System for Children – Second Edition  
Woodcock Johnson Psychoeducational Battery – Third Edition  
California Verbal Learning Test – Second Edition  
Beery-Buktenica Developmental Test of Visual-Motor Integration – Fifth Edition  
Test of Nonverbal Intelligence – Third Edition

**Psychological:**

Rorschach Inkblot Measure  
Beck Anxiety Inventory  
Beck Depression Inventory  
Hare Psychopathy Checklist - Revised  
Beck Hopelessness Scale  
Personality Assessment Inventory  
Minnesota Multiphasic Personality Inventory – Second Edition  
Thematic Apperception Test  
Sexual Addiction Screening Test – Revised  
Sexual Dependency Inventory – Revised  
Experiences in Close Relationships Scale – Revised  
Money and Work Adaptive Styles Index  
Trauma Symptom Inventory – Second Edition

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## Publications

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**Dissertation** – Avoidance and Shame: A Schema-Focused Approach to the Treatment of Sex Addiction

**Featured in the following Publications:**

Anderson, C (2017, October) 32 Signs Your Marriage is Built to Last. *Redbook*.

<https://www.redbookmag.com/love-sex/relationships/g13107160/signs-your-marriage-is-built-to-last/>

Scheinbaum, C. (2017, December) The Number One Predictor of Divorce, According to 7 Therapists and Relationship Experts. *Fatherly*. <https://www.fatherly.com/love-money/number-one-predictor-of-divorce-according-relationship-experts/>

Bennett, T. (2018, January) 10 Things Therapists Wish You Knew About Their Jobs. *Thriveworks*.

<http://thriveworks.com/blog/10-things-therapists-wish-you-knew-about-job/>

Fellizar, K. (2018, January) 7 Ways to Know You're \*Actually\* Ready for a Relationship.

*AwesomenessTV*. [https://awesomenesstv.com/lifestyle/7-ways-to-know-youre-actually-ready-for-a-relationship/?utm\\_term=.iVtrP7ydf#.Ki6VtjpkX](https://awesomenesstv.com/lifestyle/7-ways-to-know-youre-actually-ready-for-a-relationship/?utm_term=.iVtrP7ydf#.Ki6VtjpkX)

Keppler, N. (2018, January) Why Can't I Stop Thinking About Someone I Barely Dated? *Tonic*.

[https://tonic.vice.com/en\\_us/article/59wvxb/why-cant-i-stop-thinking-about-someone-i-barely-dated](https://tonic.vice.com/en_us/article/59wvxb/why-cant-i-stop-thinking-about-someone-i-barely-dated)

- Hoyt, A (2018, January) Airlines Are Cracking Down on Emotional Support Animals. *Howstuffworks*. <https://animals.howstuffworks.com/pets/pet-travel/airlines-are-cracking-down-on-emotional-support-animals.htm>
- Shelton, J. (2018, February) Top 25 Best Mental Health Apps: An Effective Alternative for When You Can't Afford Therapy? *Psycom*. <https://www.psycom.net/25-best-mental-health-apps>
- Bennet, T. (2018, February) Ask Yourself These 3 Questions – Doing So Will Help You Open Up to Others. *Thriveworks*. <http://thriveworks.com/blog/ask-yourself-questions-help-open-up-others/>
- Howard, L. (2018, February) How To Get Over Micro-Cheating In A Relationship, According to Experts. *Bustle*. <https://www.bustle.com/p/how-to-get-over-micro-cheating-in-a-relationship-according-to-experts-8017357>
- Anderson, C. (2018, February) 11 Ways to Finally Stop Comparing Yourself to Others. *Reader's Digest*. <https://www.rd.com/advice/relationships/stop-comparing-yourself-to-others/>
- Steber, C. (2018, February) 7 Habits That Make You Feel Disconnected From Your Partner Over Time. *Bustle*. <https://www.bustle.com/p/7-habits-that-make-you-feel-disconnected-from-your-partner-over-time-8168568>
- Weiss, S. (2018, February) What Is Sleep Hygiene? 12 Ways to Improve Your Nighttime Routine. *Bustle*. <https://www.bustle.com/p/what-is-sleep-hygiene-12-ways-to-improve-your-nighttime-routine-8183793>
- Papa, A. (2018, February) 7 Ways to Tell Whether You Can Trust Your Significant Other. *Business Insider*. <http://www.businessinsider.com/how-to-tell-whether-you-can-trust-your-significant-other-2018-2?r=UK&IR=T>
- Steber, C. (2018, February) 11 Surprising Signs Your Mom is Toxic – And What to Do About It. *Bustle*. <https://www.bustle.com/p/11-surprising-signs-your-mom-is-toxic-what-to-do-about-it-8098672>
- Harvey, L. (2018, February) 6 Secrets Sex Therapists Tell Their Friends. *Refinery29*. <https://www.refinery29.uk/sex-therapist-tips>
- Hamaker, S. (2018, March) Is There a Place for Shame in Your Parenting Toolbox. *The Washington Post*. [https://www.washingtonpost.com/news/parenting/wp/2018/03/02/is-there-a-place-for-shame-in-your-parenting-toolbox/?utm\\_term=.6ba836c856b5](https://www.washingtonpost.com/news/parenting/wp/2018/03/02/is-there-a-place-for-shame-in-your-parenting-toolbox/?utm_term=.6ba836c856b5)
- Wiles, J. (2018, March) 8 Things to Avoid When You Break Up With Someone. *Fashionbeans*. <http://www.fashionbeans.com/content/things-to-avoid-when-you-break-up-with-someone>

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## Lectures, Workshops, and Presentations

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### “Perception, Your Schemas and You”

Co-Presenter at the Keystone Center ECU's Alumni Weekend. Philadelphia, PA. May 2010

**“Understanding Sexual Addiction”**

Co-Presenter at UMDNJ – Robert Wood Johnson Medical School’s Human Sexuality Program. Piscataway, NJ. January 2011

**“Making Amends & Extending Forgiveness”**

Co-Presenter at the Keystone Center ECU’s Alumni Weekend. Philadelphia, PA. April 2011

**“The Sex Addict’s Schemas and the Drive to Act out”**

Co-Presenter at the Society for the Advancement of Sexual Health’s Annual Conference. La Jolla, CA. September 2011

**“Understanding Healthy Sexuality and Recovery”**

Co-Presenter at the Keystone Center ECU’s Alumni Weekend. Philadelphia, PA. March 2012

**“Sex Addiction: 101”**

Co-Presenter at Friends Hospital’s Lunch Break Workshop. Philadelphia, PA. August 2012

**“The Joys and Perils of Sober Dating”**

Co-Presenter at the Keystone Center ECU’s Alumni Weekend. Philadelphia, PA. April 2013.

**“Sex Addiction? Fact, Fiction and Solutions”**

Co-panelist at the International Convention of Sexaholics Anonymous/S-Anon. Baltimore, MD. July 2013.

**“Introduction to Sex Addiction”**

Didactic training seminar for pre-doctoral psychology interns at VA Southern Nevada Healthcare System. Las Vegas, NV. December 2015.

**“Introduction to Sex Addiction”**

Didactic training seminar for pre-doctoral psychology interns at VA Southern Nevada Healthcare System. Las Vegas, NV. November 2016.

**“Reclaiming Sexuality in the Wake of Military Sexual Trauma”**

Presenter at the Society for the Advancement of Sexual Health’s Annual Conference. Austin, TX. September 2016.

**“Sexual Health Concerns in Military Personnel”**

Co-Presenter for mental health clinicians at Fort Bragg Army Base. Fayetteville, NC. February 2018.

**“Nurturing the Sexuality of Traumatized Black Women”**

Presenter at the Third Annual Black Mental Health Symposium. Charlotte, NC. September 2018.

**“Nurturing the Sexuality of Traumatized Black Women”**

Presenter at the Society for the Advancement of Sexual Health’s Annual Conference. Virginia Beach, VA. October 2018.

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## Professional Affiliations

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American Psychological Association  
Society for Personality Assessment  
Pennsylvania Psychological Association  
Delaware Psychological Association  
Delaware Valley Association of Black Psychologists  
Society for the Advancement of Sexual Health – Board of Directors  
International Institute for Trauma and Addiction Professionals  
Philadelphia Society of Clinical Psychologists  
National Register of Health Service Psychologists  
Las Vegas Urban League Young Professionals  
Nevada Psychological Association  
Association for Contextual Behavioral Science  
American Association of Sexuality Educators, Counselors and Therapists