

**Tara Overzat, PhD, LPC, NCC**  
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### EDUCATION

Doctor of Philosophy, Counselor Education & Supervision (defended April 2019), Mercer Univ., Atlanta, GA.  
Dissertation: *An examination of affectivity, depression, and acculturative stress in Asian international college students using an online written disclosure protocol*

Graduate Certificate in Diversity Studies, (May 2016), Univ. of North Georgia, Dahlonega, GA,  
Master of Science, Clinical Mental Health Counseling (Dec. 2011), Mercer Univ., Atlanta, GA,  
Bachelor of Arts, Political Science major (Dec. 2004), Univ. of Florida, Gainesville, FL

### CREDENTIALS & TRAININGS

UNG Supervisor Training, various sessions, Fall 2018, Dahlonega, GA  
UNG Grants Academy, May 2017, Dahlonega & Gainesville, GA  
Essentials of Student Affairs Practice, May 2016, Lawrenceville, Carrollton, & Atlanta, GA  
Licensed Professional Counselor (LPC), State of Georgia, Apr. 2015, # LPC008372  
National Certified Counselor (NCC), Mar. 2012, #292179  
Eye Movement Desensitization & Reprocessing Therapy (EMDR)-Trained Clinician, EMDR Institute, Inc., Mar. 2015

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#### **GETTING OVERZAT, LLC** **Chief Executive Officer**

**Sandy Springs, GA**  
**06/2019 - present**

- Own and manage a clinical mental health private practice offering individual counseling, clinical groups, trainings, and workshops

#### **MERCER UNIVERSITY** **Adjunct Professor**

**Atlanta, GA**  
**08/2019 - present**

- Teach COUN 617: Assessment and Testing and COUN 621: Research and Program Evaluation to Masters-level counseling students. CACREP-accredited program.

#### **UNIVERSITY OF NORTH GEORGIA** **11/2013 – 01/2019; 05/2019 - present**

**Dahlonega, GA**

#### **Part-time Clinic Care Administrative Coordinator, Community Counseling Clinic 05/2019 – present**

- Assist with clinical supervision of five graduate counseling students in a community-focused training clinic
- Coordinate guest speakers for in-service trainings
- Perform file audits and ensure clinical and ethical compliance with counseling standards
- Revamp clinical forms to better suit the needs of the clinical population

#### **Assistant Director, Office of Multicultural Student Affairs**

**01/2017 – 01/2019**

- Hired, trained, and managed student employees (Graduate Assistant, Federal Student Workers, Institutional Student Workers, and Diplomats for Diversity).
- Developed methods for evaluation of programs and created comprehensive reports; collected and analyzed data to update events and create better informed programs.
- Co-facilitated revamped Safe Zone trainings in response to data collected.
- Increased student engagement in diversity-related activities in Spring 2017 by 534% compared to Fall 2016, and by another 82% from Spring 2017 to Fall 2017, with continued increases in 2018.

- Developed collaborative partnerships with Faculty, Dean of Students Office, Student Disability Services, Residence Life, Dahlonga Feminist Egalitarian Movement, Gender Studies Council, and other departments to bring speakers and events to students.
- Organized and assessed events on cultural, racial, and ethnic diversity, feminism, Black History Month, LGBTQ+ issues, and more.
- Increased membership and retention in Asian Student Association, the newly reestablished Black Student Union, Gay Straight Alliance, and Latin American Student Organization.

**Licensed Professional Counselor, Gainesville Student Counseling** 04/2015 – 12/2016

**Licensed Assoc. Professional Counselor, Gainesville Student Counseling** 11/2013 – 04/2015

- Assessed client wellbeing using psychometric instruments and qualitative approaches.
- Increased client caseload each academic year through Wellness Outreach and marketing.
- Fostered relationships with Faculty to increase marketing and awareness of Counseling Services.
- Revamped the Wellness Outreach program, creating presentations on sexual assault awareness, suicide awareness and prevention, stress relief, and test anxiety.
- Managed Wellness Outreach budget and sought out guest speakers for events.
- Performed individual counseling with college students presenting with issues including career concerns, sexual assault, suicidality, depression, anxiety, substance abuse concerns, and eating disorders.
- Served as liaison for the Student Conference on Leadership Committee, Diversity Council, and Student Affairs Innovation Hub.

**ATLANTA METRO TREATMENT CENTER**  
**Counselor**

**Norcross, GA**  
**2/12 – 10/13**

- Assessed incoming clients according to federal guidelines and evaluated their progression through treatment and discharge.
- Completed federal/state regulatory paperwork and clinical notes within designated timeframes.
- Performed individual counseling for clients receiving substance abuse treatment, ages 18 – 75.

**TALBOTT RECOVERY CAMPUS**  
**Counseling Intern**

**Atlanta, GA**  
**1/11 – 12/11**

- Assessed and evaluated individual and group clients during their substance abuse treatment.
- Provided individual/group counseling for clients, ages 18 – 66, including co-leading the Women's Treatment Group.

### GENERAL WORK EXPERIENCE

**PROMMIS SOLUTIONS**  
**Bankruptcy Paralegal**

**Atlanta, GA**  
**3/08 – 12/09**

- Researched and collected documentation to assist legal teams with claims.
- Trained new members of processing teams on software and claims procedures.
- Reviewed and resolved impediments on claims.
- Communicated with our clients/colleagues regarding the status of claims and concerns.

### PROGRAM DEVELOPMENT & EVALUATION

**ATLANTA CHILDREN'S SHELTER**  
**Program Evaluator**

**Atlanta, GA**  
**1/13 – 5/13**

- Assessed and evaluated current programs for a segue into a trauma-informed model of care with fellow doctoral students.

**GATOR ALLIANCE FOR TEACHING, EQUALITY, & SUCCESS** **Gainesville, FL****Founder, Instructor, Tutor****9/02 – 12/04**

- Developed volunteer program at the University of Florida for educational outreach into Gainesville, FL.
- Achieved official student organization status with student body funding.
- Provided a substantial number of community volunteering opportunities, with events at Eastside High School, St. Francis Homeless Shelter, Gainesville High School, and other locations.
- Created the “Breaking the Cycle” community event—a forum where non-profit leaders in the community met to discuss the issues facing lower socioeconomic individuals in the Gainesville, FL area.
- Taught SAT prep classes to lower socioeconomic students at Gainesville and Eastside High Schools.
- Tutored children in elementary school level math and reading at St. Francis Homeless Shelter.
- Created curricula in the SAT Prep and tutoring programs.

**TEACHING & COUNSELOR SUPERVISION EXPERIENCE****MERCER UNIVERSITY** **Atlanta, GA****College of Continuing & Professional Studies, Dept. of Counseling & Human Sciences****Doctoral Student Internship Supervision Assistant** **5/13 – 7/13**

- COUN610 – Internship II with Assistant Professor Caroline Brackette, Ph.D.

**Doctoral Student Practicum Supervision Assistant** **1/13 – 5/13**

- COUN609 – Practicum with Instructor Jim Jenkins, M.Ed.

**Doctoral Student Guest Internship Supervision Assistant** **2/25/13**

- COUN610 – Internship II with Associate Professor Kenyon Knapp, Ph.D.

**Doctoral Student Group Facilitator** **8/12 – 12/12**

- COUN605 – Group Techniques and Procedure with Associate Professor Diane Clark, Ph.D.

**Masters Student Teaching Assistant** **8/10 – 12/10**

- COUN606 – Psychological Helping Skills I with Professor Arthur Williams, Ph.D.

**INTERACTIVE COLLEGE OF TECHNOLOGY** **Chamblee, GA****Instructor** **2/10 – 7/10**

- English as a Second Language (Levels 150, 160, 210)

**KAPLAN TEST PREP & ADMISSIONS** **Atlanta, GA****Instructor** **7/07 – 12/08**

- SAT Prep, GMAT Prep, GRE Prep, TOEFL Prep

**CAPITAL UNIVERSITY OF ECONOMICS & BUSINESS** **Beijing, China****Instructor** **9/05 – 6/06**

- International Business Law, Advanced Writing, Oral Skills
  - Responsible for curriculum development for Chinese students taking the above college classes in English
  - Provided staff trainings to Chinese domestic and international staff

**WORKSHOPS****Collegiate**

Various workshops at the University of North Georgia on inclusive leadership, women’s history, public speaking, diversity, conflict resolution, expressive writing, sexual assault awareness (November 2013 – January 2019)

**International**

Manyam, S., Clark, D., & **Overzat, T.** (2014, November). Counseling and Microskills. International Conference, Aligarh Muslim University, India; Indian Institute of Psychology (IIP), New Delhi, India; Mangalayatan University, India; University of Rajasthan, India; Amity University, India.

Manyam, S., Clark, D., & **Overzat, T.** (2014, November). Global aspirations: College counseling's potential benefits to Indian universities and their students. International Conference, Mohanlal Sukhadia University, India.

**Community**

**Overzat, T.** (2015, June). Expressive Writing for Going through Treatment and Caretaking. Southeastern Brain Tumor Foundation. Winship Cancer Institute, Atlanta, GA.

**PRESENTATIONS****National**

**Overzat, T.** (2014, October). It's not as hard as you think: Integrating neuropsychology with college counseling. American College Counseling Association 2014 Conference, San Antonio, TX.

**Overzat, T.** (2014, September). Conceptualizing beyond "gay" and "straight" on the college campus: How to help bisexual students. Inaugural Association for Lesbian, Gay, Bisexual, & Transgender Issues in Counseling Conference, New Orleans, LA.

Redmond, D. & **Overzat, T.** (2014, March). The use of personal narratives in gerontological counseling: A narrative therapy approach. American Counseling Association 2014 Conference & Exposition, Honolulu, HI.

**Overzat, T.** (2012, March; poster presentation). A look at current findings in counseling Asian international students: Ethics, issues, and ideas. American Counseling Association 2012 Conference & Exposition, San Francisco, CA.

**Overzat, T.** (2010, August; poster presentation). The Spiritual and Value-Based Journey of Asian International Students in the United States & the Impact of Acculturation. Poster presented at the ASERVIC Conference on Spirituality in Counseling, Myrtle Beach, SC.

**Regional**

**Overzat, T.,** Hoover, S., & Morse, A. (2013, June). Developing Best Practices for Teaching and Counseling Homeless Students. Curriculum Studies Summer Collaborative, Savannah, GA.

**Overzat, T.** (2013, February) Parental Control and Effectiveness – A Multicultural Perspective. 12th Annual Cross-Cultural Issues in Counseling and Education Conference, Savannah, GA.

**Overzat, T. &** Kuyinu, E. (2013, February). Using Narrative Therapy Techniques to Motivate Clients Towards Change. 7th Annual Counseling Graduate Student Conference, Columbia, SC.

**State & Local**

**Overzat, T., &** Mathews, D. (2019, August). Out, Now What?: Adlerian Techniques with Rural LGBTQ Populations. Georgia Society of Adlerian Psychology 2019 Conference, Pine Mountain, GA.

**Overzat, T.** (2013, March). Stage Fright: Public Speaking How-To's for Counselors. Mercer University SAO's 2013 Conference, Atlanta, GA.

**Overzat, T., & Velez, M.** (2013, January). Transitioning Asperger's and High Functioning Autistic Students to Higher Education: Identifying, Interventions, & Outreach. 20th Annual GCCA Conference, St. Simon's Island, GA.

**Overzat, T.** (2012, January). Drinking Problem: Asian-American and Asian International College Students' Alcohol Consumption. 19th Annual GCCA Conference, St. Simon's Island, GA.

**Overzat, T.** (2011, April). Counseling Asian international students: Ethics, issues, and ideas. Mercer University College of Continuing and Professional Studies Research Conference, Atlanta, GA.

**Overzat, T.** (2011, January). How to Best Reach Asian International Students. Poster presented at the 18<sup>th</sup> Annual GCCA Conference, St. Simon's Island, GA.

**Overzat, T.** (2004, June). Library Usage of Urban/Low-Income Youth and Suburban/Higher-Income Youth: A Comparison. Counterpoise Post-Conference: Beyond ALA, Orlando, FL.

#### **AWARDS/HONORS**

UNG Staff Council Scholarship – 2018

Mercer University GRA PhD Scholarship – 2012 – 2015

Center for the Study of Narrative Scholarship – 2014; 2018

American College Counseling Association Emerging Leader Award - 2014

Georgia College Counseling Association Conference Scholarship - 2011

Mercer University Student Travel Grant – 2010

Chi Sigma Iota – Counseling International Honor Society – 2010

National Hispanic Recognition Program – 2000

#### **PROFESSIONAL ORGANIZATIONS**

Doctoral Student Advisor - Mercer University Student Affiliate Organization, 2013 – 2014

President - Mercer University Student Affiliate Organization, 2012 – 2013

President-Elect - Georgia College Counseling Association, 2014

Secretary - Georgia College Counseling Association, 2012 – 2014

Student Representative - Georgia College Counseling Association, 2011 – 2012

American Counseling Association, Apr. 2010 – Jun. 2015

Chi Sigma Iota – Mu Upsilon Alpha chapter, Nov. 2010 - present

Association for Spiritual, Ethical, and Religious Values in Counseling, 2010 - 2011

#### **MANUSCRIPTS/PUBLICATIONS**

**Overzat, T.** (2015). Written emotional disclosure and spirituality: Why both matter. In N. Chaube (Ed.), *Spirituality and Human Psyche*. India: Partridge.

**Overzat, T.** (2011). Counseling Asian international students: Ethics, issues, and ideas. *VISTAS 2011*. Retrieved from [http://counselingoutfitters.com/vistas/vistas11/Article\\_75.pdf](http://counselingoutfitters.com/vistas/vistas11/Article_75.pdf)

#### **NON-PEER REVIEWED ARTICLES (selected):**

**Overzat, T.** (2010). The risk of going back to school in this economy. American Counseling Association blog. <http://my.counseling.org/2010/11/30/the-risk-of-go-in-back-to-school-in-this-economy/>

**Overzat, T.** (2010). Check-up counseling. American Counseling Association blog. <http://my.counseling.org/2011/01/18/check-up-counseling/>