

TABI REBEKAH UPTON

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SUMMARY: *Excellent oral and written communication skills. Extensive overseas travel. Background in counseling, journalism, public speaking, and community involvement. Interpersonal, motivational, and innovative leadership style.*

EDUCATION

2004	LPC Licensure	Professional Counseling (#LPC0000001776)	Nashville, TN
1999	Master of Arts	Counseling, Colorado Christian University	Morrison, CO
1994	Bachelor of Arts	Psychology, Biola University	La Mirada, CA

CAREER

2009-current	Therapist, Richmond/CBI Counseling Center-Chattanooga, TN Provide counseling for children, adolescents, and adults.
2008-current	Founder, www.ChattanoogaCounselor.com, inc.-Chattanooga, TN Lead and develop a local online self-help website featuring local clinicians, non-profits, social services, blogs, links, and events.
2006-2009	Therapist, New Beginnings Counseling Center-Chattanooga, TN Provided counseling for children, adolescents, and adults.
2000-2006	Team Leader/Counselor III, Child and Youth Services Johnson Mental Health Center-Chattanooga, TN Supervised the C & Y department through the coordination and facilitation of retreats, planning meetings, and weekly staffings. Interfaced with psychiatrists, clinical staff, and area agencies. Provided psychotherapy for children, adolescents, and families.

1995-1997 Health Volunteer, United States Peace Corps-Senegal, West Africa

Promoted preventive and educational health activities at the village level on baby weaning, oral re-hydration, and nutrition. Developed and conducted a psychological study which examined the cultural attitudes, beliefs, and practices of the Senegalese people towards the mentally ill. French language level attainment-High Advanced, oral.

PUBLICATIONS/MEDIA/QUOTES

- Columnist, "Mind Matters," Chattanooga Times-Free Press, bi-weekly LIFE section
- Free-lance writer, The Chattanooga News Chronicle
- Regular guest, "The Chattanooga Counselor Hour", Talk Radio 102.3 - Chattanooga
- Bi-weekly radio guest, Chattanooga Morning Show, Power94, Brewer Broadcasting
- Rotating host for "Point of View," a televised community talk show, locally sponsored by the Arts and Education Council (AEC)
- Essence Magazine, "After the Hurricane" 3-part online series, 9/2005
- The Oprah Magazine, "Girls and Sex" by M. Burford, 11/2002 (quoted)
- The New York Times, "She's Got to Be a Macho Girl" A. Kuczynski, 11/2002 (quoted)

BOARD INVOLVEMENT AND COMMUNITY LEADERSHIP

- 2009-2011** VP of Membership, Chattanooga Area Psychotherapy Association (CAPA)
- 2006-2008** Board Member, Arts and Education Council, Chattanooga, TN
- 2004-2006** Board Member, First Things First, Chattanooga, TN
Executive Board Member (2005)
- 2002-2004** Co-chair, Child and Adolescent Committee, Region III Mental Health Council
- 2002-2004** Officer of Public Relations, Disproportionate Minority Confinement Task Force, Hamilton County
- 2002** Rotary Club Goodwill Study Exchange Trip- Malaysia (four weeks)
- 2002** Graduate of *Leadership Chattanooga*, Chattanooga Area Chamber of Commerce

RECENT WORKSHOPS/SPEAKING ENGAGEMENTS

September 27, 2008	“Stronger Still”	S.I.S. National Women’s Conference
October 31, 2008	“No More Scary Days”	Hamilton Co., DCS
January 10, 2009	“Boys and Self-Esteem”	The Weekend Academy
May 7, 2009	“Great Mothers and the Daughters Who Love Them”	Love Fellowship
May 20, 2010	“Humbled by the Truth”	Scenic City Women’s Luncheon
August 13, 2010	“Upward Thinking”	Chatt Counselor Networking
October 2, 2010	“Mothering and Mentoring”	Quiet Confidence Retreat, St. Croix
November 15, 2010	“Multicultural Issues in Counseling”	Richmont Graduate University
January 22, 2011	“Cleaning House”	Flat Top Women’s Breakfast
January 23, 2011	“Depression and Lifestyle Issues”	Signal Mountain Presbyterian