



Tamara Tinkham, Psy.D., LP

Dr. Tinkham has more than 20 years' experience in the behavioral health field. Her areas of expertise include chemical dependency, coaching mothers and other family members (when their adult children are addicted), and co-occurring disorders (eating disorders as well as mood and anxiety disorders). She is especially proficient in mental health assessment, clinical supervision and psychotherapy and is a sought after interventionist and facilitator of family meetings. Given the complexity of addiction, her work with co-occurring disorders has proven indispensable to Clere Consulting and its clients.

Since 2000, Dr. Tinkham has led a very successful private practice based in Minneapolis and Stillwater, MN, where she blends best practices and empirically validated approaches with the warmth and creativity needed for positive outcomes.

Dr. Tinkham worked at the Hazelden Foundation for four years as a staff psychologist on the Lilly Unit (women's inpatient) and at the Fellowship Club (halfway house). She also has served as consulting psychologist at several nonprofits and universities, including the University of Wisconsin-Madison, the University of Minnesota, and Minnesota State University, Mankato.

Dr. Tinkham is an Honors graduate of the University of Wisconsin-Madison, where she also completed her clinical internship. She earned her Doctorate Degree in Clinical Psychology from The Minnesota School of Professional Psychology. In addition to her professional life, Tamara is the mother of James and Delaney, born less than a minute apart! She enjoys reading, gardening, socializing, and traveling. She brings humor, empathy, warmth and patience to all of her working relationships.