

Erica S. N Tan, PsyD
 5200 S Macadam, Suite 580
 Portland, OR 97239
 www.pdbti.org
 (503) 290-3266
 etan@pdbti.org

Certification/Licensure

PsyD- Licensed Psychologist (OR #2071, WA PSYC.PY.61174723)
 DBT-LBC Certified Clinician (#984)

Education

PsyD In Clinical Psychology, Regent University, Virginia Beach, VA 1999-2004
Dissertation: "An Exploratory Study of Attributions Made by Individuals Who Experience Same-Sex Attraction"
M.A. in Clinical Psychology, Regent University, Virginia Beach, VA 1999-2002
B.A. with Honors in Psychology, University of Ottawa, Ottawa, ON, Canada 1995-1999
Honors Thesis: Parent and Adolescent Perceptions of Ability and Task Values: Influence on Adolescent Academic Achievement and Intentions for Future Enrolment in Math and Science Courses

Professional Affiliation

International Society for the Improvement and Teaching of Dialectical Behavior Therapy 2018-Present
ISITDBT Anti-racism Committee Member 2021-Present
Association for Behavioral and Cognitive Therapies 2018-Present
DBT-Linehan Board of Certification 2017-Present
Board Member 2022

Professional Experience

Licensed Clinical Psychologist and Supervisor, Portland Dialectical Behavior Therapy Institute, Portland OR 2010-Present
Research Fellow, Institute for the Study of Sexual Identity (ISSI), Regent University, Virginia Beach, VA 2003-2016
Clinical Training Director, Eden Family Institute, Virginia Beach, VA 2007-2010
Licensed Clinical Psychologist, Eden Counseling Center/ Eden Family Institute, Virginia Beach, VA 2005-2010
Clinical Supervisor, Regent University, Virginia Beach, VA 2009-2010
Clinical Psychology Resident, Eden Family Institute, Virginia Beach, VA 2004-2005
Clinical Psychology Intern, Crownsville Hospital Center; Adult, Forensic, and Adolescent Intake Units, , Crownsville, MD 2004
Research Assistant, Regent University, Virginia Beach, VA 2000-2003
Advanced Practica Intern, Court Services Unit, Chesapeake, VA 2002-2003
Group Co-leader, Christian Psychotherapy Services, Virginia Beach, VA 2002-2003



Clinical Practica Intern, <i>Atlantic Psychiatric Services, Virginia Beach, VA</i>	<i>2001-2002</i>
Clinical Practica Intern, Group Leader, <i>Psychological Services Center, Regent University, Virginia Beach, VA</i>	<i>2001-2002</i>

Honors/Awards

Outstanding Graduate in the School of Psychology and Counseling Doctor of Psychology Degree Program, Regent University	<i>2003-2004</i>
Nomination to Who's Who in American Universities and Colleges by Regent University	<i>2003-2004</i>
Diversity Research Award, Regent University	<i>2003</i>
Diversity Research Award, Regent University	<i>2001</i>
Merit Scholarship, Regent University	<i>1999-2003</i>
International Student Scholarship, Regent University	<i>1999-2003</i>
Dean's Honor List, University of Ottawa	<i>1996-1998</i>
Entrance Scholarship, University of Ottawa	<i>1996</i>

Teaching Experience

Adjunct Professor, George Fox University, Newberg, OR	<i>2011-2013</i>
Adjunct Professor, Regent University, Virginia Beach, VA	<i>2007-2009</i>
Course Co-Instructor, Richmond College, Atlanta, GA	<i>2008</i>
Course Facilitator, Psychological Studies Institute, Atlanta, GA	<i>2006</i>
Adjunct Professor, Regent University, Virginia Beach, VA	<i>2005</i>
Training Coordinator, Regent University, Virginia Beach, VA	<i>2001-2002</i>
Guest Instructor/Facilitator, Regent University, Virginia Beach, VA	<i>2002</i>

DBT Specific Training

Skills for DBT Team Leaders to Promote Team Adherence with Michaela Swales, PhD & Christine Dunkley, DClInP
December 2022

4-Day DBT-PTSD Training with Martin Bohus, MD, & Shirley McMMain, PhD April 2022

4-Day DBT-Adolescent Training with Alec Miller, PsyD
October 2021

4-Day DBT-Family and Couples Training with Alan Fruzzetti, PhD October 2021

4-Day DBT & Prolonged Exposure Training with Melanie Harned, PhD March 2018

5-Day Silent Mindfulness Retreat with Marsha Linehan, PhD, ABPP
August 2017



4-Day Silent Mindfulness Retreat with Cedar Koons, MSW
October 2016

5-Day Behavioral Tech Advanced Intensive Training with
Marsha Linehan, PhD, ABPP, & Tony DuBose, PsyD. 2012

Updates to Emotion Regulation and Crisis Survival Skills in
DBT with Marsha Linehan, PhD, ABPP 2010

5 Day Behavioral Tech LLC Foundational Training with
Charlie Swenson, MD, & Shireen Rizvi, PhD 2010

Publications

- Tan, E.S.N.**, & Yarhouse, M.A. (2010). Facilitating congruence between religious beliefs and sexual identity with mindfulness. *Psychotherapy: Theory, Research, Practice, Training*, 45(4), 500-511.
- Hathaway, W., & **Tan, E.S.N.** (2009). Religiously oriented mindfulness based cognitive therapy. *Journal of Clinical Psychology*, 65(2), 158-171.
- Tan, E.S.N.** (2008). Mindfulness in sexual identity therapy: A case study. *Journal of Psychology and Christianity*, 27(3), 274-278.
- Yarhouse, M. A., & **Tan, E. S. N.** (2005). Addressing religious conflicts in adolescents who experience sexual identity confusion. *Professional Psychology: Research and Practice*, 36 (5), 530-536.
- Yarhouse, M. A. & b, & Pawlowski, L. M. (2005). Sexual Identity Development and Synthesis Among LGB-Identified and LGB Dis-Identified Persons. *Journal of Psychology and Theology*, 33 (1), 3-16.
- Yarhouse, M. A., & **Tan, E. S. N.** (2005). Sexual Identity and Being a Christian. *Journal of Psychology and Christianity*, 24 (1), 84-87.
- Yarhouse, M.A., **Tan, E.S.N.**, & Pawlowski, L.M. (2005). Sexual identity development and synthesis among LGB-identified and LGB-dis-identified persons. *Journal of Psychology and Theology*, 33(1), 3-16.
- Yarhouse, M. A., & **Tan, E. S. N.** (2004). *Sexual identity synthesis: Attributions, Meaning-Making, and the Search for Congruence*. Lanham, MD: University Press of America.
- Yarhouse, M. A. & **Tan, E. S. N.** (2003). "Gay" Youth? Navigating the Course of Sexual Identity Confusion in Adolescence. *Marriage & Family: A Christian Journal*, 6 (3), 35-368.



Yarhouse, M.A., Pawlowski, L.M., & **Tan, E.S.N.** (2003). Intact marriages in which one partner experiences same-sex attraction. *Journal of Marriage and Family Therapy*, 31, 369-388.

Tan, E.S.N. (2002). [Review of the book Welcoming but Not Affirming]. *Journal of Psychology and Theology*, 30 (2), 164-165.

Tan, E.S.N. (2002). [Review of the book Portraits of Freedom: 14 People Who Came Out of Homosexuality]. *Journal of Psychology and Theology*, 30 (3), 249-250.

Rosenau, D.E., & **Tan, E.S.N.** (2002). Single and Sexual: The Church's Neglected Dilemma. *Journal of Psychology and Theology*, 30 (3), 185-194.

Garzon, F., Garver, S., Kleinschuster, D., **Tan, E.**, & Hill, J. (2001). Freedom in Christ: Quasi-experimental research on the Neil Anderson approach. *Journal of Psychology and Theology*, 29 (1), 41-51.

Convention Presentations

Tan, E., White, A., Homan, J., & Dimeff, L. (2017) Clinic Management and Recovery from Suicide. Presentation at ISIT DBT. November 16, 2017 in San Diego, CA.

Yarhouse, M.A., Carr, T.L., & **Tan, E. S. N.** (2013) Teens and Sexuality: A Framework for Understanding and Helping. Paper Presentation at the National Youth Workers Convention. October 4-6, 2013 in San Diego, CA, and November 22-24, 2013 in Nashville, TN.

Yarhouse, M.A., Carr, T.L., & **Tan, E. S. N.** (2013) Understanding Sexual Identity. Paper Presentation at the National Youth Workers Convention. October 4-6, 2013 in San Diego, CA, and November 22-24, 2013 in Nashville, TN.

Tan, E.S.N. (2012) Sexual Identity. Grand rounds at George Fox University, Newberg, OR. November 17, 2012.

Tan, E.S.N. (2012) Treating Gender Variant Clients: Christian Integration. George Fox University, Newberg, OR. October 17, 2012.

Tan, E.S.N. (2012) Mindfulness and Christian Integration. Colloquium at George Fox University, Newberg, OR. March 7, 2012.

Tan, E.S.N. (2010) Another Look at Sex. Chapel address at Norfolk Christian School. Norfolk, VA. February 13, 2010.

Tan, E. S. N., & Yarhouse, M.A. (2009) Facilitating Congruence Between Religious Beliefs and Sexual Identity with Mindfulness. Paper presentation at the American Psychological Association Conference, Toronto, ON, August 8, 2009.



- Hall, D., **Tan, E.S.N.**, & Albertini, K. (2009) Teenage Sexuality and Personal Identity. Paper presentation at the American Association of Christian Counselors World Conference, Nashville, TN, September 18, 2009.
- Yarhouse, M.A., & **Tan, E.S.N.** (2009) *Ex-Gays?* Clinical Applications of an Extended Longitudinal Study of Religiously-Mediated Change in Sexual Orientation. Presentation at the Regent University PsyD Colloquia Series, Regent University, Virginia Beach, VA, September 25, 2009.
- Tan, E.S.N.** (2009) CBT – The 3rd Wave. Presentation for APA approved CE's at Eden Family Institute, Virginia Beach, VA. July 24, 2009.
- Tan, E.S.N.** & Pettitt, C. (2009) Conflicts in Spiritual Values Between Therapists and Clients. Presentation for APA approved CE's at Eden Family Institute, Virginia Beach, VA. May 22, 2009.
- Tan, E.S.N.** (2008) DBT – How it is effective for the therapist? Presented at Virginia Beach Psychiatric Center, Continuing Education. Virginia Beach, VA. November 20, 2008.
- Tan, E.S.N.** (2008) Reducing Self-Harming Behaviors with Dialectical Behavior Therapy. Presented at the Beacon of Hope Conference, Virginia Beach, VA. October 18, 2008.
- Tan, E.S.N.** (2008) Ethical Considerations with Mandated Reporting. Presented for APA approved CE's at Eden Family Institute, Virginia Beach, VA. September 5, 2008.
- Tan, E.S.N.**, Carr, T.L., Maslowe, K.E., & Yarhouse, M.A. (2008) A guide for parents of youth sorting out sexual identity questions. Presented at the Association of Marriage and Family Ministries National Conference, Phoenix, AZ. August 6, 2008.
- Carr, T.L., Maslow, K.E., **Tan, E.S.N.** (2008), & Yarhouse, M.A. What makes church ministries exemplary in their care of sexual minorities? Presented at the Association of Marriage and Family Ministries National Conference, Phoenix, AZ. August 5, 2008.
- Tan, E.S.N.** (2008) A brief overview of Dialectical Behavior Therapy. Presentation for the Virginia Beach Community Services Board. Virginia Beach, VA. February 5, 2008.
- Tan, E.S.N.** (2007) Reducing Self-Harming Behaviors with Dialectical Behavior Therapy. Paper presentation at Beacon of Hope, Virginia Beach, VA. October 26, 2007.
- Wilson, M.T., **Tan, E.S.N.**, and Hall, D. (2007) Same-sex Attraction: Tools for Helping Strugglers Catch the Bigger Picture. Paper presentation at the American Association for Christian Counselors Conference, Nashville, TN. September 15, 2007.
- Yarhouse, M.A., Beckstead, A.L., Throckmorton, W., & **Tan, E.S.N.** (2007) Symposium: Sexual Identity Therapy to Address Religious and Spiritual



Conflicts. Paper presentation at the American Psychological Association Conference, San Francisco, CA. August 17-20, 2007.

Tan, E.S.N., & Yarhouse, M.A. (2007) Growing Up Too Fast. Presentation at the Reformed Church of America's Annual Conference, Chicago, IL. July 19-20, 2007.

Tan, E.S.N., & Yarhouse, M.A. (2005) Spiritual/Religious Themes in Attributions Made by Lesbians and Lesbian-Disidentified Women in the Process of Sexual Synthesis. Poster presentation at the American Psychological Association Conference, Washington DC. August 18-21, 2005.

Tan, E.S.N. (2005) Navigating Issues of Sexual Identity Confusion. Presented for APA approved CE's at Eden Family Institute, Virginia Beach, VA. February 18, 2005.

Yarhouse, M.A., & **Tan, E.S.N.** (2003) "Gay Youth"? Navigating Sexual Identity Confusion in Adolescence. Paper presentation at the American Association of Christian Counselors World Conference. Nashville, TN. September 26, 2003.

Borden, C., Kemper, S., & **Tan, E.S.N.** (2002) Let's Talk About Sex. Student Paper presentation at the Christian Association for Psychological Studies Eastern US Conference, Bethesda, MD, November 2, 2002.

Yarhouse, M.A., Pawlowski, L.M., **Tan, E.S.N.** (2002) Adversity and Resilience in Marriage. Paper presentation at the Christian Association for Psychological Studies Eastern US Conference, Bethesda, MD, November 2, 2002.

Yarhouse, M.A., Burkett, L.A., & **Tan, E.S.N.** (2002) Homosexuality: A Comprehensive Christian Appraisal. Pre-conference workshop conducted at the American Association of Christian Counselors Conference, Dallas, Texas, April 25, 2002.

Yarhouse, M.A., **Tan, E.S.N.**, & Pawlowski, L.M. (2002) Sexual Identity Synthesis: A Pilot Study. Poster presented at the annual Christian Association for Psychological Studies International Conference, Arlington Heights, Illinois, April 13, 2002.

Tan, E.S.N. (2001) Who am I? Comparing Erikson's concept of identity with identity in Christ. Poster presented at the annual Christian Association for Psychological Studies Conference, Richmond, VA. April 17, 2001.



