

DR. JACQUE TARA WASHINGTON, LCSW-R
Ithaca, New York 14852
jacquetara@hotmail.com

Dr. Jacque Tara Washington is a licensed clinical social worker, with “R” psychotherapy privilege, holding a doctoral degree in social work from the University of Pennsylvania and a master’s degree in social work from Syracuse University; she has been practicing in the field since 2005. Jacque's dissertation, entitled "Examining the historical and present-age impact of racism in the United States of America through the arts, aesthetic education, and transformative learning theory: Empowering social work students to effectively discuss racism and provide best practices with African Americans and other people of Color" includes a 15-week, 30 session academic course for baccalaureate-level social work students.

Jacque is a certified trauma specialist with the Eye Movement Desensitization and Reprocessing International Association (EMDRIA) and is a member of the National Association of Social Workers (NASW). She maintains her part-time private practice, *Renewing Your Mind Counseling and Psychological Services* and worked at Tompkins County Mental Health and in Counseling and Psychological Services at Ithaca College before joining the Cornell Health CAPS team. While Jacque is a generalist, she tends to use aspects of strength-based therapy, solution-focused therapy, trauma therapy, integrative psychotherapy, dialectical behavioral therapy, cognitive behavioral therapy, experiential therapy, and an integration of the Scriptures and each person’s personal faith as requested. She is a strong advocate for human rights and justice, with a focus on the trauma of racism. Jacque loves spending time with family; loves to laugh, dance, and play board games (Scrabble champ); and enjoys a good sense of humor. God and His principles are the foundation of her life.

Jacque is also a professional vocalist and actress with a Bachelor of Fine Arts degree in musical theatre and directing from Syracuse University, a degree in Radio and Television Communications and Journalism, and is a member of Actors’ Equity Association (AEA) and the Screen Actors Guild-American Federation of Television and Radio Artists (SAG-AFTRA). She has performed jazz throughout the United States and globally, including her self-penned one-woman presentation on the life and music of jazz artist Billie Holiday. Among the vast number of presentations Jacque has created is also *Strange Fruit: Examining the Impact of Racism in America*, which she presented for students and faculty at Ithaca College.

“Self-concept influences our thinking, behavior, and output. I truly believe we all have the ability to uniquely, creatively, and effectively utilize our innate and learned skills to deepen our awareness and perception of self, develop a clear understanding of our life’s purpose, and decide how these realities are to impact and guide us. In so doing, we have the potential to maximize optimum success in our lives personally, academically, and professionally. I believe that developing and implementing healthy mental, emotional, spiritual, physical, and nutritional wellness is vital in being able to successfully advance in life and it is my intention to help clients accordingly so that you can most effectively move forward with achieving your personal, academic, and professional aspirations and desired mental and emotional goals.”