

## **Margarita Tarragona**

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### **EDUCATION**

- Ph.D. in Psychology, The University of Chicago.** Chicago, Ill. 1989  
Committee on Human Development. Concentration in Psychotherapy Research.  
Dissertation: "Patients' experiences of psychotherapy between sessions:  
Their relationship to some input, process and outcome variables of psychotherapy".
- Graduate from the Training Program in Family Therapy,  
The Ackerman Institute for the Family.** New York, NY. 1986-1988
- Graduate from the Training Program in Family and Child Therapy  
The Center for Family Studies/Family institute of Chicago,** Chicago, Ill. 1985-1986
- Licenciatura (BA) in Psychology,** with Honors. 1983  
Universidad Iberoamericana, México City. Concentration in Clinical Psychology.

### **PROFESSIONAL ACTIVITIES**

#### **TEACHING AND TRAINING**

**Grupo Campos Elíseos, México City.** 1998- To  
date

Affiliated with the Houston Galveston Institute. Founding member,  
Faculty and Supervisor. I teach:

- Current Developments in Couple's Therapy
- Supervision of Supervision
- Training in Postmodern Therapies
- Positive Psychology (with Elena Fernández, M.A.)
- Biology and Conversation: A collaborative approach to working with people who live with ADD and learning differences (with Ana Escalante, M.A.)
- Support Group for Research in Psychology and Psychotherapy
- Faculty of the International Summer Institute, offered yearly by Harlene Anderson

**Universidad Iberoamericana, México, D.F.** Sept.2005-to date

Associate Faculty in the Master's in Counseling, Master's in Human Development  
and the Licenciatura (BA) in Psychology Programs:

- Family Therapy and Counseling
- Clinical Skills
- Positive Psychology
- Healthy Personality
- Contemporary Approaches in Human Development

Coordinator of the Diploma Program in Positive Psychology Nov.2008-

**University of Massachussets, Boston**

Instructor

- On-line class on Models of Family Therapy 2007-

**Universidad de las Américas, México, D.F.**

1990- 2005

Faculty in the Master's in Family Therapy program. Clinical Supervisor and Thesis advisor. Taught, among other courses:

- Clinical Interviewing
- Family Therapy Models (MRI Brief Therapy, Milan Systemic Family Therapy and Solution Focused Therapy)
- Theoretical Bases of Family Therapy
- Supervision of Clinical Practicum
- Integration of Models in Family Therapy
- Epistemology
- Gender and Family
- Research Methods in Family Therapy

Supervision of trainee's clinical work in a variety of settings, including:

- A social re-adaptation center for delinquent girls
- A children's psychiatric hospital
- A community mental health center in a low income neighborhood

Curriculum Design for

- Master's Program in Family Therapy and
- Doctoral Program in Clinical Psychology

**Houston Galveston Institute, Houston, Texas**

1999-to date

Faculty. Lead workshops on

- Postmodernism and Psychotherapy
- Social Construction and Identity
- Psychobiology and Collaborative Therapy

**Our Lady of the Lake University, San Antonio Texas.**

1999-to date

Guest faculty. Workshops and courses on

- Latino Psychology
- Writing in Therapy
- Multicultural Competencies for Therapists (on line course)

**Endicott College, Mexico. Mexico City.**

1999-2005

Faculty of the Master's Program in International Education. Taught

- Adolescent Development from a Cross Cultural Perspective
- Gender and Psychology
- Conflict Resolution

**Universidad del Mayab, Mérida, Yuc.**

1994-to date

Faculty and supervisor in the Master's in Family Therapy Program. Teaching

- Collaborative Language Systems Therapy

- Narrative Therapy
- Clinical Supervision

**Instituto Latinoamericano de Estudios de la Familia, México City.** 1990-to date  
 Teacher in the Master's in Family Therapy and in the Diplomate in Narrative Therapy. Teaching

- Collaborative Language Systems Therapy
- Narrative Therapy
- Writing in Therapy
- Work from the Ackerman Institute
- Dissertation Advisor

## **CLINICAL WORK**

**Private Practice of Psychotherapy** 1990-to date  
 Mexico City  
 Collaborative therapy with individuals, couples and families

**Ackerman Institute for the Family, New York, NY.** 1996-1998  
 Clinical Associate with the Language and Writing Project, directed by Peggy Penn. Research and clinical work on the use of language and the written word in psychotherapy with a diverse population, particularly with clients living with chronic illnesses.

**The Unique Minds Program. Ackerman Institute for the Family, New York, NY.** 1995-1996  
 Trained in the Unique Minds Program, a Family Therapy Approach to work with children who live with ADDH and Learning Differences. Led a Unique Minds Multi-family group.

## **RESEARCH INTERESTS**

- The experience and meaning of therapeutic processes, from the clients' and the therapists' perspectives.
- Mechanisms of therapeutic change as understood by the clients.
- The personal and professional development of psychotherapists.
- Happiness and personal strengths among people who live in Mexico

## **PUBLICATIONS**

Tarragona, M. (2008) Postmodern/Post-Structuralist Therapies. In Lebow, J. (Ed.) *21st Century Psychotherapies*. Hoboken, NJ, John Wiley & Sons

Tarragona, M. (2006) Las Terapias Posmodernas: Una breve Introducción a la Terapia Colaborativa, la Terapia Narrativa y la Terapia Centrada en Soluciones. (Postmodern Therapies: A brief introduction to Collaborative, Narrative and Solution Focused Therapies) *Psicología Conductual*. Universidad de Granada, Spain. Vol.14, No.3, 2006, pp.511-532

*Journal of Systemic Therapies*. Guest co-editor for special issue on "Teaching and Learning Postmodern Therapies"(2006). New York, Guilford Press. Vol.25, N.4. Winter 2006.

Paré, D. & Tarragona, M. (2006) Generous Pedagogy: Teaching and Learning Postmodern Therapies. *Journal of Systemic Therapies*. New York, Guilford Press. Vol.25, N.4. Winter 2006, pp.1-7.

Cortés, A.; Fernández, E. & Tarragona, M. (2006) A Collaborative Approach to Working with People with Eating Disorders. To appear in Anderson, H. & Gehart, D. (Eds.) (2006) *Collaborative therapy: Relationships and conversations that make a difference*. New York: Routledge.

Gehart, D., Bava, S. & Tarragona, M. (2006) Collaborative Research. In H. Anderson & D. Gehart (Eds.) (2006) *Collaborative therapy: Relationships and conversations that make a difference*. New York: Routledge.

London, S. & Tarragona, M. Collaborative Therapy and Supervision in a Psychiatric Hospital. (2006) To appear in Anderson, H. & Gehart, D. (Eds.) (2006) *Collaborative therapy: Relationships and conversations that make a difference*. New York: Routledge.

Tarragona, M.; Fernández, E. & London, S. (2005) Family Therapy in Mexico: Current Trends and Innovations. *Family Therapy Magazine*. Vol.4, Num.1, January/February, 2005.

Orlinsky, D.; Ronnestad, M.; Aapro, N.; Ambuhl, H.; Ávila Espada, A.; Hyun Bae, S.; Beutler, L.; Botermans, J.F.; Buchheim, P.; Caro, I.; Cierpka, M.; Davis, J.; Davis, M.; Dazord, A.; Freni, S.; Jorgensen, E.; Gabrielli, A.; Guerin, P.; Joo, E.; Kachele, H.; Kalmykova, E.; Von der Lippe, A.; Meyerberg, J.; Norcross, J.; Northcut, T.; Parks, B.; Rosander, M.; Rubin, S.; Scherb, E.; Schoeder, T.; Shefler, G.; Silverman, M.; Smith, D.; Stiwne, D.; Tarragona, M.; Branco, A.; Willutzki, U. & Wiseman, H. (2005) The Psychotherapists, in Orlinsky, D.E. & Ronnestad, M.H. (2005) *How Psychotherapists Develop. A Study of Therapeutic Work and Professional Growth*. Washington, D.C. APA

Tarragona, M. (2005) Reseña del Libro Voces y Más Voces II. Reflexiones sobre la Supervisión. *Psicoterapia y Familia*. Vol.18, No.2, 86-88. (Book Review of "Voices and More Voices. Reflections on Supervision")

Tarragona, M. (2003) Escribir para Re-escribir Historias y Relaciones. *Psicoterapia y Familia* Vol. 16, No.1. México, D.F. (Writing to Re-write Stories and Relationships)

Fernández, E., London, S. y Tarragona, M. (2002) Las conversaciones reflexivas en el trabajo clínico, el entrenamiento y la supervisión. En Selicof, H., Pakentin, I. Y Licea, G. *Voces, voces y más voces: el equipo reflexivo en México*. Alinde Publicaciones. (Reflexive Conversations in Clinical work, Training and Supervision)

Tarragona M. (2002) Las Relaciones Sociales del Aprendiz: una perspectiva Posmoderna. En *El Aprendizaje: Aspectos cognitivos, emocionales, neuropsicológicos, de lenguaje y casos especiales*. INCH/UDLA/COMETECH/COLMETECH. México, D.F. (The Learner's Social Relationships: a Postmodern Perspective)

Tarragona, M. (2000) The Cycle of Life. Helping Children Cope with the Death of a Loved One. En *Family Matters. A Guide to Parenting*. Ackerman Institute for the Family. New York.

Tarragona, M. (1999) La Supervisión desde una Perspectiva Posmoderna. *Psicología Iberoamericana*. Vol.7, No. 3 Junio 1999 pp.68-76 (Supervision from a Postmodern Perspective)

*Journal of Systemic Therapies*. Guest Co-editor for the Special Issue "Hearing More Voices: Beyond traditions in Writing, Research and Therapy". Winter 1998. New York, Guilford Press.

Tarragona, M. (1992) La Mujer y los "Expertos" en Salud Mental. En *Familias en Transformación y Códigos por Transformar. Construyendo las propuestas políticas de las mujeres para el Código Civil*. Memoria. Grupo de Educación Popular con Mujeres, A.C. México, D.F.(Women and Mental Health "Experts")

Orlinsky, D.; Geller, J.; Tarragona, M. & Farber, B. (1992) Patients' Representations of Psychotherapy: A new Focus for Psychodynamic Research. *Journal of Consulting and Clinical Psychology*.

Tarragona, M. (1990) La Mujer en la Terapia Familiar: Hacia una Terapia Sensible al Género. *Psicoterapia y Familia* Vol.3, No. 2, 2o semestre 1990. (Women in Family Therapy: Towards a Gender-Sensitive Therapy)

Tarragona, M. (1990) Nuevos Desarrollos en la Terapia Sistémica: Hacia un Paradigma Narrativo de la Psicoterapia. *Psicoterapia y Familia* Vol.3, No. 1, 1er semestre 1990. (New Developments in Systemic Therapies: Towards a Narrative Paradigm of Psychotherapy)

### **SELECTED PRESENTATIONS**

#### **"An Introduction to Positive Psychology"**

Day-long workshop. Therapeutic Conversations 8 Conference. Vancouver, Canada. May, 2007.

#### **"An Introduction to Postmodern Therapies"**

Psychology in the XXIst Century Conference. Universidad Iberoamericana. Mexico City, Nov.2006

#### **"Positive Psychology and Postmodern Therapies"**

Therapeutic Conversations 7 Conference, Vancouver, BC Canada. May.2006

**"Weaving a Fine Weave: A Client's Account of Writing in Therapy"** Presented at the Ackerman Institute for the Family for the Acceptance of the Peggy Penn Award, Feb. 2006.

**"Positive Psychology in Work and Organizations"** Mexican Association for Creativity. Feb.2006

**"Family Legacies and Positive Psychology"** Texas Association of Marriage and Family Therapy 32<sup>nd</sup> Annual Conference. Plano, TX. Jan. 2005

**"Positive Psychology and Postmodern Therapies: Two Different Expeditions into an Unexplored Territory"** IX Congress of the Mexican Family Therapy Assn. Veracruz, México. Oct.2004.

**"Becoming a Therapist: Bringing the Best of Who We Are into our Work."** Workshop. VI International Conference on Narrative Therapy and Community Work. Oaxaca, México, Jul.2004.

**"Optimal Experience and the Development of Talents"** International Conference of the Mexican Society for the Support of the Gifted. (Asociación Mexicana de Apoyo al Sobresaliente, AMEXPAS) Acapulco, México. May 2004.

**“What do we know about how therapy works? 50 years of Psychotherapy Research”**  
Keynote Address, International Brief Therapy Conference. Puebla, México. Nov. 2003

**“Writing to Re-Write Stories and Relationships”** Seminar and Workshop. University of Girona, Girona Spain, Jul. 2003

**“Reflecting Teams”** Seminar. University of Girona, Girona Spain, Jul. 2003

### **AWARDS**

Award for teaching excellence, Psychology Department, Universidad Iberoamericana	2007
Most highly evaluated teacher, university-wide. Universidad de las Américas, Mexico City	2005
Peggy Penn Award <sup>1</sup> , Ackerman Institute for the Family	2005
Fulbright Grant for Doctoral Studies	1983-1989
Merit Scholarship, The University of Chicago	1985-1989
“Mención Honorífica” (Cum Laude) for Undergraduate Dissertation Universidad Iberoamericana	1983

### **PROFESSIONAL ORGANIZATIONS**

American Family Therapy Academy (AFTA)  
International Positive Psychology Association (IPPA), Member of the Board of Directors  
Mexican Association of Family Therapy (AMTF)  
Consejo Mexicano de Terapia Familiar (Mexican Council of Family Therapy)  
Society for Psychotherapy Research (SPR)

### **PROFESSIONAL SERVICE**

Member of the Steering Committee, International Positive Psychology Association (IPPA)  
Member of the Editorial Board of *Psicoterapia y Familia*, Journal of the Mexican Association of Family Therapy.  
Member of the Editorial Board of the *Revista de Psicología de la Universidad Autónoma del Estado de México*, the Psychology Journal of the University of the State of Mexico.  
Member of the Review Board of *Temas Selectos en Orientación Psicológica*, published by the Universidad Iberoamericana.  
Local Host and Co-Organizer. Society for Psychotherapy Research, North American Regional Conference. Puerto Vallarta, México. 2001

**LANGUAGES** Spanish, English, Catalan

**TRANSLATION and Interpretation:** Simultaneous interpreter (English/Spanish) for numerous international psychology conferences in Mexico.

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<sup>1</sup> Awarded for a project that uses writing as a therapeutic technique, or as a vehicle for professional and personal growth and discovery.