



DITMARA B. TAMAYO

M.DIV., C.H.T., L.C.S.W.

Licensed Clinical Social Worker

Florida License #SW0006705

Ditmara Tamayo is a licensed clinical social worker with over 20 years of experience in a variety of settings. She was born in Cuba and later lived in Europe and Nicaragua. Her professional experience includes the medical setting, national and international school systems, military installations in the US and abroad, as well as wellness centers.

Ditmara's personal and work journey has led her to believe that from the very young to the very old we as human beings have self-healing potential. She has travelled extensively for personal and work reasons and this experience has given her the opportunity to learn that all human beings regardless of cultural differences have similar yearnings for peace and happiness. She has learned that there is richness in diversity and beauty in every human being that she encounters.

Ditmara's approach in practice includes a variety of modalities which also include music, guided imagery and hypnotherapy. She provides a warm and compassionate environment to help each person with his or her personal goals. Her therapeutic approach is influenced by the work of family therapy pioneer Virginia Satir who stated something that Ditmara strongly believes: "I believe the greatest gift I can conceive of having from anyone is to be seen by them, heard by them, to be understood and touched by them. The greatest gift I can give is to see, hear, understand and to touch another person. When this is done I feel contact has been made."

Graduate schools:

The University of Kansas, Master of Social Work (1988)

Central Baptist Theological, Pastoral Counseling, Master of Divinity (1985)

Clinical Experience:

☛ **Individual, group, and crisis counseling** as school social worker for Broward County Schools.

☛ **Oncology and hospital social work** experience. Primary work experience with cancer and AIDS patients and terminal illness.

☛ Additional experience working with the **elderly**.

☛ **Stress Management** Consultant for the Pritikin Longevity Center and other lifestyle management programs.

☛ Licensed **Hypnotherapist**

☛ **Sociology Professor** for Fitchburg College Campus in Mangua, Nicaragua.

👉 **Military and Family Life Consultant** counseling service members and their families with issues around deployment, reintegration and other military related lifestyle issues.

Scope of Practice: Children, Adolescents, Adults

Areas of Expertise: Self-Awareness and Stress Management
Music and Guided Imagery
Gay/Lesbian Issues
Cross-cultural counseling

Professional Organizations:



FASW - Florida Association of Social Workers
AVANTA - The Virginia Satir Network
NBCCH – National Board for Certified Clinical Hypnotherapists
Toastmasters International – The Broward Bilingual Club