

Tanisha Mawulom Ranger, PsyD

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Licenses, Certifications, and Specialized Skills

- PSYPACT Certified Psychologist – Mobility Number: #21555
- Pennsylvania Licensed Clinical Psychologist – License Number: PS017191
- Nevada Licensed Clinical Psychologist – License Number: PY0803
- National Register Health Service Psychologist – HSP ID: 54101
- Certified Sex Addiction Therapist
- Certified Multiple Addictions Therapist – Financial Disorders
- Military and Veteran Behavioral Health Certification
- Trained in Prolonged Exposure Therapy for PTSD
- Provider Status in Cognitive Behavioral Therapy for Insomnia
- Provider Status in Integrated Behavioral Couples' Therapy
- Provider Status in Motivational Interviewing
- Advanced training in Gottman Method Couples Therapy – Certification Track
- Trained in Acceptance and Commitment Therapy (ACT)
- Trained in ACT for Depression
- Trained in Dialectical Behavioral Therapy
- Gottman Seven Principles Workshop Leader
- Prepare/Enrich Certified Facilitator
- Advanced training in Emotion-Focused Therapy (EFT) - Certification Track
- Certified ScrumMaster
- Certified AI Consultant

Work Experience

Nov 2017
to Present

Insight to Action LLC
Owner/Director

Henderson, NV

Full-service private practice offering psychotherapy, evaluations/assessments, clinical supervision, and professional consultation. The clinical arm of Insight to Action LLC provides individual and couples therapy for adults. Specializing in the treatment of trauma, addiction, and relationship problems, with specific training to work with sexual addiction/problematic sexual behavior. Providing clinical supervision and case consultation for interns, pre-licensed clinicians, and licensed clinicians. The consulting arm of Insight to Action LLC provides program development services, including but not limited to needs assessment, policy and procedures development, and staffing guidelines as needed. Conducts staff trainings and provides corporate coaching.

Oct 2023
to Present

Substance Abuse and Mental Health Services Administration
Grant Reviewer

Las Vegas, NV

Contract position with government agency. Evaluate applications for discretionary grants,

providing written and oral commentary based on subject area expertise. Work with other peer reviewers in order to synthesize comments and resolve discrepancies as applications for grant funding are considered.

Mar 2022
to Present

Vegas Valley Whole Health, Inc
Co-Founder/Chief Clinical Officer

Las Vegas, NV

Newly founded nonprofit organization with the explicit goal of serving the underserved in the Las Vegas Valley. Our mission is to provide services and resources aimed at making sure that the local community is able to receive the mental health, medical care, and social support they need, regardless of their ability to pay. Provides leadership and oversight of all clinical programs. Development of clinical programming, services, and activities. Oversees the hiring of clinical staff. Provides mentorship and supervision to clinical staff.

Jul 2018
to Present

Thriving Minds Health Services
Clinical Director

Las Vegas, NV

Part-time employment. Small behavioral health agency focused on providing psychological services to the underserved populations of the Las Vegas valley. The clinical arm of SNPS provides outpatient psychotherapy, treating a variety of mental health concerns. In addition, SNPS provides specialized cognitive rehabilitation treatment to elderly dementia patients, both in the office and in their domiciles. Clinical Director role: develop and implement comprehensive training program for practicum students and interns, both pre-doctoral and post-doctoral. Supervise all clinical staff. Oversee the establishment of the nonprofit arm of the agency. Engage in marketing and networking activities on behalf of the agency.

Aug 2024
to Present

University of Nevada-Las Vegas
Adjunct Professor

Las Vegas, NV

Part-time employment. Designed and delivered graduate-level course content on mental health and delivery of psychotherapy. Prepared and assessed assignments, exams, and projects to evaluate student learning outcomes. Provided academic support and mentorship to students to promote their success. Maintained up-to-date knowledge in Psychology, treatment methodologies, and theoretical frameworks to ensure course material met academic standards.

Jul 2014
to Aug 2020

VA Southern Nevada Healthcare System
Clinical Psychologist

Las Vegas, NV

Full time employment. Conduct comprehensive psychosocial assessments with veterans of all United States military branches. Provide individual, marital, family and/or group therapy on an outpatient basis for treatment of a wide variety of psychological and psychosocial problems, in accordance with the needs of the veteran. Develop comprehensive treatment plans in coordination with interdisciplinary treatment team. Administer and score a wide variety of projective and non-projective psychological assessments. Maintain comprehensive documentation in the electronic medical record. Provide consultation and in-service training to agency staff. Provide training to students, residents, interns and fellows from other disciplines.

Jul 2009
to Jun 2014

Keystone Center Extended Care Unit

Chester, PA

Director of Outpatient Programming (January 2013 – June 2014)

Full time employment. All duties performed in the Supervisory Psychologist position. Design and implement various outpatient treatment programs for sexually compulsive/addicted individuals and their families. Facilitate groups focused on relapse prevention, trauma processing and effective interpersonal behaviors. Plan and conduct individual therapy. Manage clinical team and organize provision of services.

Supervisory Psychologist (November 2011 – June 2014)

Full time employment. All duties performed in Primary Therapist position. Provide individual clinical supervision for primary therapists. Lead weekly group supervision with primary therapists. Assist in the hiring and training of clinical staff. Offer workshops and presentations to various local and international audiences.

Primary Therapist (November 2009 – June 2014)

Full time employment. All duties performed in Per Diem Counselor position. Co-facilitate therapeutic groups focused on recovery from sex addiction and trauma. Administer psychological assessment batteries, prepare reports and provide feedback to clients. Engage in consultation with treatment team, as well as outside agencies and providers, to develop treatment plans and coordinate services for clients. Plan and conduct brief individual psychotherapy with adult males and females in residential treatment setting. Conduct comprehensive intake evaluations including diagnosis and treatment planning. Prepare reports and maintained client records. Provide clinical supervision for doctoral interns. Engage in marketing and training activities as a representative of the agency.

Per Diem Counselor (July 2009 – November 2009)

Part time employment. Supervised client outings and monitored the unit for safety. Engaged in milieu management and working with clients individually as problems arose. Engaged clients in pro-social behaviors intended to enhance coping resources, communicative abilities and interpersonal skills. Assisted clients with crisis management and conflict resolution as needed. Updated medical records and reviewed charts for mistakes and missing data. Attended trainings to maintain clinical competency. Co-facilitated groups as necessary. Assisted in the training and orientation of new staff members. Prepared detailed case notes and maintained client records.

Education

2003 – 2009

Widener University
Institute for Graduate Clinical Psychology

Chester, PA

- Doctor of Psychology received 2010
- Master of Arts received 2006

1998 – 2002

Rochester Institute of Technology
College of Liberal Arts

Rochester, NY

- Bachelor of Science received 2002

- Major: Psychology, Minor: Criminal Justice

Practicum and Internship Experience

Jul 2008 to Jun 2009	Keystone Center Extended Care Unit <i>Primary Therapist Intern</i> 24 hour per week internship associated with the Widener University Doctor of Psychology program. Co-facilitated therapeutic groups focused on recovery from sex addiction and trauma. Administered psychological assessment batteries, prepared reports and provided feedback to clients. Planned and conducted brief individual psychotherapy with adult males and females in residential treatment setting. Provided clinical supervision to a practicum student. Prepared reports and maintained client records. Engaged in consultation with treatment team as well as outside agencies and clinicians to develop treatment plans and coordinate needed services for clients.	Chester, PA
Jul 2006 to Mar 2007	Elwyn, Inc. <i>Psychological Associate</i> 24 hour per week internship associated with the Widener University Doctor of Psychology program. Administered psychoeducational and psychological assessment batteries. Prepared reports and maintained client records. Engaged in consultation with treatment team as well as outside agencies to develop treatment plans and coordinate needed services for clients and their families. Planned and conducted psychotherapy with adolescent female clients in a therapeutic group home setting.	Media, PA
Sep 2005 to Jun 2006	Upper Darby School District <i>School Psychologist Intern</i> 16 hour per week practicum associated with the Widener University Doctor of Psychology program. Administered psychoeducational assessment batteries. Compiled psychoeducational reports and offered feedback to parents and/or teachers. Engaged in consultation with teachers regarding classroom interventions.	Upper Darby, PA
Sep 2004 to Jun 2005	Robin Lowey and Associates <i>Psychotherapist</i> 16 hour per week practicum associated with the Widener University Doctor of Psychology program. Conducted psychotherapy with adults, children, and couples in a traditional outpatient private practice setting. Administered psychological and psychoeducational assessments for the Bureau of Disability Dispensation. Coordinated needed services with outside agencies including insurance companies, inpatient facilities, Community Mental Health organizations, and the like. Maintained client records, both paper and electronic.	Philadelphia, PA
Sep 2003 to Jun 2004	Intercommunity Action, Inc. <i>Intake Specialist</i> 16 hour per week practicum associated with the Widener University Doctor of Psychology program. Conducted Biopsychosocial intake evaluations in an outpatient, community mental health setting. Constructed psychological reports based on intake assessment data. Co-facilitated Social Rehabilitation group for special needs adult population.	Philadelphia, PA

Assessment Experience

Psychoeducational:

Wechsler Intelligence Scales for Children – Fourth Edition
Wechsler Adult Intelligence Scales – Third Edition
Wechsler Adult Intelligence Scales – Fourth Edition
Wechsler Preschool and Primary Scale of Intelligence – Third Edition
Wide Range Achievement Test – Third Edition
Bender Visual-Motor Gestalt Test – Second Edition
Behavioral Assessment System for Children – Second Edition
Woodcock-Johnson Psychoeducational Battery – Third Edition
California Verbal Learning Test – Second Edition
Beery-Buktenica Developmental Test of Visual-Motor Integration – Fifth Edition
Test of Nonverbal Intelligence – Third Edition

Psychological:

Rorschach Inkblot Measure
Beck Anxiety Inventory
Beck Depression Inventory
Hare Psychopathy Checklist-Revised
Beck Hopelessness Scale
Personality Assessment Inventory
Minnesota Multiphasic Personality Inventory – Second Edition
Thematic Apperception Test
Sexual Addiction Screening Test-Revised
Sexual Dependency Inventory-Revised
Experiences in Close Relationships Scale-Revised
Money and Work Adaptive Styles Index
Trauma Symptom Inventory – Second Edition

Publications

Dissertation – Avoidance and Shame: A Schema-Focused Approach to the Treatment of Sex Addiction

Published Books

Ranger, T. M. (2022). *Finding YOUR Person: The Busy Black Woman's Guide to Finding the Right Therapist for You*. Insight to Action LLC. Las Vegas.

Ranger, T. M. (2022). *Nontoxic Positivity: How to Combat the Tyranny of Positive Thinking and Craft a Genuinely Authentic Life*. Insight to Action LLC. Las Vegas.

Ranger, T. M. (2025). *Before You Say Another Word!: How to Eliminate Arguments with Your Partner*. Insight to Action LLC. Las Vegas.

Ranger, T. M. (2025). *Choose You, Be Free: A Journal: Better Relationships Through Better Boundaries*. Insight to Action LLC. Las Vegas.

Featured in the following Publications:

[Anderson, C \(2017, October\) 32 Signs Your Marriage is Built to Last. *Redbook*.](#)

[Scheinbaum, C. \(2017, December\) The Number One Predictor of Divorce, According to 7 Therapists and Relationship Experts. *Fatherly*.](#)

[Bennett, T. \(2018, January\) 10 Things Therapists Wish You Knew About Their Jobs. *Thriveworks*.](#)

[Fellizar, K. \(2018, January\) 7 Ways to Know You're *Actually* Ready for a Relationship. *AwesomenessTV*.](#)

[Keppler, N. \(2018, January\) Why Can't I Stop Thinking About Someone I Barely Dated? *Tonic*.](#)

[Hoyt, A \(2018, January\) Airlines Are Cracking Down on Emotional Support Animals. *Howstuffworks*.](#)

[Shelton, J. \(2018, February\) Top 25 Best Mental Health Apps: An Effective Alternative for When You Can't Afford Therapy? *Psycom*.](#)

[Bennet, T. \(2018, February\) Ask Yourself These 3 Questions – Doing So Will Help You Open Up to Others. *Thriveworks*.](#)

[Howard, L. \(2018, February\) How To Get Over Micro-Cheating In A Relationship, According to Experts. *Bustle*.](#)

[Anderson, C. \(2018, February\) 11 Ways to Finally Stop Comparing Yourself to Others. *Reader's Digest*.](#)

[Steber, C. \(2018, February\) 7 Habits That Make You Feel Disconnected From Your Partner Over Time. *Bustle*.](#)

[Weiss, S. \(2018, February\) What Is Sleep Hygiene? 12 Ways to Improve Your Nighttime Routine. *Bustle*.](#)

[Papa, A. \(2018, February\) 7 Ways to Tell Whether You Can Trust Your Significant Other. *Business Insider*.](#)

[Steber, C. \(2018, February\) 11 Surprising Signs Your Mom is Toxic – And What to Do About It. *Bustle*.](#)

[Harvey, L. \(2018, February\) 6 Secrets Sex Therapists Tell Their Friends. *Refinery29*.](#)

[Hamaker, S. \(2018, March\) Is There a Place for Shame in Your Parenting Toolbox. *The Washington Post*.](#)

[Wiles, J. \(2018, March\) 8 Things to Avoid When You Break Up With Someone. *Fashionbeans*.](#)

[Johnstone, A. \(2018, March\) Sex Therapists Answer All the Questions You're Scared to Ask. *New York Post*.](#)

[Wright, B. \(2018, April\) How to Talk to Your Boss About Your Mental Health. *PSYCOM*.](#)

[Howard, L. \(2018 April\) How to Firmly but Respectfully Reject Someone Who Won't Stop Asking You Out. *Bustle*.](#)

[Grant, E.V. \(2018, April\) How to Make Communication Work in a Casual Relationship. *Bustle*.](#)

[Veny, M \(2018, April\) Tips for Dating Someone With Depression. *HealthCentral*.](#)

[Lapelosova, K. \(2018, May\) How Far Should You Live From Your Family? *Livability*.](#)

[Howard, L \(2018, May\) What to Know Before Breaking Up with Someone for the First Time. *Bustle*.](#)

[Brown, J \(2018, May\) Ground Rules for Fighting Fairly in a Marriage. *Fatherly*.](#)

[Pajer, N \(2018, July\) 12 Things You Should Know Before Finding a Therapist. *HuffPost*.](#)

[Unknown \(2018, November\). 9 Genuinely Helpful Pieces of Marriage Advice That All Couples Should Follow. *Fatherly*.](#)

[Flynn, C \(2019, March\) How to Talk to Your Boss About Your Mental Health. *Glamour*.](#)

[Hinton E. \(2021, March\) Self-Medicating Your Depression or Anxiety with Marijuana Isn't Without Risk. *LXnews*.](#)

[Hinton, E. \(2021, March\) Mental Health At Work: How to Tell Your Boss When You Need Help. *LXnews*.](#)

[Hinton, E. \(2021, May\) 2021 Mother's Day Spending Is Way Up – But Moms Just Want This One, Free Gift. *LXnews*.](#)

[Torres, M. \(2022, January\) 5 Signs That Your Work Friendship Is Toxic. *HuffPost*.](#)

[Torres, M. \(2022, January\) It's Okay If You Don't Have Any Friends at Work. *HuffPost*.](#)

[Abramson, A. \(2022, February\) So, You're No Longer Attracted to Your Partner. Now, What? *Fatherly*.](#)

[Torres, M. \(2022, February\) Mikaela Shiffrin's Loss Shows the Way We Talk About Failure Is All Wrong. *HuffPost*.](#)

[Torres, M. \(2022, February\) 8 Breakup Tips for When You're Heartbroken and You Have to Go to Work, too. *HuffPost*.](#)

[Torres, M. \(2022, April\) How to Stop Obsessing Over A Mistake At Work. *HuffPost*.](#)

[Labianca, J. \(2022, June\) 5 Dating Red Flags You Should Never Ignore, Experts Warn. *BestLife*.](#)

[Torres, M. \(2022, July\) 5 Work Personality Traits That Are Actually Forms of Anxiety. *HuffPost*.](#)

[Torres, M. \(2022, August\) How Serena Williams Decided To Retire Is A Career Lesson For Us All On How To Move On. *HuffPost*.](#)

[Pattemore, C. \(2022, August\) What is a Loving Relationship and Steps To Building One. *PsychCentral*.](#)

[The Editors \(2022, September\) 50+ Green Flags in a Relationship \(According to Experts\). *UpJourney*.](#)

[Diaz, K. \(2022, October\) Perfectionism, excessive control and other work personality traits that hide anxiety. *NewsTrace*.](#)

[Santora, S. \(2022, November\) Internet Split Over Cake Debacle Between Woman and Ex's Girlfriend. *Newsweek*.](#)

[Cassano, O. \(2022, November\) 3 Important Open Relationship Rules to Set. *Paired Magazine*.](#)

[Torres, M. \(2023, February\) 8 Ways Anxiety Shows Up When You Have A Toxic Boss. *Huffpost*.](#)

[Whelan, C. \(2023, February\) Over the Edge. *Adventure Cyclist Magazine*.](#)

[Wong, B. \(2023, February\) Maybe It's Time to Leave Ben Affleck and the 'Sad Affleck' Meme Alone. *Huffpost*.](#)

[Torres, M. \(2023, April\) At What Point Is Complaining About Your Job Doing More Harm Than Good? *Huffpost*.](#)

[Newberry, L. \(2023, May\) How to Talk to Your Boss About Your Mental Health \(But Only if You Really Need to\). *Los Angeles Times*.](#)

[Torres, M. \(2023, July\) Should You Ever Tell Your Boss You Have Depression? *Huffpost*.](#)

[Torres, M. \(2023, December\) 3 Signs Your Co-Worker Is An 'Energy Vampire' *Huffpost*.](#)

[Jaworski, M. \(2024, January\) How You Can Help a Partner with Anxiety. *HealthCentral*.](#)

[Mastrocola, K. \(2024, August\) 5 Easy Ways to Avoid Toxic Positivity, Stay True to Your Authentic Self and Savor Genuine Happiness. *Woman's World*.](#)

[Torres, M. \(2024, November\) 10 Realistic Ways People Are Coping After Trump's Victory. *Huffpost*.](#)

[Papa, A \(2025, March\) 7 Non-Obvious Signs Someone Is Genuinely Trustworthy. *YourTango*.](#)

[Tuckwood, J \(2025, April\) Are Any of You Feeling Too Old? Or Too Fat? Or Too Forgotten? *AARP The Ethel*.](#)

[Ahanonu, I \(2025, June\) Why Are We Still Romanticizing Struggle? *Secrets & Legacy Media*.](#)

[Torres, M. \(2025, August\) Your 'Summer Slump' Might Secretly Be An Overlooked Mental Health Issue. *Huffpost*.](#)

[Torres, M. \(2025, December\) How People Use 'Weaponized Gifting' To Emotionally Manipulate You. *Huffpost*.](#)

[Torres, M. \(2026, February\) There's A Name For The Discomfort You're Feeling Watching The Olympics Right Now. *Huffpost*.](#)

Lectures, Workshops, Trainings, and Presentations

“Perception, Your Schemas and You”

Co-Presenter at the Keystone Center ECU's Alumni Weekend. Philadelphia, PA. May 2010

“Understanding Sexual Addiction”

Co-Presenter at UMDNJ – Robert Wood Johnson Medical School's Human Sexuality Program.
Piscataway, NJ. January 2011

“Making Amends & Extending Forgiveness”

Co-Presenter at the Keystone Center ECU's Alumni Weekend. Philadelphia, PA. April 2011

“The Sex Addict's Schemas and the Drive to Act out”

Co-Presenter at the Society for the Advancement of Sexual Health's Annual Conference. La Jolla, CA.
September 2011

“Understanding Healthy Sexuality and Recovery”

Co-Presenter at the Keystone Center ECU’s Alumni Weekend. Philadelphia, PA. March 2012

“Sex Addiction: 101”

Co-Presenter at Friends Hospital’s Lunch Break Workshop. Philadelphia, PA. August 2012

“The Joys and Perils of Sober Dating”

Co-Presenter at the Keystone Center ECU’s Alumni Weekend. Philadelphia, PA. April 2013.

“Sex Addiction? Fact, Fiction and Solutions”

Co-panelist at the International Convention of Sexaholics Anonymous/S-Anon. Baltimore, MD. July 2013.

“Introduction to Sex Addiction”

Didactic training seminar for pre-doctoral psychology interns at VA Southern Nevada Healthcare System. Las Vegas, NV. December 2015.

“Introduction to Sex Addiction”

Didactic training seminar for pre-doctoral psychology interns at VA Southern Nevada Healthcare System. Las Vegas, NV. November 2016.

“Reclaiming Sexuality in the Wake of Military Sexual Trauma”

Presenter at the Society for the Advancement of Sexual Health’s Annual Conference. Austin, TX. September 2016.

“Sexual Health Concerns in Military Personnel”

Co-Presenter for mental health clinicians at Fort Bragg Army Base. Fayetteville, NC. February 2018.

“Nurturing the Sexuality of Traumatized Black Women”

Presenter at the Third Annual Black Mental Health Symposium. Charlotte, NC. September 2018.

“Nurturing the Sexuality of Traumatized Black Women”

Presenter at the Society for the Advancement of Sexual Health’s Annual Conference. Virginia Beach, VA. October 2018.

“Beyond Representation: How Afro-futurism Can Foster Creativity and Empowerment in Black Youth”

Co-panelist at WakandaCon comic book convention. Chicago, IL. July 2019.

“Mastering the Recovery ACT”

Presenter at the Society for the Advancement of Sexual Health’s Annual Conference. St. Louis, MO. October 2019.

“Queer Representation: How Seeing Ourselves in Media Impacts Us”

Co-panelist at ClexaCon. Las Vegas, NV. October 2021.

“Love in a Time of Pandemic”

Presenter at the Society for the Advancement of Sexual Health’s Annual Conference. Seattle, WA. October 2021.

“Behavioral Health Providers and Advocates Listening Session”

Co-panelist at the Clark County Community Connections Event. Las Vegas, NV. September 2022.

“Mental Health Myths Vs Facts: What Are The Realities?”

Co-panelist at Health 2.0 USA Conference. Las Vegas, NV. December 2022.

“Black ACOA and the Struggle for Intimacy”

Presenter at the Association of Black Sexologists and Clinicians Spring Roundtable. Montego Bay, Jamaica. April 2023.

“The Power of Connection”

Co-panelist at Zeta Phi Beta Regional Conference Health Summit. Las Vegas, NV. June 2023.

“Black ACOA and the Struggle for Intimacy”

Presenter at ClinicianFest Annual Conference. Virtual. May 2025.

Professional Affiliations

American Psychological Association
Society for Personality Assessment
Delaware Valley Association of Black Psychologists
Society for the Advancement of Sexual Health – former Board of Directors
Sexual Health & Compulsivity Journal - Editorial Board/Peer Reviewer
International Institute for Trauma and Addiction Professionals
National Register of Health Service Psychologists
Las Vegas Urban League Young Professionals
Nevada Psychological Association
Association for Contextual Behavioral Science
American Association of Sexuality Educators, Counselors, and Therapists
Urban Chamber of Commerce
National Association for the Advancement of Colored People
Women in the NAACP
African Chamber of Commerce and Tourism - Board of Directors
Therapists In Tech
Fulbright U.S. Scholar Semifinalist
Leadership Las Vegas Alumnus - Class of 2025
Aviano I Homeowners Association - Board of Directors
Henderson Small Business Assistance Program - Class of 2025