

About Tammy Finch

Tammy Finch is a licensed psychologist with years of experience working with children, teens and parents. With a PhD in School Psychology from The University of North Carolina at Chapel Hill, Tammy has focused her professional career on helping families lead fuller, more connected lives. Having a daughter in college and a son in high school, Tammy keenly understands the need for family support during adolescence. She has created **SKILLSENSE**, a business dedicated to teaching practical and common sense life skills to tweens, teens and their parents.

Tammy also serves as the Middle School Counselor at Cary Academy. Tammy counsels students on an individual or group basis and provides psycho-educational programming. Tammy counsels parents regarding developmental concerns and parenting strategies and offers parent education workshops to the Cary Academy and greater Triangle community. Tammy provides teacher in-service training and faculty consultation. She also oversees the advisory program and Charger Trails, a life skills development program for middle school students.

Previously, Tammy served as the Director of Counseling at Saint Mary's School, a day and boarding high school for girls. Tammy has provided in-service training, workshop presentations and classes for a number of schools and organizations, including the North Carolina Association of Independent Schools, SAS, The Association of Boarding Schools, North Carolina Center for the Advancement of Teaching, numerous private and public middle and high schools, the University of North Carolina-Chapel Hill Eating Disorder Program and National Charity League, a volunteer program for adolescent girls and their mothers.

In addition, Tammy has worked as a psychologist in the adolescent inpatient and child outpatient units at Dorothea Dix Hospital, as a juvenile court psychologist, as a clinical consultant for Haven House, a program for homeless and at-risk young adults and as a teacher of autistic adolescents. Tammy has volunteered throughout her career, including serving as the Chair of the Board of Trustees at The Raleigh School and as a Guardian Ad Litem.

In addition to her life skills expertise, Tammy is a registered yoga teacher and has taught yoga and mindfulness to children, teens and adults. She is registered as a Coach Your Teen To Success facilitator and has completed the Mindfulness Training for Professionals at Duke Integrative Medicine. Tammy and David, her husband of twenty-eight years, have two children, Jessie, a junior at North Carolina State University and Grady, a junior at Ravenscroft School. For fun, Tammy walks with her hound-dogs Hank and Willie, reads all kinds of books and spends time at her home in Ocracoke.