

Dr. Thomas Marra Biography

Thomas Marra was born and raised in California. His BA in psychology and communication arts were from the University of the Pacific. He did his graduate PhD. training at the California School of Professional Psychology in San Diego. He did a variety of clerkships and internships during the Ph.D. His post-doctoral work was at Walter Reed Army Medical Center in Washington DC. After active-duty military psychology, he established his private practice in Monterey CA where he grew up. He was very active in the Monterey Bay Psychological Association over the years, where he served as President and everything in between. He was also active in the California Psychological Association (CPA), where he served first as representative of the local psychological association, then as member and eventual Chair of the Legislative Affairs Committee for two terms, as well as the Board of Directors and Executive Council. He advocated for prescription privileges for psychologists in California when even many psychologists opposed it. He visited every chapter in the Association to educate his colleagues that fully 80% of all psychotropic medications were not prescribed by psychiatrists, but by general practitioner MDs who have little training in mental health. We can be proud that now 5 states allow appropriately trained psychologists to prescribe. This is due to the diligent work of psychologists "in the trenches" who advocate for the amelioration of human suffering.

Dr. Marra is pleased to attempt to deploy his skills in advocacy, networking, and educating lawmakers in Oklahoma who control the rules, regulations, and at times even the outcomes of our attempt to help our patients live lives worth living. His clinical interests are in Dialectical Behavior Therapy (DBT) for the treatment of a variety of mental disorders, where he has published two books (Dialectical Behavior Therapy in Private Practice and Depressed and Anxious, a workbook for clients). He has lectured across America and Canada to professionals about his enthusiasm for the successfulness of this approach to psychotherapy.

He is a Fellow of the American Psychological Association, nominated by both the Divisions of Psychopharmacology and Private Practice. He is currently retired and enjoying family in Oklahoma.

He is hopeful that Oklahoma can become the 6th or 7th state to enact RxP for psychologists. This is due, of course, to access issues. Many people across the State have little access to mental health care, and there is a severe shortage of psychiatrists in the State. We need to fully utilize the skills we are temporary custodians of to relieve human agony.