



Tyler Woods has worked in crisis intervention and suicide prevention since the early 90's. She earned her BA in Holistic Psychology and her Master's in Counseling Psychology. She then went on to earn her Doctor in Philosophy in Holistic Health, focusing on healing through alternatives that aid in emotional and healthy well being.

She is a board certified holistic health practitioner through the American Alternative Medical Associate. In addition, she is a certified holistic health counselor through the American Association of Holistic Health Counseling, a member of The Association for Comprehensive Energy Psychology and a member of the Holistic Health Association and certified in critical incident stress debriefing.

Dr. Woods teaches at local college's grief and loss classes as well as crisis management and psychology courses. She retired in 2004 as a clinical psychotherapist to focus on a more holistic approach to mental health and spend more time working with those who have lost a loved one to suicide. "In a clinical setting we deal with grief with medication and tell people they need to get over it in six months. I could no longer follow those guidelines."

Tyler was aware that those who lost loved ones to suicide have a long battle ahead of them because she too is a survivor. "You do not get over a suicide, you learn to cope and then learn how to live with it, but you do not get over it!"

Tyler spent ten years working at a crisis/suicide hotline training people how to cope and deal with those who were in crisis or suicidal. She has won a variety of awards for her training skills and teaching abilities.

She has trained psychology interns from around Arizona on how to work with suicide prevention and postvention and the grief that accompanies a loss due to a suicide. "The grief from a suicide can be complicated and complex." She says. "To work with survivors it takes more than just being a survivor, it takes extensive training and education and I am grateful I was able to work with so many interns."

Tyler was able to take these skills and the experience of facilitating Survivors of Suicide for over a decade and turn it into a non-profit called Survivors of Suicide Tucson and begin to educate the community on prevention and postvention.

Dr. Woods has written workshops, trainings, and even train the trainer as to how to work with survivors. Because of this experience, the Survivors of Suicide support group is lead with expertise and hundreds of families have received help within Southern Arizona from Survivors of Suicide Tucson.