
Tina Marie Therapy, Inc.

A Group Practice

Tina Marie Del Rosario, LCSW

Native to Los Angeles, Tina Marie was engrossed in the diversity of Los Angeles. Connection and exposure to the LGBTQIAP2+ community before the acronym existed; musicians, actors, dancers and professionals were part of everyday life. Tina Marie was always curious and interested in human behavior and lifestyles. Her eclectic experiences are the basis of her ability to connect with people from all walks of life. Her life experiences, including adversity, enabled her to cultivate a strong sense of empathy and a non-judgmental stance. Her therapeutic style is influenced by the needs of the client, utilizing various modalities, such as interpersonal neurobiology, mindfulness based CBT, relational therapy and psychodynamic influences.

Tina Marie received her Bachelor's degree in Sociology from Mount St. Mary's University, which focused on social justice and issues related to inequities. This inspired her interest in recognizing the effects of external factors on one's life. She then received her Master's Degree in Social Work from the University of Southern California. Her goal was to become a therapist. Her initial work as a therapist was also full of diversity. She first worked with parolees and then went on to intern as a therapist at Kaiser Hollywood. After graduation Tina Marie continued to work with people in the criminal justice system. She worked at a residential center for youth, a California State Prison, working with high security inmates, and went on to work as at a residential treatment center for women with their children. There she was promoted to Clinical Supervisor and supervised and trained therapists, substance abuse counselors and case managers. After leaving the supervisor role, she went into private practice part-time and worked as a therapist at a performing arts college. She then began her own practice in 2021, Tina Marie Therapy, Inc.

Tina Marie has facilitated numerous workshops for organizations and companies. She is passionate about educating people and groups to enhance their lives, as well as the inter-personal relationships and dynamics of companies or organizations.