NPA Member Spotlight

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Tracy K. List, PhD

How long have you been a member of NPA?
I have been a member of NPA for over 20 years, starting as a Student Member in 2004.

Tell us about your path to becoming a clinical psychologist.
I knew in middle school that I wanted to be a psychologist. I've always been passionate about mental health and helping others be their best self. I enjoy learning, and still do, but found that I needed the challenge and thrill of athletics to supplement academics. I am proud to say that I was a member of the NU softball team when I was an undergraduate and this prepared me to juggle many aspects of life like no other. I also was inducted into my high school athletic hall of fame recently.

Do you now, or have your previously volunteered with NPA?
Once I started graduate school, I became a student member of NPA. Then, when I joined as an early career professional, I was invited to join the NPA board. I was on the Ethics Committee for several terms until I accepted a position as a Lancaster County Mental Health Board Psychologist alternate and then I shifted to this platform to give back to our community. I love this aspect of my career and take my civic responsibility seriously. It's been a privilege to be involved in my field this way.

Where you are now working and what is your role?
I continue to work in private practice full time, leaving Madonna Hospital formally as a neuropsychologist after 20 years there over a decade ago now. That work experience brought me the blend of psychology with brain injury, an aspect of my career that I find incredibly fulfilling. Working with athletes or veterans who've sustained traumatic brain injuries has been very rewarding.

But I've loved the transition to my own business after leaving the hospital, in charge of my schedule, and committing my career to partnering with people in the outpatient setting as they navigate life's struggles. As I near the end of my career sometime soon, I am forever grateful for all the colleagues, friends, and clients I've met along the way. They are truly the reason I do what I love!

Life away from the office has changed over the years and I'm no longer rushing to three different kids sporting events. While that was fun while it lasted, I've started to appreciate the simplicity of just one daughter in high school and cherishing one sport each season. What a difference with my schedule, and while I miss those years of chaos with all three kids competing, I now treasure the slower pace watching the other two blossom into young adults. I am incredibly proud of them all and their accomplishments!

What do you like to do when you aren't working? What are you reading or listening to or what is the last book you read?
I love listening to John Denver, and Annie's song in particular is a favorite! I've recently added some fun "reading" via audiobooks while I travel. I maximize my time outside the office with good friends, family, great memories and enough "homework" to keep me out of trouble!