

REBECCA A WILKINSON, MA, ATR-BC, LCPAT
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EDUCATION AND CERTIFICATION

Master of Arts, Art Therapy George Washington University, Washington, DC	04/95
Bachelor of Fine Arts University of Arizona, Tucson, Arizona	05/89
Licensed Clinical Profesional Art Therapist ATC-044 Maryland Department of Health and Mental Hygiene	08/13-Present
ATR-BC Registered and Board Certified 97-049 Art Therapy Credentialing Board and American Art Therapy Association	12/95-Present

PROFESSIONAL EXPERIENCE

05/09-Present **Co-Founder, Managing Director**

Creative Wellbeing Workshops, LLC, Washington, DC and Tucson, AZ

- Provide training, lectures, workshops and keynotes combining clinically proven strategies for managing stress, preventing burnout, and increasing well-being with art therapy theory and practice. Clients include but not limited to Genentech; Microsoft; Government Accountability Office; Easter Seals of the Washington/Baltimore Area; Child Welfare Services of Alexandria, VA; George Washington University Breast Awareness Center; Beebe Health Care, Rehoboth; Virginia Department of Mental Health; Inova Life with Cancer; Washington Adventist Hospital; Child Advocacy Center of Frederick County; Barry Robinson Treatment Facility; Children's Craniofacial Association.
- National Board of Certified Counselors Approved Continuing Education Provider (#6566):
 - Create and present continuing education content for Licensed and Certified Mental Health Professionals (Art Therapists, Counselors, Social Workers, Substance Abuse Counselors, Marriage and Family Counselors, Expressive Therapists, etc.).
 - Topics include: Positive Ethics; Positive Ethics and Cultural Competence; Positive Ethics and Self-Care; Positive Psychology and Art Therapy; Preventing Compassion Fatigue and Fostering Compassion Satisfaction; Cultivating Creativity; and Art Therapy with Clients with Mental Illness; Art Therapy in the Hospitality Industry.
- Maintain private practice providing consultation, supervision, and clinical art therapy.
- Manage all aspects business including marketing, publicity, payroll, budget, and personnel.

09/07-Present **Adjunct Faculty**

George Washington University Graduate Art Therapy Department, Alexandria, VA

- Instruct graduate level art therapy students.
- Teach Positive Psychology and Art Therapy, Supervision, Art Tx and Mental Illness.
- Review and evaluate graduate student practicum theses and culminating projects.

- Participate in development of and ongoing improvement of program curriculum.

PROFESSIONAL EXPERIENCE CONTINUED

8/14-8/20 Wellness Counselor/Art Therapy Specialist

Miraval Resorts and Spa, Tucson, AZ

- Provided workshops and private consults at mindfulness-based resort/retreat center.
- Worked with individuals, couples, groups, and corporate teams.
- Topic included: Grief and Loss; Positivity and Resilience/Bouncing Back from Stress; Building Bridges/Overcoming Barriers to Communication; Mandalas for Meditation and Meaning; Creating Clarity/Using Art to Access the Mysteries of the Mind; Living in Balance; Making Change Happen/Mindful Decision Making; and Mindful Relationships.

07/07-3/20 Workshop Facilitator/Continuing Education Coordinator

Smith Center for Healing and the Arts, Washington, DC

- Serve as core faculty providing creativity workshops and continuing education training designed to empower individuals struggling with life-threatening illness, their caregivers, and healthcare providers.
- Topics and techniques include but not limited to: Spirit Dolls to Embody Our Strengths, Altered Books for Gratitude, Creative Journaling for Increasing Positive Emotions, Miniature Shrines to Honor Our Resilience, and Mandalas for Meditation.
- Receive consistent praise for high attendance, usefulness of content, ability to create supportive and safe environment, ability to induce insight through the creative process, ability to help provide insight and meaning through adversity.
- Helped launch and oversee continuing education content as approved provider for the National Board of Certified Counselors.

02/10-6/2013 Expressive Therapist

Washington Adventist Hospital, Takoma Park, MD

- Served as Expressive Therapist for 40-bed adult inpatient psychiatric unit.
- Provided art therapy, counseling, drug and alcohol counseling, and psycho-educational groups (coping with stressors, identifying and managing symptoms, medication management, developing supports systems, managing affect, mindfulness).
- Supervised graduate level art therapy and counseling students.
- Provided training to orient behavioral health staff and nurse trainees to the unit, to inpatient psychiatric care, and to group processes.
- Served as Qualified Bilingual Staff, level I.

02/08-02/10 Coordinator, Expressive Therapies Department

Washington Adventist Hospital, Takoma Park, MD

- Hired and supervised team of 5-7 Counselors and Expressive Therapists (Dance, Drama, and Art Therapy) for 40-bed adult inpatient psychiatric unit.
- Developed therapeutic programming, coordinated content and delivery of psycho-educational, clinical, and expressive therapies interventions.
- Initiated program for graduate student internships and *practica* (art therapy, counseling, and psychology).
- Developed clinical forms to document patient progress and track provision of clinical services.
- Created in-service content to orient behavioral health staff and nurse trainees to the unit, to inpatient psychiatric care, and to group processes.

PROFESSIONAL EXPERIENCE (Continued)

09/00-1/06 Licensed Professional Counselor/Art Therapist

Carondelet Health Network, Tucson, AZ

- Developed and provided Expressive Therapies programming for adults in short term acute and long-term psychiatric facilities.
- Provided assessment and counseling.
- Evaluated patients in Emergency Room and Hospital Medical Floors for lethality, disposition, and referral.
- Provided intensive outpatient psycho-educational group therapy for adults with chemical dependency. Conducted utilization review with managed care companies.
- Coordinated and conducted training of behavioral health technicians, therapists, and nurses.

4/98-4/00 Certified Professional Counselor/Certified Addictions Counselor

Community Behavioral Health Services, Page, AZ

- Conducted individual, family, and group counseling for children, adolescents, and adults.
- Served as liaison for clients with tribal, school, and court officials, foster families, insurance companies, and financial assistance programs.
- Provided crisis services on-call and conducted educational in-services in the community.
- Chaired Quality Assurance and Quality Improvement committee.

12/95-12/97 Acting Lead Art Therapist, Art Therapist

St. Elizabeth's Inpatient Hospital, Washington, DC

- Managed administrative components of art therapy department at large metropolitan psychiatric inpatient and outpatient hospital.
- Conducted group and individual therapy sessions for adults with severe mental illness in a range of acute, long term, forensic, and outpatient settings.
- Conducted art therapy evaluations supplementing DSM-IV diagnosis, contributed case material to treatment planning meetings and charted progress reports.
- Co-led therapeutic groups with psychodrama, music, and dance therapists.
- Served as chair of a JCAHO Quality Assurance Committee and helped developed documentation compliant with JCAHO Standards of Care.
- Participated in DC Commissioner's focus group responsible for planning the restructuring of the DC Commission's Mental Health System.

9/94-12/95 Art Therapist

Art and Drama Therapy Institute, Washington, DC

- Provided individual and group therapy for adults with mild to severe developmental disabilities.
- Developed and implemented objectives in compliance with Medicaid Standards.
- Administered art therapy evaluations assessing level of functioning.

Art Therapy Internships

8/93-8/94 St. Luke Institute, Washington, DC

Provided individual and group art therapy in Inpatient long-term treatment facility for adult clergy with sexual disorders, personality disorders, and chemical dependence.

9/92-6/93 Paul Robeson School, Washington, DC

Provided individual and group art therapy at Level IV Psycho-educational facility with children with learning disabilities and severe emotional disturbances.

Art Therapy Internships (Continued)

- 1/91-6/92 *Art Works Studio, Tucson, AZ*
Provided individual and group art therapy treatment at day studio for adults with physical and developmental disabilities.

BOARD AND VOLUNTEER EXPERIENCE

8/03-Present *Arizona Art Therapy Association (AZATA), AZ*

Served alternately as Treasurer, Director, President of the Board of Directors of AZATA, a non-profit state affiliate chapter of the American Art Therapy Association. Developed quarterly newsletter, created inservice programs, and increased membership by 20%.

04/08-8/10 *Distance Learning Chair, American Art Therapy Association (AATA)*

Developed and implemented fully functioning online distance learning program (Institute of Continuing Education-Art Therapy, ICE-AT) providing National Board of Certified Counselors approved continuing education opportunities for members of the American Art Therapy Association, a national non-profit professional organization. Helped create policies and standards. Review course material for quality and relevance.

04/09-10/14 *Continuing Education Coordinator, Potomac Art Therapy Association (PATA), Membership Chair, 05/96-05/98 Washington, DC*

Developed and coordinate the continuing education program for the Washington, DC metropolitan area art therapy association, providing National Board of Certified Counselors approved continuing education opportunities for members. Also serve as Alternate Delegate and served as Membership Chair.

7/06-3/07 *Secretary, Associated Residents of Costa Rica (ARCR), San Jose, Costa Rica*

Served on board providing resources for individuals and organizations in Costa Rica.

12/00-12/02 1/92-8/92 *Radio Announcer and Programmer, KXCI, Tucson, Arizona*

KXCI/FM Community Radio 91.7. Programmed and transmitted radio show for non-profit, community radio station. Elected member of Programming Advisory Committee.

9/00-1/01 *Adjunct Faculty, Pima Community College, Tucson, AZ*

Instructed college students in Art Appreciation.

PUBLICATIONS AND PAPERS

- Chilton, G., & Wilkinson, R. (In Press, 2021). Synergy of positive psychology and art therapy. In Chasseigne & C. Aguerre (Eds). *Psychology and Everyday Life: Diversity and Topicality of Positive Psychology*. Paris, France: Complicity Editions.
- Wilkinson, R.A. (2020). Coloring creates wellbeing: The desert mandalas coloring book (Initially printed as *The Miraval mandalas coloring book*). Tucson, AZ, Self-Published.
- Wilkinson, R.A. (2020). How to teach about art therapy. The Noba Project Blog. <https://nobaproject.com/blog/2020-11-11-how-to-teach-about-art-therapy>
- Wilkinson, R. A. (2019). A review of “Art therapy for psychosis: Theory and practice”. *Art Therapy: Journal of the American Art Therapy Association* (36),221-222.
- Wilkinson, R. A. & Chilton, G. (2018). *Positive art therapy theory and practice: Intergrating positive psychology and art therapy*. New York: Routledge.
- Wilkinson, R. A. (2018). What is art therapy and how does it help? *Sober World* (7)5 21, 30.

PUBLICATIONS AND PAPERS *Continued*

- Chilton, G., & Wilkinson, R. A. (2016). Positive art therapy. In J. A. Rubin (Ed.), *Approaches to Art Therapy: Theory and Technique* (3rd ed., 249-267).
- Wilkinson, R. A. (2015). How to quit quitting: 6 ways to overcome resistance and stick with an exercise. *Vibrant Life (September/October)* 10-11.
- Wilkinson, R. A. (2015). What is your superpower? *Vibrant Life (March/April)*, 26-29.
- Wilkinson, R. A. (2014). Mind over matter. *Vibrant Life (July/August)*, 24-27.
- Wilkinson, R. A. (2014). The art of health. *Vibrant Life (May/June)*, 26-29.
- Wilkinson, R.A. & Chilton, G. (2013). Positive art therapy: Linking positive psychology to art therapy theory, practice, and research. *Art Therapy: Journal of the American Art Therapy Association*, (30)1, 4-11.
- Chilton, G. & Wilkinson, R.A., (2009). Positive art therapy: Envisioning the intersection of art therapy and positive psychology. *Australian New Zealand Journal of Art Therapy*, 4(1), 27-35.
- Wilkinson, R.A. (1994). The versatility of art therapy: From children in a psycho-educational facility to adults in a psychiatric hospital. Unpublished master's thesis, George Washington University, Washington, DC.
- Wilkinson, R.A. (1993). Comparative research on the 1989 and 1994 Mari Card Test. Unpublished research paper, George Washington University, Washington, DC.

MEDIA APPEARANCES

- **10/26/2020 Portal 4 Dialogue “Ground Zeroes?”**
Panel with Max Frieder, Eric Murangwa, Zak Ibrahim, Sharon Mattson, Markus Fath, and Alta Mauro on overcoming difficulties.
https://www.youtube.com/watch?v=3B_avGbkpEI
- **9/27/2020 Portal 4 Dialogue “What Will You Remember When This Crisis is Over?”**
Panel with Daryl Davis, Ian Jamison, Arno Michaelis on responses to the Pandemic.
<https://www.youtube.com/watch?v=4rV51RWNihw&t=10s>
- **11/26/2018 “The Gym”**
The Depression Sessions with Laura Milkins
<https://thedepressionssession.com/2019/06/02/the-gym/>
- **9/13/2016 “Unconventional Art and Therapy”**
Sex, Money, Food Alexandra Harbushka: Real World Woman
<https://itunes.apple.com/us/podcast/sex-money-food/id1055843530?mt=2>
- **3/1/2012 “The Power of Happiness and Creativity”**
The Zest and Harmony Show/Cassandra Herbert Perfect World Radio Network
www.blogtalkradio.com/perfectworldnetwork/2012/03/01/the-zest-harmony-show
- **1/12/12 “Cultivating Positive Emotions”**
Webinar Hosted by Just BEE Seminars
- **4/8/11 “Positive Psychology and Art Therapy”**
The Sittdown Radio Show with Dr. David Sitt
- **9/1/04 “Art Therapy in Psychiatric Inpatient Settings”**
Freedom of Art: Let Freedom Art Ring with Ericha Scott, Ph.D, REAT, ATR
Access Tucson Television, Channel 72, Tucson, AZ

AWARDS

9/13 Distinguished Service Award Potomac Art Therapy Association

For contributions to the health and vitality of the MD/DC/VA art therapy community.

11/10 Clinician of the Year American Art Therapy Association

For outstanding contribution to adults from diverse cultural backgrounds and as a model of excellence in service to others.

8/93-5/94 Columbian College and Graduate School Fellowship

Full-time/half-tuition fellowship, George Washington University, Washington, DC

9/92-6/93 Stipendiary Internship

Paul Robeson School, DC Commission on Mental Health Services, Washington, DC

1/89 Ostrowski Award for Excellence and Creativity

University of Arizona, Tucson, AZ

LANGUAGE AND COMPUTER SKILLS

- Proficient in speaking, reading, and writing in Spanish
- Skilled in Word, Excel, Powerpoint, and Adobe Photoshop and Adobe Illustrator
- Competent with Mac and PC
- Travelled extensively throughout Latin America and Europe

PROFESSIONAL AFFILIATIONS

- **American Art Therapy Association** Member since 1993 Distance Learning Chair 2005-2007
- **Potomac Art Therapy Association** Member since 1993 Alternate Delegate/NBCC Continuing Education Coordinator/Member Chair
- **Arizona Art Therapy Association** Member since 2002 Treasurer 2018-2020, Director 2016-2017, President 2003-2005
- **International Positive Psychology Association** Member since 2009

WORKSHOPS/PRESENTATIONS CONDUCTED

How Coloring Contributes to Mental Health: Science and Research

Current research and applications of using coloring in art therapy.

Virtual Art American Therapy Conference,

11/20

Using Art Therapy to Manage Stress and Improve Wellbeing

Presenter in series on using creativity to help medical professional prevent burnout.

Healer Heal Yourself Series

4/20

A Study in the Use of the Arts and Culture in Preventing and Mitigating Violent Extremism

Participant and co-facilitator of research group exploring how violent extremism can be prevented and mitigated through arts, culture, social programs, and community organizing.

The United Arab Emirates Ministry of Culture and Knowledge Development

11/19-3/20

The Science of Wellbeing

Research on the variables that promote wellbeing and happiness.

Saddlebrooke Metaphysical Society, Oro Valley, AZ

2/20

Positive Psychology in the Creative Art Therapies

Explores what positive psychology brings to the Creative Arts Therapies tributes to wellbeing.

Expressive Therapies Summit, NYC

11/19

WORKSHOPS/PRESENTATIONS CONDUCTED (Continued)

Positive Psychology and Art Therapy Master Supervision Group

Invited supervision exchange on the benefits of combining art therapy and positive psychology.
Art American Therapy Conference, MO 11/19

Positive art therapy: 10 years in what's next?

Review of the gains Positive Art Therapy has made 10 years since its inception
Art American Therapy Conference, MO 11/19

The Art and Science of Coloring: Research and Clinical Applications

Reveals latest research and findings on the benefits of coloring. .
Art American Therapy Conference, MO 11/19

Positive Clinical Psychology: Clinical Case Study Challenge

Finalist for 5 Case Studies on Positive Clinical Applications.
6th World Congress of the International Positive Psychology Association 7/19

Positive Art Therapy Theory and Practice

Explores what positive psychology brings to AT and how AT contributes to wellbeing.
6th World Congress of the International Positive Psychology Association 7/19

Stress Management Series for Nursing Week

Demonstration of expressive techniques and biofeedback for managing stress.
Virginia Department of Behavioral Health and Developmental Services, VA 5/19

How Can Art Therapy Capitalize on The Coloring Craze?

Focus Group exploring benefits/challenges coloring books have posed for the art therapy field.
Art American Therapy Conference, FL 11/18

Coloring Books ARE Art Therapy: Coloring in Clinical Context

Explores how coloring fits within clinical models of Art Therapy.
Art American Therapy Conference, FL 11/18

Positive Psychology and Art Therapy Master Supervision Group

Invited supervision exchange on the benefits of combining art therapy and positive psychology.
Art American Therapy Conference, FL 11/18

Adult Coloring: If It Ain't Art and It Aint' Therapy, What is It?

Town Hall Blitz—Arts for Art Versus Arts for Therapy
5 minute “blitz” presentation on where coloring fits into the arts versus therapy continuum.
American Psychological Association, CA 8/18

Consulting Collaborating & Credentialing: Psychologists Partnering with CATs

Panel on ways that psychologist and creative art therapists can collaborate.
American Psychological Association, CA 8/18

Reducing Burnout, Preventing Compassion Fatigue, and Boosting Compassion Satisfaction

Series of workshops with nursing staff to help make their work more sustainable.
Virginia Department of Behavioral Health and Developmental Services, VA 8/18

Art Therapy for Coping and Emotion Regulation

The effects of stress and ways to cope for children with impulse control and their caregivers.
You-Nique Smile, DC 6/18

Positive Art Therapy: Integrating Positive Psychology and Art Therapy in Dual Diagnosis TX

Panel on the clinical, ethical, and cross cultural issues that arise in dual diagnosis treatment
West Coast Symposium on Substance Abuse Disorders, CA 6/18

WORKSHOPS/PRESENTATIONS CONDUCTED (Continued)

Clinical and Organizational Applications for the Creative Arts Therapists Panel on the clinical, ethical, and cross cultural issues that arise in dual diagnosis treatment West Coast Symposium on Substance Abuse Disorders, CA	6/18
Reducing Burnout, Preventing Compassion Fatigue, and Boosting Compassion Satisfaction Strategies for assessing compassion fatigue and making helping professions sustainable. Virginia Department of Behavioral Health and Developmental Services, VA	3/18
Improving Personal and Professional Wellbeing Workshop with employees of biotech company on preventing burnout and increasing wellbeing. Genentech, CA	11/17
Spirit Dolls for Integrating Professional Strengths Combining art therapy interventions with a focus on strengths. Art American Therapy Conference, MD	11/17
Coloring Books ARE Art Therapy: Here's How and Why Explores how coloring is AT and it provides opportunities to educate others about art therapy. Art American Therapy Conference, TX	11/17
Positive Psychology and Art Therapy Master Supervision Group Invited supervision exchange on the benefits of combining art therapy and positive psychology. Art American Therapy Conference, TX	11/17
Art Experiential with Sibling of Children with Craniofacial Differences: Animal Symbols Helping siblings of children with craniofacial differences build get support and build self-esteem Art American Therapy Conference, MD	6/17
Positive Psychology & Art Therapy: New Directions in Practice and Research Keynote on the intersection of art therapy and positive psychology. Southern Illinois University Edwardsville	4/17
Spirit Dolls for Integrating Professional Strengths Combining art therapy interventions with a focus on strengths. Art American Therapy Conference, MD	7/16
Positive Psychology and Art Therapy Master Supervision Group Supervision exchange on the benefits of combining art therapy and positive psychology. Art American Therapy Conference, TX	7/16
Positive Psychology Through Art Therapy, Narrative, & Psychodrama Using the science of happiness and the expressive arts therapies to promote wellbeing. American Society of Group Psychotherapy and Psychodrama Conference, AZ	4/16
Artful Conversation-In Conjunction with Victims' Rights Art Exhibit Art therapy workshop on surviving and thriving after traumatic experiences. Artist and Makers Studio, MD	4/16
DC Public Libraries Monthly Workshop Lecture Series Reducing Stress: How to Feel Happier and Increase Wellbeing Monthly lecture workshop on exploring stress and its impact on happiness and wellbeing. Topics included: Identifying and Optimizing Strengths; Keeping Positive at Work and at Home; Bouncing Back: Creatively Dealing with Stress and Adversity DC Public Libraries	1/13-12/15

WORKSHOPS/PRESENTATIONS CONDUCTED (Continued)

- Using Art Therapy and Positive Psychology to Bounce Back from Adversity,**
Workshop on combining the principles of positive psychology and art therapy to help clients.
Kolmac Outpatient Recovery Centers 9/15
- The Best of Ourselves: Developing Our Highest Strengths to Increase Wellbeing**
Workshop with employees of biotech company on the role of strengths in increasing wellbeing.
Genentech, CA 7/15
- Positive Art Therapy: Bridging Positive and Art Therapy**
Exploration of the benefits of combining art therapy and positive psychology.
Art American Therapy Conference, MN 7/15
- Art Therapy and Positive Psychology: Exchanging New Ideas Master Supervision Group**
Invited supervision exchange on the benefits of combining art therapy and positive psychology.
Art American Therapy Conference, TX 7/15
- Drawing Strengths: Identifying and Developing our Highest Potentials**
Using the strengths that bring practitioners to the helping professions to maintain enthusiasm.
Child Advocacy Center of Frederick County, VA 6/15
- Ring the Bell: A Cancer Survivorship Conference**
Keynote on using art therapy to transition from patient to survivor of cancer, and for providers.
Beebe Healthcare, MD 1/15
- Reducing Stress Series Studio K**
Lecture/workshop series on exploring stress and its impact on happiness and wellbeing
Topics included:
Creative Journaling: Art and Writing to Increase Wellbeing
Bouncing Forward: Creatively Dealing with Stress and Adversity
How to Manage stress and burnout and bounce back from adversity
How to Feel Happier and Increase Wellbeing
Studio K, VA 10/14-1/15
- Positive Ethics: An New and Empowering Approach to Ethical Practice**
Going beyond minimum standards and move to aspirational values in mental health professions.
Expressive Therapies Summit, NY 11/14
- Bouncing Forward: Creatively Dealing with Adversity**
How to manage stress and burnout and bounce back from adversity.
Full Picture, NY 11/14
- Positive Ethics: An Acculturation Approach to Ethical Practice**
A model of ethical practice that looks at ethics from a cultural perspective.
Caritas Center for Healing, MD 10/14
- Positive Ethics: An Empowering Approach to Ethical Practice**
Going beyond minimum standards and move to aspirational values in mental health professions.
Creative Wellbeing Workshops, MD 9/14
- Art Therapy as a Means of Improving Mood**
Using art therapy for stabilization and adaptive coping with patients with psychiatric disorders.
University of Arizona Art Department, AZ 9/14
- Compassion Fatigue and Self Care for Providers**
Self-care to reduce compassion fatigue for providers working with child victims of sexual assault.
Barry Robinson Treatment Facility, VA 9/14

WORKSHOPS/PRESENTATIONS CONDUCTED (Continued)

The Benefits of Art Therapy for Reducing Stress and Increasing Wellbeing Using art therapy for managing stress and improving mental, and spiritual wellbeing. Washington Adventist Hospital, MD	8/14
Connecting the Body, Mind, and Spirit through Managing Our Stress and Feeling Better Strategies for reducing stress to improve mental, and spiritual wellbeing. Washington Adventist Hospital, MD	8/14
Art Therapy and Positive Psychology Review of core principles of positive psychology and applications to art therapy. Southwestern School of Behavioral Health Studies Annual Conference	8/14
Compassion Fatigue and Self Care Using self-care to reduce compassion for providers of special needs children and their families. Easter Seals, MD	7/14
Positive Ethics: An Empowering Approach to Ethical Practice Going beyond minimum standards and move to aspirational values in mental health professions. Art American Therapy Conference, TX	7/14
Art Therapy and Positive Psychology: Exchanging New Ideas Supervision Group Supervision exchange on the benefits of combining art therapy and positive psychology. Art American Therapy Conference, TX	7/14
AZ Public Libraries Monthly Workshop Lecture Series Reducing Stress: How to Feel Happier and Increase Wellbeing Monthly lecture workshop on exploring stress and its impact on happiness and wellbeing. Creative Wellbeing Workshops, AZ	8/13-7/14
Workshop Lecture Series: Creativity to Increase Wellbeing Crossings Center for Healing Creative Journaling: Art and Writing to Increase Wellbeing Topics included: Happiness; Resilience; Gratitude; Strengths Crossings Center for Healing	1/1-11/11
The Arts Speak: The Benefits of Art Therapy Exploring the benefits of art therapy to improve physical, mental, and emotional wellbeing. Tucson Museum of Art, AZ	3/14
Team Building for Cancer Nurses Using art therapy to identify strengths and improve group cohesion for cancer caregivers. Beebe Healthcare, MD	1/14
Positive Psychology for Therapists and Their Clients: AT, Narrative, & Psychodrama Using the science of happiness and the expressive arts therapies to promote wellbeing. Expressive Therapies Summit, NY	11/13
Bouncing Forward: Creatively Dealing with Stress and Adversity Managing stress for patients with cancer and their caregivers. George Washington University Hospital Breast Care Center, DC	10/13
Positive Ethics: An Empowering Approach to Ethical Practice Going beyond minimum standards and move to aspirational values in mental health professions. Caritas Center for Healing, AZ	9/13
Art Therapy and Positive Psychology: Theory and Applications Review of the benefits of combining art therapy and positive psychology. Arizona Integrative Wellness Coalition, AZ	9/13

WORKSHOPS/PRESENTATIONS CONDUCTED (Continued)

Positive Ethics: An Empowering Approach to Ethical Practice

Going beyond minimum standards and move to aspirational values in mental health professions.
Creative Wellbeing Workshops, Civic Center, MD 6/13

“Happy: The Movie” Showing and Discussion

Discussion of a movie documenting happiness and wellbeing by Roko Belic.
The George Washington Graduate Art Therapy Program, VA 3/13

Bouncing Forward: Creatively Dealing with Stress and Adversity

How to manage stress and burnout and bounce back from adversity for child welfare workers.
Child Welfare Services, VA 3/13

Art Therapy as a Means of Improving Mood

Using art therapy for stabilization and adaptive coping with patients with psychiatric disorders.
Washington Adventist University, MD 2/13

Creativity and Altered Books

Using Altered Books to explore strategies for overcoming barriers to and accessing creativity.
Potomac Fiber Arts Guild, MD 1/13

Bouncing Forward: Creatively Dealing with Adversity

How to manage stress and burnout and bounce back from adversity.
Government Accountability Office, Washington, DC 12/12

Creativity and Healing for Practitioners

Using art and visualization to access physical and emotional awareness.
Tai Sophia, MD 11/12

What Is Happiness and Why Does It Matter?

Exploration of happiness and its positive benefits.
George Washington University Hospital Breast Awareness Center 11/12

Positive Psychology for Therapists and Their Clients: AT & Psychodrama Interventions

Using the science of happiness and the expressive arts therapies to promote wellbeing.
Expressive Therapies Summit, NY 11/12

Mandalas: Iluminando El Camino

Using mandalas as a healing tool for Spanish speaking patients with cancer and their caregivers.
Inova Life with Cancer Family Center Hispanic Outreach Program 11/12

Positive Art Therapy: Art Therapy to Promote Happiness and Wellbeing

Using art therapy to enhance physical, mental, and emotional wellbeing.
Artomatic, VA 5/12

How to Capitalize on Adversity and Feel Energized and Invigorated Workshop

Using art therapy to manage stress and renew and reinvigorate ourselves.
Caritas Center for Healing, AZ 5/12

How to Capitalize on Adversity and Feel Energized and Invigorated Lecture

Exploration of strategies for managing stress and renew and reinvigorate ourselves.
Caritas Center for Healing, AZ 5/12

Creativity and Healing for Practitioners

Using art and visualization to access physical and emotional awareness.
Tai Sophia, MD 4/12

WORKSHOPS/PRESENTATIONS CONDUCTED (Continued)

Riding Choppy Waves into Smooth Sailing: How to Capitalize on Adversity Identifying concrete tools for managing stress and developing resilience in the face of adversity. Government Accountability Office, Washington, DC	3/12
Positive Psychology and Art Therapy: The Importance of Positive Emotions Introduction of positive psychology and the work of Barbara Fredrickson on positive emotions. The George Washington University Graduate Art Therapy Program	12/11
Mask-Making: Celebrating Creativity and Mental Health Using art for expression and creative engagement to promote mental health. Torpedo Factory, VA	10/11
Identifying Strengths How to identify and build upon strengths. Government Accountability Office, Washington, DC	8/11
Positive Psychology and Art Therapy Focus Group Forum for discussing the intersection of art therapy and positive psychology. Art American Therapy Conference, DC	7/11
Positive Psychology and Art Therapy Workshop Exploration of the benefits of combining art therapy and positive psychology. Art American Therapy Conference, DC	7/11
Releasing Old Patterns: Finding Our Strengths Workshop Using art therapy to identify strengths as a tool for building resilience. Caritas Center for Healing, AZ	5/11
Releasing Old Patterns: Finding Our Strengths Lecture Review of the benefits of focusing on strengths as a tool to increase resilience. Caritas Center for Healing, AZ	5/11
Art Therapy with a Positive Focus Using art therapy to create positive focus for special needs children and their families. Easter Seals, MD	4/11
Creativity and Healing for Patient Navigators Using art therapy with cancer patients and their caregivers. Smith Farm, MD	4/11
Art Therapy in Psychiatric Settings Using art therapy for stabilization and adaptive coping in inpatient psychiatric care. Marymount University, VA	3/11
Washington Adventist Happiness and Wellbeing Series 4 Ways to Be Happier Lecture/workshop series on exploring stress and its impact on happiness and wellbeing. Topic included Living a Meaningful and Engaged Life; Identifying and Optimizing Strengths; Keeping Positive at Work and at Home; Be Happier and Increase Wellbeing Washington Adventist Hospital	2/11
Positive Focus How to shift focus from negativity to positivity and possibility. Government Accountability Office, Washington, DC	12/10

WORKSHOPS/PRESENTATIONS CONDUCTED (Continued)

Positive Focus in Organizations

How to shift focus from negativity to positivity and possibility.
Business Health Services, Baltimore, MD 10/10

New Research into Happiness and Wellbeing

State of the art research into the science of happiness and wellbeing.
Lifeworks Strategies, Rockville, MD 9/10

New Research into Well-being

Workshop on strategies for increasing well-being.
Government Accountability Office, Washington, DC 5/10

The Art of Happiness

Workshop on using creativity to increase well-being.
Art at the Center, Alexandria, Virginia 5/10

Innovations in Happiness: Positive Psychology and Art Therapy Advanced Practice

Advanced training applying principles of Positive Psychology and Art Therapy in clinical practice.
27th Annual American Art Therapy Conference, Philadelphia, Pennsylvania 11/09

Art Therapy in Psychiatric Settings

Lecture on Art Therapy as practiced in adult psychiatric hospitals.
Marymount University, Arlington, Virginia 2/09

Positive Psychology and Art Therapy

Lecture on applying Positive Psychology to Art Therapy.
Potomac Art Therapy Association, Washington, DC 12/08

Positive Psychology and Art Therapy

Workshop on the intersection between positive psychology and art therapy
George Washington University Graduate Art Therapy Program 1/08

Developmental Issues in Grief, Death, and Loss

Lecture as part of Graduate Class on Art Therapy and Development.
George Washington University, Washington, DC 11/07

Figure Drawings of Psychiatric Patients

Lecture as part of Graduate Class on Studio Art Therapy.
George Washington University, Washington, DC 11/06

Interventions with "Treatment Resistant" Clients

Presentation on Art Therapy in inpatient psychiatric settings.
36th Annual American Art Therapy Conference, Atlanta, Georgia 11/05

Efforts to Establish Licensure Equivalency with AZBBHE

Panel on licensure issues faced by clinicians in Arizona.
35th Annual American Art Therapy Conference, San Diego, California 11/04

Using Expressive Therapy to Identify Treatment Focus with Sexual Offenders

Presentation on Art Therapy to identify treatment concerns with sexual offenders.
Counseling Consultants, Tucson, Arizona 11/01

Projective Assessment with Substance Abuse Clients

Presentation on Art Therapy projective techniques with substance abuse clients.
Counseling Consultants, Tucson, Arizona 7/01

WORKSHOPS/PRESENTATIONS CONDUCTED (Continued)

Organizational Dynamics and Transition

Lecture on group dynamics in response to change.
Coconino Community College, Page, Arizona 10/98

Art Therapy and Child Development

Lecture on developmental indicators in children's art work.
Northern Virginia Community College, Arlington, Virginia 4/97

Sexual Issues in Client Art Work

Presentation on conducting Art Therapy with clients with sexual disorders.
Fogel Foundation, Washington, DC 12/97

Art Therapy with Adults with Severe and Chronic Mental Illness

Inservice on Art Therapy in psychiatric settings.
St. Elizabeth's Hospital, Washington, DC 11/97

Mandala Drawings and Artwork as Stress Reduction Techniques

Workshop for college students on using mandalas to manage and reduce stress.
George Washington University, Washington, DC 10/96

Art Therapy in the "Real World": Entering the Field

Workshop on strategies for students to navigate entering the workforce post-graduation.
27th Annual American Art Therapy Conference, Philadelphia, Pennsylvania 11/96

Creating A Safe Place in 12 Step Recovery

Workshop on using Art Therapy techniques with 12 Step Work.
Bethany, Delaware 10/96

Women Who Have Strongly Affected Us in 12 Step Recovery

Workshop on using Art Therapy techniques with 12 Step Work.
Bethany, Delaware 10/95

A Character Defect and Its Removal in 12 Step Recovery

Workshop on using Art Therapy techniques with 12 Step Work.
Bethany, Delaware 10/94

The Mandala with Sexual Offenders

Lecture on using mandalas with sexual offenders.
The Alexander Institute, Washington, DC 6/94

Addictions and Family Dynamics Workshop

Workshop on the role of family dynamics in addiction.
St. Luke Institute, Suitland, Maryland 5/94

Sexual Addiction Cycle Workshop

Workshop on the role of addiction in sexual compulsivity.
St. Luke Institute, Suitland, Maryland 3/94

Workshops and Lectures for Government and Corporate Clients

Business Health Services, Baltimore, MD

Workshops/lectures for organizational and workplace development, team building, and wellness training to private corporations and government agencies.

- Accountability in the Workplace 4/14
- Addressing Difficult Issues in the Workplace 9/13, 12/13
- Employee Assistance Benefits 10/12, 12/12, 3/14
- Building a Respectful Workplace Environment 10/12, 8/16

Business Health Services, Baltimore, MD (Continued)

- Coping with Difficult People 10/12, 10/13
- Coping with Stress at Work for Employees 10/13
- Coping with Stress at Work for Managers 9/15
- Creating Work Life Balance 5/15
- Drug Free Work Place Training for Employers 10/12
- Drug Free Work Place Training for Employees 1/14-4/14
- Effective Communication 12/14, 10/12
- Managing Conflict in the Workplace 4/13
- Mood and Food 7/12, 9/12
- Organization Rejuvenation-Leading Through Transition 9/12
- Organizing Your Space 8/13
- Positive Assertiveness 10/13
- Preventing Burnout and Managing Conflict in the Workplace 11/13
- Professionalism: Skill for Career Advancement 6/13, 12/13, 10/12
- Providing Excellent Customer Services 4/13, 12/13
- Running an Effective Meeting 10/13
- Sandwich Generation 4/13
- Sexual Harassment in the Workplace 5/13
- Stress Management 6/14
- Supervisor Orientation to EAP 1/13
- Supervisory Toolkit 3/13, 4/13, 8/13, 11/13
- Time Management 7/13, 10/13
- Tis the Season to Be Stressed 12/13

Workshop and Continuing Education Series for People Affected by Cancer, Their Caregivers, and Healthcare Providers 10/07-Present *Smith Center for Healing and the Arts, Washington, DC*

Intensive continuing education workshops combining principles of creativity and art therapy with positive psychology and wellbeing.

- Creating Altars to Honor Resilience and Perseverance 4/19
- Mandalas to Managing Stress and Increasing Wellbeing 12/17
- Altered Book: Letting Go and Letting In 10/16
- Aging Gracefully: Maintaining Vitality of Any Age 4/16
- Mandalas for Managing Stress and Increasing Wellbeing 9/15
- Inner Strengths Sanctuaries 6/15
- Miniature Shrines to Blessings and Thanksgiving 11/14
- Altered Books for Acceptance and Optimism 8/14
- Mandalas for Meditation: Peace and Healing 1/14
- Gratitude Boxes to Celebrate Our Blessings 11/13
- Spirit Dolls for Strengths 9/13
- Altered Books: Celebrating Summer Solstice 6/13
- Wabi Sabi: Finding Beauty in Nature's Imperfection and Transience 4/13
- Miniature Shrines to Love and Humanity 2/13
- Miniature Shrines to Thanksgiving 11/12
- Creative Journaling: Old Leaves New Leaves 10/12
- Sun Salutation: Mandalas for Summer Solstice 6/12
- Altered Books-Renewing the Spirit 4/12

Smith Center for Healing and the Arts, DC (Continued)

- Spirit Dolls for Strengths 2/12
- Creative Journaling: Art and Writing to Increase Wellbeing 12/11
- Mandalas for Meditation: Gratitude 11/11
- Mandalas for Meditation 12/10
- Creative Journaling 11/10
- Mandala: Self/Others 8/10
- Mandalas for Meditation 7/10
- Altered Books-Exploring Creativity and Identifying Strengths 1/10
- Using Creativity to Improve Health and Well-being 9/09
- Creating Altars to Increase Vitality and Hope 7/09
- Positive Psychology and the Arts 2/09
- Mandala Series: Three Part Weekly Series 1/09
- Altars for Therapeutic Exploration 1/09
- Healing the Healer: Using Mandalas for Meditation and Healing 10/08
- Healing the Healer: Observing/Grounding 9/08
- Healing the Healer: Listening, Witnessing, and Remembering 2/08
- Healing the Healer: Intuitive Knowing 11/07
- Healing the Healer: Power of Story 10/07