

Gioia Chilton, PhD, ATR-BC, CSAC

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EDUCATION

Drexel University, Creative Arts Therapies Department, Philadelphia, PA Doctor of Philosophy, 2014.
 Dissertation: *An Arts-Based Study of the Dynamics of Expressing Positive Emotions within the Intersubjective Art Making Process*. Advisor: Dr. Nancy Gerber.

The George Washington University, Washington, DC, Master of Arts in Art Therapy, 1994.

Bennington College, Bennington, VT, Bachelor of Arts, Psychology/Sculpture, 1989.

CERTIFICATION AND LICENSURE

- Nationally Board Certified and Registered (ATR-BC) by the Art Therapy Credentials Board. Registration # 96-004.
- Licensed Certified Substance Abuse Counselor (CSAC), Virginia Board of Psychology and Substance Abuse Counseling. License # 0710103158.

CLINICAL EXPERIENCE

Intrepid Spirit Center, Ft. Belvoir Community Hospital, Ft. Belvoir, VA. Creative Arts Therapist (Art) 4/19-present. Develop, provide, and evaluate innovative art therapy services for active-duty service members of the United States armed forces with traumatic brain injury (TBI) and post-traumatic stress (PTSD). Collaborate with an interdisciplinary team of treatment providers including Creative Forces, NEA-funded creative art therapists, (<https://www.arts.gov/national-initiatives/creative-forces>). Co-deputy chair, Department of Behavioral Health, DEI Committee.

Prince George's Community College, Largo, MD. Counselor, 11/17-3/19. Provided solution-focused brief therapy (SFBT) and art therapy sessions and workshops to diverse students experiencing mental health concerns through the Wellness Center at a large urban commuter college. Assisted students in accessing resources, provided staff trainings; developed materials regarding math anxiety, hosted weekly podcast titled, *8 Dimensions of You!*

Sagebrush Treatment Center, Great Falls, Vienna & Tyson's Corner, VA. Expressive Therapist, 1/15-7/17. Responded to the opiate epidemic by providing art and expressive therapy to adults in residential inpatient and outpatient drug and alcohol abuse treatment center in three locations. Provided ATR supervision to masters-level therapists.

Smith Center for Healing and the Arts, Washington, DC. Art Therapist, 8/09-8/2015. Provided occasional day-long art therapy creativity workshops to cancer survivors, caregivers, and therapists.

Eagle View Elementary, Fairfax County Public Schools, Fairfax, VA. Art Therapist, 8/07-6/10. Conducted art therapy individual and group sessions for children identified as having emotional disabilities. Designed art therapy studio environment, displayed student art, organized peer supervision. Supervised art therapy graduate student interns.

Adolescent and Family Growth Center, Springfield, VA. Art Therapist, 9/99-8/07. Led art therapy sessions for adolescents in foster care. Wrote clinical assessments, met with caseworkers, provided staff training sessions, maintained art therapy studio and supplies.

Leary School, Prince George's County, MD. Art Therapist/Counselor, 4/97-8/99. Provided art therapy groups and individual counseling services at a special education facility for students with emotional, learning, and behavioral problems. Wrote art therapy assessments, led Playback Theater group, supervised art therapy intern. Taught special education workers therapeutic interventions.

District of Columbia Commission on Mental Health Services (DC CMHS), Washington, DC. (Formerly St. Elizabeth's Hospital). Lead Art Therapist, 5/96-4/97; Art Therapist, 7/93-5/96; Art Therapy Intern, 9/92-6/93. Oversaw art therapy services for 410 mental health consumers with chronic mental illness. Supervised art therapists and art therapy interns. Art therapist for pre-trial forensic, acute psychiatric, and low-income, geriatric day treatment programs. Wrote progress notes, conducted evaluations, presented case studies, and produced consumer art exhibitions. Designed JCAHO compliant standards of care, coordinated quality improvement plans, led peer review meetings, and wrote quarterly and annual statistical reports.

TEACHING EXPERIENCE

Creative Wellbeing Workshops, LLC. Co-founder, 2010-present. Co-founded business providing trainings and workshops on wellbeing, positive mental health and creativity. National Board of Certified Counselors (NBCC) Approved Continuing Education Provider (#6566); offer NBCC approved clock hours for events that meet NBCC requirements. Clients include U.S. Government and private health care organization. Design curriculum, lead and co-lead workshops. Wrote business plan, designed website. Wrote monthly newsletter, generated social media activity.

The George Washington University, Adjunct Faculty, 2006-present. Led Supervision groups, utilized Blackboard system, graded student work. Courses Taught: *Counseling Theory, Positive Psychology and Art Therapy, Clinical Supervision, Human Development, The Artist's Eye: Developing Clinical Wisdom through Art.*

Mount Mary University, Adjunct Faculty, 2013. Taught doctoral level class, *Studio Based Inquiry* with Dr. Bruce Moon in the Professional Doctorate of Art Therapy program. Co-conducted seminars.

Marymount University, Adjunct Faculty, 2009-2013.

Taught undergraduate course, *Introduction to Art Therapy*, as the capstone to the Pre-Art Therapy major.

Drexel University, Creative Arts Therapies Master's Degree Program Teaching Assistant, 2010-2011.

Lectured, graded papers and literature review matrixes, maintained blackboard on-line learning site, provided student consultation, and tutored international students. Advised students on research proposals. Served as T.A. for the following courses: *Human Psychological Development, Introduction to Creative Arts Therapy I, Clinical Diagnosis of Psychopathology I*, and *Introduction to Behavioral Research.*

RESEARCH & SCHOLARLY SERVICE

- **External Dissertation Committee Member**, 2014-2018, for Dana Wyss, *Body Art, Empathy and Clients who Self-Injure*, Lesley University, Department of Expressive Therapies.
- **Master's Thesis Supervisor**, 2014-2016, for Marie Muggeridge, *The Use of Altered Books with Female Adolescents*, St. Steven's Collage, Psychotherapy and Spirituality Program, specialization in Art Therapy, University of Alberta, Canada.
- **Master's Thesis Data Analysis Consultant**, 2015, for Lauren Albert, *Exploring the Nature of Walking in Dance/Movement Therapy: An Artistic Inquiry* and Kezia Barclay, *The Experience of the Dance/Movement Therapy Intern Working with Traumatized Children*, Drexel University, Department of Creative Arts Therapies.
- **Peer Reviewer**, 2015-present. Provided critiques and peer reviews for the following journals: *Frontiers in Psychology*, *Review of General Psychology*, *Art/Research International: A Transdisciplinary Journal*, *The Arts in Psychotherapy* and *Music Therapy Perspectives (Special Issue on Arts-based Research)*.
- **Associate Editor Art/Research International: A Transdisciplinary Journal**, 2014-2015. Associate Edited an open-access academic journal dedicated to exploring and advancing art within the research process across disciplines and internationally. Recommended publication decisions to Editors-in-chief.
- **Drexel University, Ph.D. Practicum, 2012-2013**. Co-authored chapter on arts-based research for the *Oxford Handbook of Qualitative Research*; interviewed top experts in research for textbook on research design. Faculty adviser: Patricia Leavy, PhD.
- **Drexel University, Research Assistant, 2011-2012**. Assisted with research studies on medical informatics in urban public health clinics. Developed tools for rapid assessment ethnographic research process; transcribed research interviews for nursing informatics study. Faculty adviser: Paulina Sockolow, DrPH.
- **Reviewer**, 2012 for Fulbright Grant Graduate Student Program, Ukraine.
- **Thesis Reader** 2011 for The School of the Art Institute of Chicago, Department of Art Therapy, Chicago, Illinois, Hilary B. Kaufman, *(De)Constructing the Book: An Arts-Based Exploration of Altered Books in Art Therapy*,

PUBLICATIONS

Books and Book Chapters

Chilton, G., Payano Sosa, J.S., Rhodes, C.S., Walker, M. (2023). NEA Creative Forces® Advances Art Therapy Research with Military-Connected Populations. In C. Strang & J. King (Eds.), *Art therapy, Trauma & Neuroscience, 2nd Ed.* Routledge.

Chilton, G. & Wilkinson, R.A. (2022). Positive Art Therapy: Synergy of Positive Psychology and Art Therapy. In C. Aguerre & G. Chasseigne (Eds). *Diversity and Topicality of Positive Psychology*. Paris, France: Complicity Editions (Psychology and Everyday Life collection).

Mims, R., McMackin, M., **Chilton, G.**, Buotte, P. & D'Augustine, K. (2022). Countertransference when working with Military Service Members and Veterans. In R. Mims, (Ed.), *Art Therapy with Veterans*, Jessica Kingsley. (pp.185-213).

Chilton, G. and Leavy, P. (2020). Arts-Based Research: Merging Social Research and the Creative Arts. In P. Leavy (Ed.), *The Oxford Handbook of Qualitative Research (2nd ed.)*. Oxford University Press.
DOI: 10.1093/oxfordhb/9780190847388.013.27

Wilkinson, R. & **Chilton, G.** (2018). *Positive Art Therapy Theory and Practice: Integrating Positive Psychology with Art Therapy*. Routledge. Also translated into Mandarin and Korean and published in China and Korea.

Scotti, V. & **Chilton, G.** (2018). Collage as Arts-Based Research. In P. Leavy (Ed.), *Handbook of Arts-based Research*. (pp. 355-376). Guilford Press.

Chilton, G. & Wilkinson, R. (2016). Positive Art Therapy. In J. Rubin (Ed.), *Approaches to Art Therapy, Theory and Technique, 3rd Edition*. Psychology Press

Chilton, G. & Wilkinson, R. (2016) *Exploring Strengths through Masks: Art Therapy from a Positive Psychology Perspective*. American Art Therapy Association Blog. Available: <https://arttherapy.org/exploring-strengths-masks-art-therapy-positive-psychology-perspective/>

Chilton, G. & Leavy, P. (2014). Arts-Based Research Practice: Merging Social Research and the Creative Arts. In P. Leavy (Ed.), *Oxford Handbook of Qualitative Methods* (pp. 403-422). Oxford University Press.

Chilton, G. (2014). *An Arts-Based Study of the Dynamics of Expressing Positive Emotions within the Intersubjective Art Making Process*. (Doctoral Dissertation), Drexel University, Philadelphia, PA.

Chilton, G. (2013). Artful Appreciations: Gratitude Journaling. *PAGES: The Creative Guide for Art Journaling and Bookmaking, Vol. 3*

Gerber, N., Templeton, E., **Chilton, G.**, Cohen Liebman, Manders E., & Shim, M. (2013). Art based research as a pedagogical approach studying intersubjectivity in the Creative Arts Therapies. In S. McNiff, (Ed.), *Art as Research: Opportunities & Challenges* (pp. 39-48). University of Chicago Press/Intellects Books.

Peer-Reviewed Articles

Chilton, G., Brady, C. S., & Chae, H. (2023). Use of Bridge with Path Drawings with Military Service Members experiencing Post-Traumatic Stress and Traumatic Brain Injury. *Military Behavioral Health*, DOI: 10.1080/21635781.2023.2254223

Herman, J. & **Chilton**, G. (2023). Art Therapy with Military Families: The Animal Strengths and Family Environment Directive. *The Arts in Psychotherapy*, 83, 102016. DOI: <https://doi.org/10.1016/j.aip.2023.102016>

Chilton, G., Vaudreuil, R., Freeman, E. K., McLaughlan, N., Herman, J., & Cozza, S. J. (2021). Creative Forces programming with military families: Art therapy, dance/movement therapy, and music therapy brief vignettes. *Journal of Military, Veteran and Family Health*, 7(3), 104-113. doi:10.3138/jmvfh-2021-0031

Chilton, G. Lynskey, K., Ohnstad, E. & Manders, E. (2020) A Case of El Duende: Art-Based Supervision in Addiction Treatment, *Art Therapy, Journal of the American Art Therapy Association*, 38(3), 137-145. DOI: 10.1080/07421656.2020.1771138

Chilton, G. (2018) A Review of "Arts-Based and Contemplative Practices in Research and Teaching: Honoring Presence", *Art Therapy, Journal of the American Art Therapy Association*, 35:4, 221-222, DOI: 10.1080/07421656.2018.1553892

Chilton, G., Gerber, N., Bechtel, A., Councill, T., Dreyer, M., & Yingling, E. (2015). The Art of Positive Emotions: Expressing Positive Emotions Within the Intersubjective Art Making Process (L'art des émotions positives : exprimer des émotions positives à travers le processus artistique intersubjectif). *Canadian Art Therapy Association Journal*, 28(1-2), 12-25. Open access: <http://www.tandfonline.com/doi/full/10.1080/08322473.2015.1100580>

Chilton, G., Gerber, N. & Scotti, V. (2015). Towards An Aesthetic Intersubjective Paradigm for Arts-Based Research: An Art Therapy Perspective. Special Edition of *UNESCO Observatory refereed e-journal, Multidisciplinary Research in the Arts*. Open access: https://education.unimelb.edu.au/__data/assets/pdf_file/0008/2889593/UNESCO-E-JOURNAL-V511-06-CHILTON.pdf

Chilton, G., Gerber, N., Councill, T., & Dreyer, M. (2015). I followed the butterflies: Poetry of positive emotions in art therapy research. *Cogent Arts & Humanities*, 2(1), 1026019. doi: 10.1080/23311983.2015.1026019. Open access: <http://www.tandfonline.com/doi/abs/10.1080/23311983.2015.1026019#>

Chilton, G. & Scotti, V. (2014). Snipping, Gluing, and Writing: An Exploration of Collage as Arts-Based Research Practice. *Art Therapy: Journal of the American Art Therapy Association*, 31(4), 163-171. doi:10.1080/07421656.2015.963484

Chilton, G. (2014). Arts Based Research [Review of the book, *Arts Based Research* by T. Barone & E. W. Eisner]. *Art Therapy: Journal of the American Art Therapy Association*, 31(4), 192-193. doi:10.1080/07421656.2015.964054

Chilton, G. (2013). Altered inquiry: Discovering arts-based research through an altered book. *International Journal of Qualitative Methods*, 12, 457-477. Available via open access: <http://ejournals.library.ualberta.ca/index.php/IJQM/article/view/17416/15713>

Chilton, G. (2013). Art Therapy and Flow: A review of the literature and applications. *Art Therapy: Journal of the American Art Therapy Association, 30*(2), 64-70.

Manders, E., & **Chilton, G.** (2013). Translating the essence of dance: Rendering meaning in artistic inquiry of the creative arts therapies. *International Journal of Education & the Arts, 14*(16). Open access: <http://www.ijea.org/v14n16/>

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.

Gerber, N., Templeton, E., **Chilton, G.**, Cohen Liebman, Manders E., & Shim, M. (2013). Art based research as a pedagogical approach studying intersubjectivity in the Creative Arts Therapies. *Journal of Applied Arts and Health, 3*(1) 39-48.

Schreibman, R. & **Chilton, G.** (2012). Small waterfalls in art therapy supervision: A poetic appreciative inquiry [Special Issue: Art Therapy Education]. *Art Therapy: Journal of the American Art Therapy Association, 29*(4), 188-191.

Chilton, G. & Wilkinson, R.A. (2009). Positive Art Therapy: Envisioning the intersection of Art Therapy and Positive Psychology. *Australia and New Zealand Journal of Art Therapy, 4* (1) 27-35.

Chilton, G., Gerity, L., LaVorgna-Smith, M., & MacMichael, H. (2009). An on-line art exchange group: 14 secrets for a happy artist's life. *Art Therapy: Journal of the American Art Therapy Association, 26*(2) 66-72.

Chilton, G. (2007). Altered books in art therapy with adolescents. *Art Therapy: Journal of the American Art Therapy Association, 24*(2), 59-63.

AWARDS

- *National Capital Region Medical Directorate Civilian Achievement Award* for Exceptionally Meritorious Service as a Federal Civilian of the Department of Defense, 2023.
- *Fort Belvoir Community Hospital Front Line Hero of the Month Award*, September 2021, Department of Behavioral Health. Award recognizes outstanding clinical service.
- American Creativity Association's *E. Paul Torrance Research Award*, 2014. Award recognizes emerging leaders whose research study demonstrates a unique and significant contribution to the field, executed with rigor and excellence in design and findings.
- *Drexel University Graduate Studies Travel Award*, 2012. Awarded travel costs to the 8th International Qualitative Congress of Qualitative Inquiry, University of Illinois at Urbana-Champaign.
- *Drexel University Provost Fellowship*, 2010-2012. \$10,000 Scholarship. Additional funding award supplementing a Drexel University Teaching Assistantship (2010-2011) and Research Assistantship (2011-2012).

- *Potomac Art Therapy Association Professional Scholarship Award*, 2009. For demonstrating “commitment to the field of education of art therapy students, supervision of art therapy graduate students, and/or promotion of the field of art therapy through continuing education and professional development.”
- *Potomac Art Therapy Association Distinguished Service Award*, 2002. For outstanding volunteer service as board member of the Potomac Art Therapy Association.
- *Sylvia Shaw Judson Sojourner Award*, 1999. Awarded two-week room and board, worth \$840, at Pendel Hill Quaker Retreat & Conference Center as an artist concerned with social justice.

KEYNOTES & INVITED PRESENTATIONS

- *Positive Art Therapy Theory and Practice Full-Day Virtual Workshop* with Rebecca Wilkinson, MA, ATR-BC, LCPAT. Florida State University’s Student Art Therapy Association, 3/6/2021.
- *Positive Psychology in the Creative Art Therapies: Theory & Applications for Working with All Ages* with Rebecca Wilkinson, MA, ATR-BC, LCPAT and Steven Baron, PsyD, Expressive Therapies Summit, Pratt Institute, 11/9/2019.
- *Consulting, Collaboration, and Credentialing: Psychologists Partnering with Creative Arts Therapists*. American Psychological Association (APA) Conference, San Francisco, CA, 8/7/2018.
- 2017 SIUE Annual Art Therapy Spring Conference Keynote, Southern Illinois University Edwardsville, IL, 4/2/17: Positive Psychology & Art Therapy, with Rebecca Wilkinson.
- Wayne State University, Frederick C. Neff Memorial Lecture in Philosophy and Education Keynote Open to the Public, June 5, 2015, Detroit, MI, *Art Therapy and Positive Psychology*, followed by June 6 & 7th, 1 credit course offering Positive Art Therapy, included *Miniature Alters to Honor Our Strengths* and *Exploring Positive Emotions through Art Therapy*.
- Beebe Healthcare’s *Ringling the Bell: A Cancer Survivorship Conference*, 1/15/15. Rehoboth Beach, DE. Keynote speaker with Rebecca Wilkinson.
- *Art Therapy and Positive Psychology: Exchanging New Ideas*, July, 2014, 2015, 2016, October 2017, 2018, 2019 Master Supervision Groups, American Art Therapy Association Conferences
- *Writing into the Visual: Art as Research*. Women Who Write Panel, 10th International Congress of Qualitative Inquiry, University of Illinois at Urbana-Champaign. 5/14.
- *Positive Art Therapy: Focusing on Strengths*, 4/14. Creative Arts Therapies Panel, Temple University, Tyler School of Art, Philadelphia, PA.
- *Introduction to Arts-Based Research*, 1/14; 5/21. Research Methods Course guest lecture, George Washington University Art Therapy Program, Alexandria, VA.
- *Creative Arts Therapy Research: Current Art Therapy and Dance /Movement Therapy Arts-Based Research Findings*, 1/14. Lecture/Workshop with Naomi Nim, Ed. D., BC-DMT, for the Potomac Art Therapy Association, Alexandria, VA.
- *The Art of Positive Emotions: Results of an Arts-Based Research Study*, 11/13. Keynote Lecture for 35th Annual Kansas Art Therapy Association Symposium, Kansas City, MO.
- *Spirit Dolls to Honor Our Strengths*, 11/13. Workshop for 35th Annual Kansas Art Therapy Association Symposium, Kansas City, MO.

- *Positive Psychology for Therapists and Their Clients: Art Therapy & Psychodrama Interventions*. Expressive Therapies Summit, NYC, NY. With Rebecca Wilkinson, MA, ATR-BC and Daniel Tomasulo, PhD, MFA, TEP. Provided a sold-out full-day training two years in a row, 11/12 and 11/13, NYC, NY.
- *Artist Trading Cards Honoring Art Therapy Pioneers*, 10/13. Workshop for George Washington University Art Therapy Program Faculty Retreat, Alexandria, VA.
- *Flow & Positive Psychology*, 11/12. Lecture at Drexel University, Creative Arts Therapies Program, Philadelphia, PA.
- *The Art of Happiness: Positive Psychology and Art Therapy*. 6/11. Webinar which was recorded and made available as an online distance learning course available through the Institute for Continuing Education in Art Therapy (ICE/AT) of the American Art Therapy Association.
- *Secrets of Small Art*, 10/09. Lecture at George Washington University Art Therapy Program, Alexandria, VA.
- *Magic of Miniatures Workshop*, 2/08. Potomac Art Therapy Association.
- *Stress Reduction through Art Therapy*, 11/06. Workshop for parents of special needs children, Fairfax County Public Schools, Alexandria, VA.
- *Adventures in Altered Books: Community Building, Artist Techniques, and Art Therapy Applications*, 11/06, Advanced Practice Course, American Art Therapy Association Conference, New Orleans, LA.
- *Art and Play with Preschoolers*, 9/06-Lecture at the Fort Hunt Preschool, Alexandria, VA.
- *Art Therapy with School-aged Children*, 8/06. Lecture to Alexandria Public School System psychologists, Alexandria, VA.
- *Introduction to Art Therapy: Animal drawings*, 4/06. Lecture to psychology class, H.B. Woodson High School, Arlington, VA.
- *Adventures in Bookmaking*, Winter, 2006. Six session course covering a variety of simple bookmaking techniques to elementary school students at Washington Mill Elementary, Alexandria, VA.
- *Art for Self Expression*, 8/05. Lectures for those working with individuals with severe disabilities at Mt. Vernon-Lee Enterprises, Northern Virginian locations.
- *Altered Books and Art Therapy*, 6/05. Potomac Art Therapy Association full-day workshop.
- Lectures to clinical staff at the Adolescent & Family Growth Center, Springfield, VA: *Using Creativity to Reduce Stress*, 2/05, *Introduction to Sandtray Therapy*, 8/03, *Use of the Diagnostic Drawing Series*, 3/03
- *Art Therapy in Social Work Practice*, 12/03 and 4/04 Lecture at the Virginia Commonwealth University School of Social Work.
- *Creating the Spirit*. Adult Religious Education art classes, 11/03-12/04. Mount Vernon Unitarian Church, Alexandria, VA.
- *Introduction to Art Therapy*, 1/02, Junior Girl Scout Troops of Service Unit 53-4, Alexandria, VA. *The Use of Sandtray: Therapeutic Interventions* 1/99 and 1/98. Lecture to Leary School, P.G. County clinical supervision group on therapeutic use of the Sandtray.
- *Cognitive Development in Art*, 12/97. Lecture on normal and abnormal creative development for Cognitive Development course at Virginia Polytechnic Institute.
- *Panel on Clinical Supervision*, 9/96. The George Washington University, Washington, DC.
- *DC Commission on Mental Health Services Clinical Therapies Branch Seminars*, 1993-1996, Washington, DC.

JURIED PRESENTATIONS

- *Positive Art Therapy Supervision Advanced Practice Course*, 11/22. American Art Therapy Association Conference, Minneapolis, Minnesota.
- *Symposium: Positive Art Therapy Theory and Practice*, 7/19, Panel Presentation, 6th World Congress on Positive Psychology, Melbourne, Australia

- *Positive Art Therapy Demystified: Myths, FAQs, and New Directions*. 10/18, Paper presentation, American Art Therapy Association Conference, Miami, FL
- *A Case of El Duende: Arts-Based Research of Supervision with Addiction Therapists*. 10/18, Paper presentation, American Art Therapy Association Conference, Miami, FL
- *Art of Positive Emotions: Findings of An Arts-Based Research Study*, 7/14, Paper presentation, American Art Therapy Association Conference, San Antonio, TX
- *Linking Positive Psychology to Art Therapy: Positive Art Therapy*, 7/14, Paper presentation, American Art Therapy Association Conference, San Antonio, TX
- *Adventures In Arts-Based Research*, 7/14, Paper presentation, American Art Therapy Association Conference, San Antonio, TX
- *Positive Ethics: An Empowering Approach to Ethical Practice for Art Therapists*, 7/14, Half-day Advanced Practice Course, American Art Therapy Association Conference, San Antonio, TX
- *An Arts-Based Study of the Dynamics of Expressing Positive Emotions within Intersubjective Art Arts-Based Research*, Interdisciplinary Dialog Special Interest Group, 10th International Congress on Qualitative Inquiry, University of Illinois at Urbana-Champaign, 5/14.
- *Arts-based Research in the Creative Arts Therapies*, panel with Drs. Shaun McNiff, Lisa Kay, and Tawnya Smith. 9th International Congress of Qualitative Inquiry, University of Illinois at Urbana-Champaign. 5/13.
- *Arts-based research as a pedagogical approach studying intersubjectivity in the Creative Arts Therapies*, With Dr. Nancy Gerber, 8th International Congress of Qualitative Inquiry, University of Illinois at Urbana-Champaign. 5/12.
- *Faculty and student learning: Experiences with creating a qualitative quilt*, with Drs. Fisher and Gerber, Leisbet Manders, Minjung Shim and Marcia Cohen-Liebman. 8th International Congress of Qualitative Inquiry, University of Illinois at Urbana-Champaign. 5/12.
- *Collaborating on Happiness: Positive Psychology and Art Therapy Advanced Practice Course*, with Rebecca Wilkinson, MA, ATR-BC American Art Therapy Association 42nd Conference, Washington, DC. 7/11.
- *Positive Psychology and Art Therapy Focus Group*, with Rebecca Wilkinson, MA, ATR-BC American Art Therapy Association 42nd Conference, Washington, DC. 7/11.
- *Graphic Syllabi and Outcome Maps: Visual Tool for Communicating Art Therapy Courses*. Digital Poster Session, American Art Therapy Association Conference, Dallas Texas. 11/09
- *Innovations in Happiness: Positive Psychology and Art Therapy Advanced Practice Course*, 11/09. American Art Therapy Association 40th Anniversary Conference, Dallas Texas.
- *Exploring Race and Racial Identity through Art*, 11/96. Workshop, American Art Therapy Association Conference, Philadelphia, PA.
- *Navigating the Conference: A Student Orientation*, 11/96 and 11/95. Open forum at the 1995 and 1996 AATA Conferences held in San Diego, CA and Philadelphia, PA respectively.

TRAINING

- REVIVE! Opioid Overdose and Naloxone Education program from Commonwealth of Virginia, 2017, Maryland Department of Health, 2018.
- Completed over 190 hours of training as a Psychodrama practitioner, various locations. Trained by Dr. Tian Dayton in action methods and Relational Trauma Repair (RTR), January 2015.

- CITI Collaborative Institutional Training Initiative, Social, Behavioral, and Educational Research Investigators Curriculum, 2011-2014, 2020-2023.
- Funded International Educational Experience, July, 2011. Attended the *7th Annual Mixed Methods International Conference* at the University of Leeds, in Leeds, England, through the Drexel University Creative Arts Therapies Ph.D. Program with support from the Sheller Family Foundation.
- Attended *World Congress on Positive Psychology* in 2009, 2011, 2019.
- National Coalition Building Institute Training of Trainers Program, 1995. Leadership Training Institute, 33 contact hours.

MEDIA INTERVIEWS

- Sugar Magazine, 9/2018: Self Care Edition. "Art Therapy & Mental Health" A Sit Down with Dr. Chilton. Available: <https://www.thesugarmag.com/>
- *The Connection* Newspapers: "Art Matters for All Ages: Local experts say art classes help children develop new skills." 9/16/13.
- *The Washington Times*: "Drawing strength from art: Young cancer patients express their feelings through pictures." 10/31/99.
- *Digital City*: Washington, DC - Dialogues Online: "Woman-to-woman on race-and more" 11/99.
- *The Washington Post*: "Use art as a tool for communication." 3/23/98.
- *WHFS Radio*: "The Sunday Papers-Art Therapy." Broadcast 4/14/96. Interviewed on-air for the community action program "The Sunday Papers," as Public Information Chair of the Potomac Art Therapy Association.
- *The Washington Post*: "The Gift of Creation: In 'Positive Impact,' Artists Who Care." 8/14/95.

SERVICE

The American Art Therapy Association (AATA), Professional Credentialed Member since 1995. Member #11989.

Service: Committee on Professional Practice, 1996-97; Chairperson, Local Arrangements, 2002 AATA Conference Committee; Understudy Conference Chair, 2003-2004; National Conference Chair, 2005-2006. Produced two major national conferences for over 700 attendees; Distance Learning Committee, 2008-2009. Instrumental in developing policy for the *Institute for Continuing Education in Art Therapy (ICE-AT)*; Teller's Committee, Chair, 2011, 2014, Monitored the voting procedures for the election of the national board of directors. Ran for Secretary of the Board of Directors, 2015, Elected Nominating Sub-Committee, 2017. Served as Chair, Nominating Sub-Committee, 2018-2019; Appointed to fill vacancy, 2020.

The Potomac Art Therapy Association (PATA), Professional Credentialed Member:

- Served consecutively for 18 years on Board of Directors, 1992-2010; Student Representative 1992-1993; Legislative Chair, 1993-1994; Membership Chair 1993-1995; Public Information Chair, 1995-1997; President-elect, 1995-1997; President, 1998-2000, Chapter affiliate delegate alternate, 2000-2001, Ethics Chair, 2000-2007; Blogger, 2008-2010. Scholarship Chair, 2014-2015, Scholarship Committee 2019-2020. Research Chair, 2016-2018.

National Coalition Building Institute, Local Associate. 1995-2005.

- Co-Led 1998-99 Woman-to-Woman on Racism initiative; E-newsletter editor, 1999-2002.

Fort Hunt Preschool, Alexandria, VA. Board of Directors, Church and Community Liaison, 2003-2007.

Generations Park & Garden, Lincoln Park, NJ. Board of Directors, 2020-present.

Winton Waters, Inc, Board of Directors, 2010-present. President, 2023-Present.

NATIONAL COALITION BUILDING INSTITUTE (NCBI) EXPERIENCE

Co-led over 20 one-day National Coalition Building Institute Prejudice Reduction workshops, various locations, 1995-2003. Key Events:

- *Invited Presenter, Opening Plenary Session: "Celebrate Diversity!"* 11/02. Opening Plenary for 950 participants, American Art Therapy Association National Conference, Washington, DC.
- *Healing, Coping & Getting on with your Life* with the Interagency Task Force on Youth Grief, Loss and Healing, Howard University, 5/01. NCBI Team Member for conference of 100 youth.
- *NCBI Training of Trainers*, 6/98. Howard University, Washington, DC.
- *NCBI Woman to Woman on Racism*, 9/97, 2/98, 1/99, Washington, DC.
- *Welcoming Diversity at Accotink Academy*, 8/97. Springfield, VA.
- *Prejudice Reduction Workshops at the DC Commission on Mental Health Services*, 2/97, 9/96, 6/96.
- *The DC Day of Dialogue and Racial Reconciliation*, 1/97. DC Convention Center, 1000 participants
- *NCBI Training of high school student Trainers*, Montgomery High School, Rockville, MD. 12/96; Maret School, Washington, DC, 4/97, 10/02; St. Steven's & St. Agnes School, Alexandria, VA, 6/99; Sidwell Friends School, Washington, DC, 8/00; Sandy Springs Friends School, Sandy Springs, MD, 9/8-9/00; *National NCBI Training of Trainers*, 11/01, Local Associate Leader, Silver Spring, MD;
- *NCBI Education Summit*, 2/01. Featured in PBS documentary series "Senior Year," Washington, DC.

VISUAL ART EXHIBITS

As Curator:

- *The Expressive Power of Art Therapy*. Coordinated art show at Inova Fairfax Hospital for Children that included student art from three special need sites in the Fairfax County Public School system. Exhibition dates: February 1, 2010–May 31, 2010.

As Artist:

- *Reflections* Magazine, Prince George's Community College, 2017, 2018.
- *Safe Space* Alternative Learning Location Mural, Washington Mill Elementary, Alexandria, VA.

- Cover Art for the text, *Method Meets Art, 2nd Ed*, by Patricia Leavy (2013), Guildford Publishers.
- Show of Artwork from Chilton dissertation, *An Arts-Based Study of the Dynamics of Expressing Positive Emotions within the Intersubjective Art Making Process*, at The George Washington University Art Therapy Program Gallery, Alexandria Graduate Education Center, Alexandria, VA. Exhibition dates: May, 29, 2014 – August 22, 2014.
- Cover Art for the novel, *American Circumstance*, by Patricia Leavy (2013), Sense Publishers.
- *Art Journals, 2009-2012*. Mixed Media on paper. Faculty Wall Exhibition Space, George Washington University Graduate Art Therapy Program. Exhibition dates: November 8, 2012 – January 3, 2013.
- *EnCounterCulture: The Culturally Responsive Art Therapist Juried Exhibition*. George Washington University Graduate Art Therapy Program juried art exhibit. Exhibition dates: December 12, 2009 – April 16, 2010. Mixed Media.
- *Art on the Avenue*, Regional multicultural arts & music festival held October 7th, 2006, Alexandria, VA. Mixed Media Portraiture.
- *Artist Fellowship Program Applicant Exhibition*, DC Commission on the Arts and Humanities, August 1999. Painting.
- *Bulkart* Internet magazine cover. 1997. www.bulkart.com. Painting.
- *A Positive Impact: Artists Active in Our Community*. Showcased among four local artists committed to social justice. The District of Columbia Art Center, Washington, DC. August-September, 1995. Paintings and interactive sand trays.
- *The Fifth Annual George Washington University Art Therapy Faculty and Field Supervisors Art Exhibit*. Washington, DC. May, 1995. Painting.
- *Works in Progress: A Festival of the Arts*. Washington, DC. May, 1994. Paintings.
- *The 1994 Art Therapy Graduate Exhibition*. The George Washington University, Washington, DC. April, 1994. Paintings.
- *Countertransference: The 1993 Art Therapy Graduate Student Exhibition*. The George Washington University, Washington, DC. April 1993. Sculpture.
- *The 1989 Visual Arts Senior Show*. Bennington College, Bennington, Vermont. May-June, 1989. Sculpture / Drawings.