

REBECCA A WILKINSON, LPC, LCPAT, ATR-BC, ITR-TT
Licensed Professional Counselor, Licensed Clinical Professional
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Certified Trauma Therapist
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*My personal and professional mission is, through collaboration and creativity,
to reduce suffering, improve quality of life,
and increase sense of connection and purpose.*

LICENSURE AND CERTIFICATIONS

Certified Psychedelic Assisted Therapist Integrative Psychiatric Institute (IPI) Multidisciplinary Association of Psychedelic Studies (MAPS/Lykos)	11/23
Certified Trauma Therapist-Level II Instinctual Trauma Response ITR® Training Institute	11/23
Licensed Professional Counselor <i>LPC-21671/LPC 2266</i> Arizona Board of Behavioral Health Examiners	2000-2007/2023-present
Licensed Clinical Profesional Art Therapist <i>ATC-044</i> Maryland Department of Health and Mental Hygiene	8/13-Present
ATR-BC Registered and Board Certified <i>97-049</i> Art Therapy Credentialing Board and American Art Therapy Association	2/95-Present

EDUCATION

Master of Arts, Art Therapy George Washington University, Washington, DC	4/95
Bachelor of Fine Arts (Art and Psychology) University of Arizona, Tucson, Arizona	5/89

PROFESSIONAL EXPERIENCE

05/09-Present Co-Founder, Managing Director

Creative Wellbeing Workshops, DC and AZ

Provide training, lectures, workshops and keynote presentations combining clinically proven strategies for managing stress, preventing burnout, resolving trauma and increasing well-being with art therapy theory and practice.

- 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: Psychedelics and Art Therapy; Positive Ethics (Cultural Competence, Self-Care, Strengths); Positive Psychology and Art Therapy; Preventing Compassion Fatigue/Fostering Compassion Satisfaction; Cultivating Creativity; Art Therapy with Clients with Mental Illness; and Art Therapy in the Hospitality Industry.

PROFESSIONAL EXPERIENCE (continued)

Creative Wellbeing Workshops Continued

- Maintain private practice providing consultation, supervision, as well as individual, couples and family clinical counseling and art therapy. Focus on stress management, grief, loss, anxiety, addictions and codependency, quality of life and wellbeing, psychedelic integration, creativity, career discernment, and couples counseling.
- Manage all aspects business including marketing, publicity, payroll, and budget.
- Workshop clients include but not limited to: Genentech; Microsoft; Government Accountability Office; World Bank Group; Emergency Medical Resident's Association; Easter Seals of the Washington/Baltimore Area; Child Welfare Services of Alexandria, VA; Virginia Department of Mental Health; Inova Life with Cancer; Washington Adventist Hospital; Child Advocacy Center of Frederick County; Full Picture Marketing.

9/07-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 and ongoing improvement of program curriculum.

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.

7/07-3/20 Workshop Facilitator/Continuing Education Coordinator

Smith Center for Healing and the Arts, Washington, DC

- Served as core faculty providing creativity workshops and continuing education training designed to empower individuals struggling with cancer and other life-threatening illnesses, their caregivers, and healthcare providers.
- Topics and techniques included: 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.
- Received 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.

02/10-6/13 Expressive Therapist 02/08-02/10

Coordinator, Expressive Therapies

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.

PROFESSIONAL EXPERIENCE (continued)

Washington Adventist Experience Continued

- Developed therapeutic programming, coordinated content and delivery of psycho-educational, clinical, and expressive therapies interventions.
- Initiated program for graduate student internships in art therapy, counseling, and psychology. Supervised graduate level art therapy and counseling students.
- 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.
- 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).
- 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.

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.

PROFESSIONAL EXPERIENCE (continued)

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.

▪ **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%.

4/08-8/10 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.

4/09-10/14 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

- Wilkinson, R.A. & Chilton, C. (In press, publication August, 2025). Positive art therapy: Integrating positive psychology with art therapy. In Gussak, D.E. & Rosal, M.L. (Eds). *Wiley Handbook of Art Therapy 2nd Edition*. John Wiley & Sons.
- Chilton, G., & Wilkinson, R.A. (August 11, 2022). Synergy of positive psychology and art therapy. In Chasseigne & C. Aguerre (Eds). *Psychology and Everyday Life: Diversity and Topicality of Positive Psychology*. Complicity Editions.
- Wilkinson, R.A. (2020). Coloring creates wellbeing: The desert mandalas coloring book (Initially printed as *The Miraval Mandalas Coloring book*). 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 (36)*,221-222.
- Wilkinson, R. A. & Chilton, G. (2018). *Positive art therapy theory and practice: Intergrating positive psychology and art therapy*. Routledge.
- Wilkinson, R. A. (2018). What is art therapy and how does it help? *Sober World (7)*5 21, 30.
- 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 (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.
- Wilkinson, R.A. (1993). Comparative research on the 1989 and 1994 Mari Card Test. Unpublished research paper, George Washington University.

MEDIA APPEARANCES

- **3/2022 Interview with Rebecca Wilkinson on AT, Creativity, and Psychedelics**
The Robin Smith Show Therapist and Comedian
<https://TheRobinSmithShow>
- **3/14/2021 Interview with Rebecca Wilkinson on COVID, Art, Masks, and Music**
KCXI Community Radio Captain's Log Amy Amoroso
<https://kxci.org/podcast/the-captains-log-volume-36/>
- **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>

MEDIA APPEARANCES (continued)

- **11/26/2018 “The Gym”**
The Depression Sessions with Laura Milkins
<https://thedepressionsession.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”**
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

Positive Psychology and Art Therapy

Exploring the intersection of positive psychology and the creative arts therapies.
Pennsylvania Art Therapy Association Virtual Conference PA 12/24

Psychedelic Art Therapy: Using Art in Psychedelic Preparation and Integration

Benefits and risks of psychedelics and role art has played in psychedelic assisted therapy.
American Art Therapy Association Virtual Conference 10/24

Psychedelic Art Therapy: Using Art in Psychedelic Preparation and Integration

Legal, ethical practices in psychedelics work, Western and traditional perspectives.
American Art Therapy Association, PA 10/24

Psychedelics and Art Therapy: Building a Bridge Between Two Worlds

Benefits and risks of psychedelics and role art has played in psychedelic assisted therapy.
American Art Therapy Association, PA 10/24

The Ethics of Art in Therapy: Ethical Considerations for Artmaking with Clients

Ethics and practical tools for non-art therapists to use art safely with their clients.
Creative Wellbeing Workshops 9/24

Psychedelics and Art Therapy Cohort 2

6-week class focused on using art in psychedelic therapy for preparation and integration.
Kutenai Art Therapy Training Institute, Canada 7/24-8/24

Positive Art Therapy Supervision Intensive

Applying positive psychology principles to art therapy supervision.
Creative Wellbeing Workshops 5/24

Psychedelics and Art Therapy Cohort 1

6-week class focused on using art in psychedelic therapy for preparation and integration.
Kutenai Art Therapy Training Institute, Canada 4/24-5/24

Positive Ethics in Action: What It Really Means to Be Strengths Based

6 hour training on the ethical implications of identifying and capitalizing on strengths.
Creative Wellbeing Workshops 2/24

Positive Ethics in Action: What It Really Means to Be Strengths Based

6 hour training on the ethical implications of identifying and capitalizing on strengths.
Creative Wellbeing Workshops 11/23

Positive Art Therapy Supervision Intensive

Applying positive psychology principles to art therapy supervision.
Creative Wellbeing Workshops 6/23

Positive Art Therapy Supervision Intensive

Applying positive psychology principles to art therapy supervision.
George Washington University Graduate Art Therapy Program 5/23

Positive Psychology and Art Therapy Theory and Practice

The integration of art therapy and positive psychology as it relates to professional development.
Maharashtra MIT Graduate Art Therapy Program 11/22

Positive Art Therapy Supervision

Lecture on applying positive psychology principles to art therapy supervision.
American Art Therapy Association, MN 11/22

Positive Art Therapy Supervision

Workshop on applying positive psychology principles to art therapy supervision.
American Art Therapy Association, MN 11/22

WORKSHOPS/PRESENTATIONS CONDUCTED (continued)

Art for Burnout Prevention and Stress Management

Using art to prevent burnout and manage stress.

Nurse Family Partnership and Child First Virtual Workshop 5/22

Positive Psychology and Art Therapy Theory and Practice

The integration of Art therapy and positive psychology as it relates to professional development.

Maharashtra Institute of Technology MFA Art Therapy Program Virtual 11/21

Work Life Program

3 month long weekly program to equip staff with tool for effectively managing stress.

World Bank Group Virtual 3/21-6/21

Art for Relaxation and Rejuvenation

Using art and mindfulness techniques to manage stress in high intensity environments.

Emergency Medical Residents Association Virtual Workshop 4/21

Positive Psychology and Art Therapy Clinical and Professional Development

The integration of Art therapy and positive psychology as it relates to professional development.

Florida State University Graduate Art Therapy Program 3/21

Managing Stress Through Art and Creativity

Tools for using creativity to cope with high levels of work and personal stress.

World Bank Group 12/20

Combatting Compassion Fatigue: Art and Self-Care

Current research and applications of using coloring for stress management.

Emergency Medical Residents Association Virtual Workshop 12/20

How Coloring Contributes to Mental Health: Science and Research

Current research and applications of using coloring in art therapy.

Art American Therapy Conference, Virtual 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 <https://podcasts.apple.com/us/podcast/healer-heal-yourself-reduce-burnout-discover-your-creativity/id1585536948> 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.

Sponsored by The United Arab Emirates Ministry of Culture and Knowledge Development
Venice, Italy and Brussels, Belgium 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 Creative Arts Therapies (CAT) and CAT to wellbeing.

Expressive Therapies Summit, NYC 11/19

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

WORKSHOPS/PRESENTATIONS CONDUCTED (continued)

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. 6 th 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. 6 th 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, Miami, 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, Miami, 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, Miami, L	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, San Francisco, CA	8/18
Consulting Collaborating & Credentialing: Psychologists Partnering with CATs Panel on ways that psychologist and creative art therapists can collaborate. American Psychological Association, San Francisco, 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
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

WORKSHOPS/PRESENTATIONS CONDUCTED (continued)

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, Dallas, 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, Dallas, 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
Children's Craniofacial Association, Reston, VA 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, Dallas, TX 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, Dallas, 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 Libraries Workshop 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
Washington, DC Public Libraries 1/13-12/15

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, MD 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

WORKSHOPS/PRESENTATIONS CONDUCTED (continued)

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, AZ

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

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

WORKSHOPS/PRESENTATIONS CONDUCTED (continued)

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

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

WORKSHOPS/PRESENTATIONS CONDUCTED (continued)

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/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

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

WORKSHOPS/PRESENTATIONS CONDUCTED (continued)

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

2/11

Positive Focus

How to shift focus from negativity to positivity and possibility.
Government Accountability Office, Washington, DC

12/10

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

WORKSHOPS/PRESENTATIONS CONDUCTED (continued)

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

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 Artwork

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

WORKSHOPS/PRESENTATIONS CONDUCTED (continued)

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 7/12-8/16

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
- 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 Workplace Training for Employers 10/12
- Drug Free Workplace 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

WORKSHOPS AND LECTURES FOR GOVERNMENT AND CORPORATE CLIENTS (continued)
Business Health Services (continued)

- 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

Smith Center for Healing and the Arts, Washington, DC

10/07-04/22

Workshops and Continuing Education Series for People Affected by Cancer,
 Their Caregivers, and Healthcare Providers

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

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| • Mandalas for Managing Stress and Improving Wellbeing | 4/22 |
| • 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 |
| • 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 |

WORKSHOPS/PRESENTATIONS CONDUCTED (continued)
Smith Center for Healing and the Arts, Washington, DC (continued)

- 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