

Curriculum Vitae
Melissa Hedlund, MCAT, ATR-BC, LCPC

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Professional Summary

Melissa Hedlund, MCAT, ATR-BC, LCPC, is an artist, art therapist and professional counselor. She is enrolled in the Ph.D. in Expressive Therapies program at Lesley University, has a Master of Arts in Counseling Psychology: Art Therapy from the Adler School of Professional Psychology, is a Licensed Clinical Professional Counselor in Illinois and a Board Certified Registered Art Therapist. She is the Speaker of the Assembly of Chapters for the American Art Therapy Association, past President of the Illinois Art Therapy Association and Regional Representative of the Chicago Suburbs to the Governing Council of the Illinois Counseling Association. She has developed and founded a not-for-profit, The Light of The Heart: A Community Art Therapy Project, and is the project's Executive Director. She is extremely passionate about bringing together diverse groups of individuals and building community through art therapy. Her life mission is to bring light to dark areas through the creative process of art making.

Her professional interests include: furthering the field of art therapy through education and research, creating heartfelt connections nationwide within the field and expanding access areas of inclusive art therapy programming. Her clinical approach involves integrating Mindfulness Based Stress Reduction and Somatic Experiencing with art therapy and counseling psychology. She has experience working with diverse populations, diagnoses and treatment environments. Her current clinical interests involve working with adolescents and women affected by PTSD, anxiety, depression, panic disorder and those seeking wellness. Research interests include exploring the heart in relation to the creative process of art making. On the non-clinical end, she has experience in not-for-profit development, curriculum development, grant writing, program development, conducting research on community disparities, fund development, education and management.

Education:

- **Enrolled in Doctorate of Philosophy: Expressive Therapies**, Lesley University, Cambridge, MA
Research Advisor: Dr. Shaun McNiff (Estimated graduation: 2019)
- **Master of Arts in Counseling Psychology & Art Therapy**, Adler School of Professional Psychology, Chicago, IL (2008)
- **Associate of Arts in Fine Arts**, College of DuPage, Glen Ellyn, IL (2005)
- **Bachelor of Arts in Psychology**, Eastern Illinois University, Charleston, IL (2004)
- **Bachelor of Science in Biological Sciences**, Eastern Illinois University, Charleston, IL (2004)
- **Associate of Science in Microbiology**, College of DuPage, Glen Ellyn, IL (2001)

Employment History:

Adjunct Professor

Waubonsee Community College, Sugar Grove, IL (May, 2015- present)

- Design and teach pre-art therapy courses for students interested in pursuing graduate level training in art therapy

- Develop and manage syllabi. Responsible for selecting and compiling tests, and assignments that permit measurement of performance relative to standardized learning objectives.
- Facilitate Class Instruction. Responsible for teaching the assigned courses in accordance with learning objectives and session plan outlines.
- Evaluate Student Performance. Expected to administer evaluations of student performance based on course deliverables and course rubrics. Must post all course grades on the Blackboard Grade Center.
- Respond Promptly to Grade Determination. Submit grades for any assignments, discussion board exercises, and exams and course completion.
- Input Final Grades into Blackboard Grade Center.
- Set aside office hours for students in need of support outside designated class time
- Communicate with Associate Dean of Department

Speaker of the Assembly of Chapters

American Art Therapy Association, Alexandria, VA (January, 2015- present)

- The Speaker is an officer on the Board of Directors and is expected to participate in Board of Director (BoD) meetings and votes.
- Coordinate communications between Chapters and National Office.
- Communicate pertinent news from AATA Board of Directors to Chapters.
- Report to Board of Directors at bi-annual BoD meeting Chapter happenings.
- Help Chapters applying for Chapter Status (review bylaws to present to BoD via motion).
- Monitor Chapter's dues collection with National Office.
- Intervene when necessary in Chapter Management disputes/complaints to uphold bylaws, standards of practice, and ethical codes.
- Appoint all standing and Special Committees (and Chairs) as necessary to run Assembly of Chapters.
- Coordinates with National Office to make sure Chapters have necessary resources during an emergency.
- At conference appoints 3 delegates to read minutes and report changes (corrections go to the Recorder).
- Distributes corrected unapproved Minutes to delegates for approval. To be done before conference of following year.
- Coordinates Assembly of Chapters meeting:
- Agenda, Call for Honorees, Elections, etc.
- Writes articles for Chapter Updates monthly and newsletters quarterly. Newsletter allows the membership what is going on in Chapters.

Adjunct Professor

College of DuPage, Glen Ellyn, IL (September, 2013- present)

- Design and teach pre-art therapy courses for students interested in pursuing graduate level training in art therapy
- Develop and manage syllabi. Responsible for selecting and compiling tests, and assignments that permit measurement of performance relative to standardized learning objectives.
- Facilitate Class Instruction. Responsible for teaching the assigned courses in accordance with learning objectives and session plan outlines.

- Evaluate Student Performance. Expected to administer evaluations of student performance based on course deliverables and course rubrics. Must post all course grades on the Blackboard Grade Center.
- Respond Promptly to Grade Determination. Submit grades for any assignments, discussion board exercises, and exams and course completion.
- Input Final Grades into My Access and the Blackboard Grade Center.
- Set aside office hours for students in need of support outside designated class time
- Communicate with Department Coordinator, Associate Dean, Dean and Associate Dean of Adjunct Faculty Support

Chicagoland Regional Representative to the Governing Council

Illinois Counseling Association, DeKalb, IL (July, 2013- present)

- Serve as member of the Governing Council
- Assist with welcoming and recruiting members through emails, phone calls, letters (quarterly); maintaining regular contacts (quarterly) with divisions, chapters, and colleges/universities; and speaking to institutes, conferences, workshops, and other counseling organizations.
- Assist with professional development by attending or conducting a workshop; and shall promote Division and Chapter professional development activities and meetings.
- Assist the ICA President by encouraging members in their respective regions to attend Governing Council meetings, division, and chapter events, and the annual conference; with follow-up of Governing Council members who do not attend meetings; and with welcoming conference attendees at the annual conference.

Co-Founder & Executive Director

The Light of the Heart: A Community Art Therapy Project, Aurora, IL (August, 2010- present)

- Reporting to the Board of Directors, responsible for The Light of the Heart's (TLOTH's) consistent achievement of its mission, vision and financial objectives.
- Develop sound programming, organizational and financial plans with the Board of Directors and carry out plans and policies authorized by the board.
- Be a registered art therapist and provide art therapy programming (e.g. individual sessions, groups and workshops). Be passionate about art therapy and connecting with others to bring light into their lives.
- Supervision of interns and staff
- Be responsible for the recruitment, employment, and release of all personnel, both paid staff, interns and volunteers.
- Ensure that job descriptions are developed, that regular performance evaluations are held, and that sound human resource practices are in place.
- Encourage staff and volunteer development and education, and assist program staff in relating their specialized work to the total program of the organization.
- Maintain official records and documents, and ensure compliance with federal, state and local regulations.
- Maintain a high working knowledge of significant developments and trends in the field.
- See that the board is kept fully informed on the condition of TLOTH and all important factors influencing it.
- Publicize and market TLOTH, its programs mission, vision and goals.

- Establish sound working relationships and collaborative partnerships with community groups and organizations.
- Attend community meetings
- Strongly represent the programs and point of view of TLOTH to agencies, organizations, and the general public.
- Be responsible for developing and maintaining sound financial practices.
- Work with the staff, Finance Committee, and the board in preparing a budget; see that the organization operates within budget guidelines.
- Ensure that adequate funds are available to permit TLOTH to fulfill its mission
- Jointly, with the chair and secretary of the board of directors, conduct official correspondence of the organization, and jointly, with designated officers, execute legal documents.

Grant Writer

National Alliance on Mental Illness of Kane, DeKalb and Kendall Counties, Aurora, IL (Feb., 2014-March, 2015)

- Develop annual grant writing calendar
- Expand Organization's revenue stream
- Conduct prospect research on foundation, corporate and government grants that align with the mission and vision of the Organization
- Write proposals for foundation, corporate and government grants
- Communicate with funders and potential funders
- Procure sponsorships for annual fundraisers
- Report to Organization's Executive Director
- Special projects as assigned

President

Illinois Art Therapy Association, Chicago, IL (December, 2013-December, 2014)

- Lead Executive Board and Chapter Meetings, assisted by the President-Elect and Secretary to gather agenda items for each meeting.
- Works collaboratively with President-Elect as a leadership team, also training President-Elect for leadership the following year.
- Actively and collaboratively work with Executive Board to create strategic direction for the Chapter, including developing Strategic Plan and keeping By-Laws and Policies and Procedures current.
- Submits Chapter paperwork required by various governing bodies (State of Illinois, CICO, Insurance, etc.), delegating to Secretary, as appropriate.
- Prepares Chapter Reports and other documents for AATA, delegating to Secretary or Director of Membership, as appropriate.
- Attend Delegate Meeting at the AATA Annual Conference, and share information gathered with the Executive Board. President may also request that President-Elect attend this meeting as a team, or in her/his place.
- Attend initial planning meetings (July/August/September) for the following year's Annual Conference along with President-Elect, Conference Chair, Conference Chair-Elect and the representative from our partner organization, currently SAIC.
- Take on additional responsibilities needed to lead and guide the Chapter toward strategic goals.

Art Director

Peace Players, Ministry of St. John UCC, Aurora, IL (Summer 2010, Summer 2014)

- Designed visual arts program for creative arts summer camp for at-risk, low-income children ages 8-14 that had a focus on peace.
- Taught children positive messages about life, encouraged children and provided a safe and caring environment.
- Developed directives for creating artwork and led all visual art experientials.
- Gathered, organized and maintained art supply inventory.
- Assisted co-directors with the implementation of daily activities (e.g. developing and leading journaling exercises, taking children on field trips, registration, serving lunch and snacks, etc.)
- With children and volunteers, created backdrop, props and decorations for showcase performance.
- Mentored junior helpers and worked with volunteer team.

President-Elect

Illinois Art Therapy Association, Chicago, IL (January, 2013 – December, 2013)

- Assist (Co-Chair) the annual conference
- Attend all associated board meetings
- Communicate with the President and Executive Board and/or Chairs to prioritize agenda items for the board meetings.
- Assist the President with the facilitation of board meetings and become familiar with “Roberts Rules of Order” as they apply to board meetings.
- Be familiar with the bylaws of the Chapter and the national organization.
- Handle administrative duties as requested by the President and Executive Board.
- Maintain communication with the President and Executive Board
- Perform Presidential duties in the absence of the President.
- Representative on the Coalition of Illinois Counseling Organizations’ (CICO) Board of Directors and attend all respective meetings, maintaining communication with CICO and reporting back to the Executive Board
- Member of the Governmental Affairs Committee

Director, Board of Directors

Coalition of Illinois Counseling Organizations, Springfield, IL (January, 2013- December, 2013)

- Represent IATA and all art therapists in the State and communicate the field’s stance on bills related to the art therapy profession and counseling as a whole
- Attend all board meetings and stay abreast of legislature related to the field
- Report back to IATA

Programs Chair

Illinois Art Therapy Association, Chicago, IL (April, 2011-December, 2012)

- Designed annual schedule of art therapy programs for association
- Coordinated and implemented each program; including: communication with presenters, marketing/advertising of program, registration, space reservation, set-up and clean-up of each program, communication with volunteer team, delegating tasks to volunteer team, communication with IMHCA, etc.

- Communication with executive board and attendance at all board meetings

Art Therapist

Loyola University Health System: Cancer Service Line, Maywood, IL (March, 2011-September, 2012)

- Developed and implemented the first art therapy program at Loyola for cancer patients inpatient, outpatient and at off-site locations within the Cancer Service Line.
- Holistically treated the mind, body and human spirit through the creative process of art making.
- Provided and created a safe and sterile treatment environment to administer art therapy to patients.
- Ordered supplies and maintained supplies in all treatment areas, completed documentation, communicated with treatment team, made appropriate referrals and participated in clinical supervision.
- Organized art therapy outreach activities for Cancer Survivor Day and the Bone Marrow Survivor Celebration.
- Worked with and provided support to volunteers for the Cancer Service Line.
- Provided trainings and in-service workshops for the treatment team.

Co-Facilitator & Co-Founder

Creativity Circle, Naperville, IL (August, 2010-April, 2012)

- Provide a safe environment for artists of all types to explore, foster and empower their creative selves.
- Work with a licensed psychotherapist to explore members' creative blocks in gentle ways and nurture creative development.
- Provide an ongoing support community for both the beginning, curious and the experienced artist.

Art Therapist/Art Instructor

Western DuPage Special Recreation Association, Carol Stream, IL (Fall and Winter Sessions 2010-2011)

- Provided individual art lessons to children, adolescents and adults that have a development disability and/or a mental illness for a period of 8-weeks.
- Built rapport with each participant, provided encouragement, improved communication skills, fostered creativity, encouraged use of fine motor skills, increased self-esteem and learned about different creating techniques.
- Completed weekly paperwork and reported back to Manager of Cultural Arts & Social Service Program.

Art Therapist

Advocate Good Samaritan Hospital, Downers Grove, IL (February, 2010-November, 2010)

- Supervised and implemented an art therapy and activity program for patients in the adult and geriatric psychiatric inpatient and outpatient units.
- Provided direct services to a caseload of patients; including, individual and group art therapy treatment.
- Completed initial psychosocial activity therapy assessments, developed treatment goals and monitor progress.

- Completed daily paperwork.
- Maintained communication and working relationship with Medical Director, Unit Manager and Multidisciplinary staff.
- Maintained art supplies, materials and equipment. Maintained cleanliness and safety in the treatment area.

Art Therapist

Safe Passage, DeKalb, IL (August, 2008- February, 2010)

- Provided art therapy and counseling services to individuals (children, adolescents and adults), couples and families in shelter, long-term housing and on a walk-in basis.
- Led art therapy groups for child and adult survivors of sexual assault and domestic violence.
- Participated in treatment planning, case consultation and collaborative case management.
- Participated in training of staff, volunteers and interns. Provided consultation to colleagues on the use of art therapy.
- Created Sexual Assault Awareness Month (SAAM) Collaborative Art Pieces to display in the community. Created and assembled SAAM Artwork Exhibition of staff response pieces to working with survivors.
- Participated in county and community networking meetings.
- Completed and logged weekly paperwork in a timely manner.
- Procured in-kind and monetary donations to maintain supply of art materials for art therapy with clients.

Fund Development Officer

NAMI DuPage, Wheaton, IL (January, 2006-February, 2009)

- Managed annual grant writing schedule. Identified, developed, and maintained grants that funded programs and services.
- Responsible for prospect research, proposal and cover letter writing, gathering information and proofing.
- Cultivated relationships with individual donors. Developed and maintained relationships with prospective and current grant funders.
- Responsible for managing communication with funding sources; including, corporations, foundations (both private and family), Religious/Service groups, United Way and the government (e.g. CDBG).
- Procured monetary and in-kind sponsorships/donations for special events (e.g. Run for the Mind and Spring Benefit)
- Worked with development team and Executive Director; participated in weekly meetings.

Intern Art Therapist

Family Shelter Service, Wheaton, IL (April, 2007-May, 2008)

- Provided art therapeutic intervention services to children, adolescents and women using individual, family and group treatment. Included were adult, adolescent and child survivors of domestic violence and sexual assault.
- Provided domestic violence education to survivors of domestic violence.
- Provided case management services and gave community referrals as needed.

- Answered 24-hours domestic violence hotline; consisted of telephone counseling, documenting police responses and providing community referrals.
- Conducted workshop for staff and interns on 'The Use of Art with Survivors of Trauma' and provided consultation on the use of art therapy.
- Completed prospect research and statement of need to procure domestic violence funding.
- Participated in program development, creating an art therapy program to implement at the agency.

Community Development Intern

South-Southwest Suburban United Way, Crestwood, IL (December 2006-June 2007)

- Conducted community research on the disparities in the area and target population in need of funding.
- Completed a comprehensive funding plan for the procurement of foundation funding.
- Participated in grant writing and annual campaign.
- Developed donor database and tracked return on investment.
- Participated in review of funding applications and site visits.

Education Course Manager/Assistant to Education Program Director

NAMI DuPage, Wheaton, IL (August, 2004-December, 2005)

- Managed and scheduled educational courses and support groups (e.g. Family-to-Family, Peer-to-Peer, Child-to-Child, Provider Education, etc.).
- Communicated with all educational course teachers and support group leaders
- Developed satisfaction and reliability surveys for course evaluation.
- Developed flyers, posters and press releases to advertise courses.
- Managed and coordinated volunteers for annual fundraising events and Chair of annual Volunteer Brunch.
- Family to Family Education Teacher. Provided community referrals and additional support as needed.
- Participated in program development. Assisted in the development of Child-to-Child, a program which provides support and psychoeducation for children and adolescents with a chronic mental illness.

Publications/Papers:

- A Qualitative Study Exploring Female Adult Children of Alcoholics That Choose Violent and Abusive Intimate Partners-2008
- The Effects of Victim and Perpetrator Attractiveness on Rape Blame and Believability- 2004

Grants:

Personal

Illinois Counseling Association Foundation, Merlin W. Schultz Professional Development Grant, \$700 for Somatic Experiencing Training (2014)

The Light of The Heart: A Community Art Therapy Project

2015 Grants

- Dunham Fund, \$15,000 for Art Therapy in the Aurora Public Schools

- Horizons Unlimited Fund, \$2,000 for Art Therapy in the Aurora Public Schools
- City of Aurora, \$1000 for Art Jam
- Rush-Copley Medical Center, \$500 for General Operating
- ILLCO, \$250 for General Operating
- Kish Health System, \$250 for General Operating
- Alderman Edward Bugg, \$250 for General Operating
- Golden Paints, \$100 for General Operating

2014 Grants

- Dunham Fund, \$10,000 for Art Therapy in the Aurora Public Schools
- Horizons Unlimited Fund, \$2,000 for General Operating
- Illinois Arts Council, \$1,600 for General Operating Expenses
- Wheaton Franciscan Sisters, \$1,500 for Financial Assistance Fund
- DuPage Unitarian Church, \$1,200 for General Operating
- Naperville Women's Club, \$1,000 for General Operating
- Aurora Rotary Club, \$1,000 for Art Therapy in Aurora Public Schools
- Adler School of Professional Psychology, \$1,000 for General Operating Expenses
- City of Aurora Festival Funding, \$800 for Art Jam Stage & Insurance
- Aurora Kiwanis, \$500 for Art Therapy in Aurora Public Schools
- Linden Oaks Hospital, \$500 for General Operating Expenses
- Rush-Copley Medical Center, \$500 for General Operating Expenses
- Alderman Edward Bugg, \$500 for General Operating Expenses
- Blick Art Materials, \$500 for art supplies
- Compassion Foundation, \$500 for General Operating Expenses

2013 Grants

- Community Foundation of the Fox River Valley, \$10,000 for Mobile Art Therapy Vehicle
- Wheaton Franciscan Sisters, \$1,500 for Financial Assistance Fund
- Illinois Arts Council, \$875 for General Operating Expenses
- Compassion Foundation, \$750 for General Operating Expenses
- Naperville Women's Club, \$500 for General Operating Expenses
- Rush-Copley Medical Center, \$500 for General Operating Expenses
- City of Aurora, \$500 for General Operating Expenses
- City of Aurora Festival Funding, \$300 for Mural of Love

2012 Grant

Linden Oaks Hospital, \$1,000 for General Operating Expenses

National Alliance on Mental Illness of Kane South, DeKalb & Kendall Counties

2014 Grants

- Dunham Fund, \$20,000 for Community Support Program
- Community Foundation of the Fox River Valley, \$6,000 for Technology Improvement Program
- Geneva Community Mental Health Board, \$3,400 for Community Support Program
- Kish Health System, \$3,500 for General Operating Expenses

- Kendall County Mental Health Board, \$1,500 for Schools Program
- Compassion Foundation, \$1,000 for General Operating Expenses

National Alliance on Mental Illness of DuPage County

2008 Grants

- Community Memorial Foundation, \$180,000 for NAMI Recovery Connections
- Alfred Bersted Foundation, \$20,000 for Schools Program
- Aetna Foundation, \$25,000 for Schools Program
- DuPage Community Foundation, \$18,000 for General Operating Expenses
- DuPage United Way, \$12,000 for Employment Program
- Eisenberg Foundation, \$10,000 for Schools Program
- Dr. Scholl Foundation, \$10,000 for General Operating Expenses
- Argonne National Labs, \$10,000 for General Operating Expenses
- City of Naperville, \$8,000 for Housing Program
- DuPage County Department of Human Services, \$7,000 for Consumer Program
- Eli Lilly, \$5,000 for Consumer Program
- Janssen Pharmaceuticals, \$5,000 for General Operating Expenses
- Rotary Club of Naperville, \$5,000 for Children's Program
- Bristol Myers Squibb, \$5,000 for Consumer Program
- Glen Ellyn Infant Welfare, \$1,500 for Children's Program
- Linden Oaks Hospital, \$1,000 for General Operating Expenses

Professional Development:

Trainings/Workshops Conducted

- Led *Release and Connect in Relationship Through Art Therapy, Mindfulness & Somatic Experiencing* at the American Art Therapy Association's Annual Conference in Minneapolis, MN (July, 2015)
- Led *Retreat to Art: Art & The Body* at The Light of The Heart in Aurora, IL (February, 2015)
- Led somatic art workshop for expressive therapies department at Camelot Schools in Mount Prospect, IL (December, 2014)
- Visiting Artist at the WDSRA Drop-In Center in Naperville, IL (December, 2014)
- Led Anxiety & Art Workshop for students at the College of DuPage in Glen Ellyn, IL (December, 2014)
- Led workshop at the Illinois Counseling Association Conference, Reinventing Community Through Art, in Schaumburg, IL (November, 2014)
- Led art therapy workshop at St. Thomas United Methodist Church, Glen Ellyn, IL (November, 2014)
- Led workshop at the Illinois Art Therapy Association's Conference, Say It Out Loud, Release and Connect in Relationship: Gently Using Art, Mindfulness & Somatic Experiencing to Truly Connect, in St. Charles, IL (October, 2014)
- Led workshop at Art in Response to Violence Conference at Northeastern Illinois University, Body As Our Canvas: Creatively Exploring and Addressing The Effects of Vicarious Relational Violence and Trauma on Our Whole Selves, Chicago, IL (October, 2014)
- Guest presenter on art therapy and counseling at the Oswego Rotary Club (August, 2014)

- Guest presenter on art therapy and counseling at the Aurora Kiwanis Club (July, 2014)
- Led Art Journaling: A Powerful Form of Self-Care workshop (May, 2014)
- Led Retreat to Art: An Awakening for homeless mothers and their children (May, 2014)
- Led An Artful Awakening: A workshop for survivors of sexual abuse or assault (April, 2014)
- Led Retreat to Art: Healer as Creator, at the Clarus Center, Warrenville, IL (February, 2014)
- Visiting Artist at the WDSRA and NAMI DuPage's Drop-In Center for adults with severe and persistent mental illness (January, 2014)
- Led Retreat to Art for veterans from the Edward Hines Veteran Affairs Hospital at the Clarus Center (December, 2013)
- Visiting artist and lecturer, An Introduction to Art Therapy, at the College of DuPage, Glen Ellyn, IL (November, 2013)
- Presented Mind, Body and Spiritual Needs: A Mindful Art Making Approach to Wellness at annual Illinois Counseling Association conference, Skokie, IL (November, 2013)
- Led Retreat to Art workshop at Mutual Ground in Aurora, IL, for survivors of domestic violence during Domestic Violence Awareness Month (October, 2013)
- Conference Co-Chair for Illinois Art Therapy Association Conference, Collective Rekindling: Healing Narratives in Art Therapy, at the School of the Art Institute of Chicago (October, 2013)
- Conducted an overview of art therapy training for clinical staff at Mutual Ground (September, 2013)
- Presented an Overview of Art Therapy for Kendall County Senior Providers at the Kendall County Health Department (August, 2013)
- Guest Lecturer at Aurora University on Art Therapy for Master of Social Work students (May, 2013)
- Led Retreat to Art: A Mindful Art Making Workshop (April, 2013)
- Led The Light of The Heart's Painting at the Paramount: Creating Community Through Art Therapy (November, 2013)
- Led mindfulness based art therapy self-care workshop for IATA, Chicago, IL (November, 2012)
- Led art therapy retreat for Saint Mary's College, Notre Dame, Indiana (October, 2012)
- Coordinated IATA's Past President & Leaders in the Field Exhibit & Panel Discussion, Chicago, IL (September, 2012)
- Conducted art therapy training for Loyola University Health System's Palliative Care Team in Maywood, IL (February, 2012)
- Co-facilitated IATA Self-Care Workshop with a Dance Movement Therapist for students at the Fulton Street Collective in Chicago, IL (November, 2011)
- Visiting Artist at the Western DuPage Special Recreation Association and NAMI DuPage's Drop-In Center for adults that have a mental illness in Naperville, IL (May, 2011)
- Conducted Art Therapy trainings for support, medical and psychological teams at Loyola University Health System in Maywood, IL (April, 2011)
- Conducted Art Therapy Retreat Workshop for nursing management of the Loyola University Health System's Cancer Service Line at Brookfield Zoo, Maywood, IL. (April, 2011)
- Led workshop for Family Shelter Service's domestic violence clinical staff on Self Care & Art Therapy in Wheaton, IL (December, 2010)
- Led workshop for Advocate Good Samaritan Hospital's psychiatric inpatient and outpatient staff on Self Care and Art Therapy in Downers Grove, IL (December, 2010)

- Visiting Artist at Western DuPage Special Recreation Association and NAMI DuPage's Drop-In Center for adults that have a mental illness in Naperville, IL (December, 2010)
- Trained St. John United Church of Christ's support staff on Art Therapy & Trauma in Aurora, IL (November, 2010)
- Trained DuPage Community Clinic's clinical psychology department on Art Therapy in Wheaton, IL (October, 2010)
- Trained Advocate Good Samaritan Hospital's healthcare professionals on Art Therapy and mental illness in Downers Grove, IL (April, 2010)
- Trained Safe Passage's trauma support staff on Art Therapy & Trauma in DeKalb, IL (January, 2010)
- Trained Safe Passage's clinical interns on Sexual Abuse Counseling in DeKalb, IL (January, 2010)
- Panel presenter at the 2008 Illinois Art Therapy Association & Advocate Healthcare Childhood Trauma Treatment Program in Oak Lawn, IL (October, 2008)
- Art Therapy group facilitator at the World's Children Festival in Washington D.C. (June, 2007)

Trainings/Workshops Attended

- Completed DCFS Mandated Reporter Training, Chicago, IL (September, 2015)
- Attended American Art Therapy Association's Annual Conference, Minneapolis, MN (July, 2015)
- Completed Somatic Experiencing Practitioner Intermediate II training, Berkeley, California (June, 2015)
- Completed Somatic Experiencing Practitioner Intermediate I training, Wheaton, Illinois (April, 2015)
- BASE: The Basic Concepts—Attention, Intention and Touch with Dave Berger (March, 2014)
- Illinois Counseling Association Conference, Reinventing Community, Schaumburg, Illinois (November, 2014)
- Illinois Art Therapy Association Conference, The Elephant in The Room: A Creative Dialogue on Politics, Power & Violence, at Pheasant Run Resort in St. Charles, IL (October, 2014)
- Art in Response to Violence Conference at Northeastern Illinois University in Chicago, IL (October, 2014)
- Somatic Experiencing Practitioner Training, Beginning III, at the Loretto Center in Wheaton, IL (October, 2014)
- Attachment and Somatic Experiencing, at the Loretto Center in Wheaton, IL (October, 2014)
- Somatic Experiencing Practitioner Training, Beginning II, at the Loretto Center in Wheaton, IL (July, 2014)
- American Art Therapy Association Conference, San Antonio, Texas (July, 2014)
- Voices of Survival: Healing sexual trauma through the arts, Awakenings Center in Chicago, IL (July, 2014)
- Somatic Experiencing Practitioner Training, Beginning I, at the Loreto Center in Wheaton, IL (April, 2014)
- Attended Illinois Counseling Association Annual Conference, Living Long and Living Well: Balancing the Dimensions of Wellness, in Skokie, IL (November, 2013)
- Attended School Refusal vs. School Truancy at Linden Oaks Hospital in Naperville, IL (October, 2013)
- Attended Southern Illinois University's Art Therapy: Weaving a Multicultural Foundation to Couple and Family Therapy Conference (April, 2013)

- Attended Territories of Encounter: The Art Therapy Assemblage at the School of the Art Institute of Chicago (March, 2013)
- Attended IATA's An Altered Book for an Altered Life with Harriet Wadeson (March, 2013)
- Attended AATP's Conflict Resolution Skills for Supervisors (February, 2013)
- Attended AATP's Ethics in Clinical Supervision (February, 2013)
- Attended IATA's 2012 Conference: Art Therapy & Resilience in Contemporary Practice (October, 2012)
- Attended City of Aurora's CDBG 2013 Program Year Workshop in Aurora, IL (July, 2012)
- Professional member of the Womenscare Counseling Center's Trauma Consultation Group in Evanston, IL (August, 2009 – March, 2012)
- Coordinated and attended IATA's Bruce Moon Workshop: For the Love of Resistance: Why Art Therapy is Essential for Adolescents, at the Fulton Street Collective in Chicago, IL (February, 2012)
- Completed Grant Prospect Research Workshop at the COD Philanthropy Center in Glen Ellyn, IL (January, 2012)
- Completed 10 Week training, A Mindfulness Course, with Dr. Chris Johnson at the Clarus Center in Warrenville, IL (December, 2011)
- Attended IATA's 2011 Conference: Community, Collaboration and Creativity in Change in Chicago, IL (October, 2011)
- Attended Chemotherapy Workshop and Bone Marrow and Hematology Cancer Treatment Workshop at Loyola University Health System in Maywood, IL (April, 2011)
- Completed Giant Steps Autism Training in Wheaton, IL (January, 2011)
- Completed Western DuPage Special Recreation Association's Developmental Disability Training in Carol Stream, IL (August, 2010)
- Completed Womenscare Counseling Center's Trauma Informed: A Guide to the Treatment of Complex Traumatic Stress Disorders in Evanston, IL (May, 2010)
- Completed CPI training at Advocate Good Samaritan Hospital (April, 2010)
- Completed the Illinois Coalition Against Sexual Assault's Understanding Teen Depression and Suicide; Race, Racism and Sexual Violence; Crossroads of Trauma & Mental Health; Sexual Healing: Integrating Sex Therapy with Trauma Survivors and Serving People with Disabilities in Springfield, IL (May, 2009)
- Art Therapy Clinical Supervision with Dan Anthon, MA, LCPC, ATR-BC in Evanston, IL (Began August, 2008)
- Completed Illinois Coalition Against Sexual Assault's 40-hours Sexual Assault Crisis Intervention Training in Springfield, IL (August, 2008)
- Completed the American Foundation for Suicide Prevention's Suicide Risk & Prevention Among LGBTQ Youth online training (September, 2008)
- Completed 40-hours Illinois Coalition Against Domestic Violence's domestic violence training in Wheaton, IL (May, 2007)
- Completed Art Therapy and Anxiety: Healing Through Imagery training in Northbrook, IL (March, 2007)
- Completed Fund Development Training (including: grant writing, prospect research, proposal basics, procuring individual donors and major donors, program evaluation and program development) at the Donors Forum (April, 2009)
- Completed training to become a NAMI Family to Family Teacher (January, 2005)

Licensure and Certification:

- Board Certified Registered Art Therapist (#10-213)
- Illinois Licensed Clinical Professional Counselor (#180.008048)

Artworks Shown:

- Art in Response to Violence, Northeastern Illinois University Gallery (October, 2014)
- Inocente Screening, Aurora, IL (May 17, 2014)
- The Light of The Heart Gallery, Aurora, IL (April, 2014-present)
- The Orchard Community, Aurora, IL (February, 2014-April, 2014)
- Paramount Theatre, Aurora, IL (December, 2013-January, 2014)
- If These Walls Could Talk, Aurora, IL (December, 2013-January, 2014)
- Gibby's Wine Den, Geneva, IL (December, 2013-January, 2014)
- City of Aurora, IL (April, 2012- present)
- Adler School of Professional Psychology (October, 2011)
- College of DuPage's Gahlberg Gallery (2005)

Professional Affiliations:

- American Art Therapy Association (AATA), Member, Speaker of Assembly of Chapters, 2015-present
- Illinois Art Therapy Association (IATA), Member, Programs Chair, 2011-2012, President Elect, 2012-2013, President, 2013-2014
- Illinois Counseling Association, Member, Chicago Suburbs Regional Representative to the Governing Council 2013-2016
- Coalition of Illinois Counseling Organizations (CICO), IATA Representative, 2013-2014
- Chicago Women in Philanthropy, Member
- Somatic Experiencing Trauma Institute, Member