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College of Education and Human Development • University of Louisville
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Education, Certification and Licensure

Kentucky Licensed Professional Art Therapist-Supervisor

License # 174863

Kentucky Licensed Professional Clinical Counselor

License # 243209

National Board-Certified Registered Art Therapist

License # 17367

Internationally Certified Sandtray Therapist

Certification # 19-019

University of Louisville, Louisville, KY 2009-2015
M.ed Counseling and Personnel Services- concentration in Art Therapy

University of Louisville, Louisville, KY 2001-2006
Graduated Bachelor's Degree in Studio Arts with an English minor

Southern Sandtray Institute, Jonesboro, AR 2019
International Association for Sandtray Therapy

Experience

Instructor/Clinical Coordinator University of Louisville January 2022-24

- Instruct students at a graduate level in the Educational and Counseling Psychology program.
- Use an experiential approach to facilitate individual and team leadership and communication skills in a group art and psychotherapy setting.
- Utilize flexible learning strategies to engage learners in verbal crisis management techniques, group and individual processes.
- Provide one on one guidance/advising sessions to student throughout the academic term.

Southern Sandtray Institute- Sandtray Scholars Mentor

May 2022-October 2022

- Create and implement Individualized learning plan for a 10-person mentorship program for licensed therapists that meets weekly for 6 consecutive months.
- Identify, implement and instruct appropriate Sandtray interventions to expand skill set, increase confidence and enhance mentees personal therapeutic style.
- Create 3 individual educational sessions specifically formulated to increase knowledge about specific topics the group has selected.
- Create and maintain communication setting outside of weekly sessions to keep mentees informed, allow availability for 1:1 communication with mentor, group communication between members and personal/professional support.

Part-time Lecturer University of Louisville

January 2022-24

- Instruct students at a graduate level in Group Art Therapy Techniques.
- Use an experiential approach to facilitate individual and team leadership skills in a group art therapy setting.
- Create role simulation sessions to assist in flexible learning styles, verbal crisis management techniques and group processes.
- Grade and post writing assignments for each of the students in current year's term.
- Provide one on one guidance sessions to each student throughout the semester.

Owner- Expressive Resolutions Counseling LLC

June 2018- present

- Use an integrative approach to facilitate individual and family interventions for children, adolescents, adult psych and chemical dependence and seniors with diagnoses including, but not limited to depression, anxiety, PTSD, dementia and mood disorders.
- Use Sandtray, Art Therapy and Experiential Art as a means to identify current challenges and diagnoses.
- Adapt equipment for clients for those who are developmentally and/or physically disabled to be able to participate in various interventions.
- Create and implement treatment planning for client needs.
- Prompt completion of proper documentation for individual sessions.

Guest Lecturer- University of Louisville

2020-2024

- Inform participants of various physical abilities that may hinder the therapeutic process and currently available tools to support individuals with various abilities.
- Educate participants about methods of adapting equipment to meet the needs of differently abled individuals in the Sandtray and Art Therapy setting.
- Provide hands-on learning experience related to modifying various tools necessary for the therapeutic experience.

Spirituality Director-The Brook Hospital-Dupont

April 2019-April 2020

- Use the Person-Centered approach to facilitate group Spirituality interventions for children, adult psych and chemical dependence and seniors with diagnoses including, but not limited to depression, anxiety, PTSD, dementia and mood disorders.
- Design and implement the spirituality program to meet individual spiritual needs of all of the patients within the hospital in a multi-cultural fashion.
- Prompt completion of proper documentation for group sessions.
- Participate in interdisciplinary consultations regarding the impact of their spiritual needs and their recovery efforts.

Expressive Therapist/ Clinical Counselor-The Brook Hospital-Dupont

August 2016-April 2020

- Use the Person-Centered approach to facilitate group and individual Art Therapy interventions for children, adult psych and chemical dependence and seniors with diagnoses including, but not limited to depression, anxiety, PTSD, dementia and mood disorders.
- Use Short Term Solution Focused Therapy techniques to assist adults, children and geriatric populations in achieving stability within the hospital setting.

- Adapt equipment for clients for those who are developmentally and/or physically disabled.
- Prompt completion of proper documentation for group and individual sessions.
- Complete initial Activity Therapy assessments on all incoming clients within 24 hours of admittance.
- Complete Initial Psychological evaluations on designated incoming patients and complete external interview evaluations with family members or guardians of the patient.
- Participate in treatment planning and interdisciplinary meetings for individual clients for both the Art Therapy Department as well as the Clinical Counseling Department.

Summer Art Program Director- Home of the Innocents

June 2015-August 2016

- Create and implement an art program designed to teach youth various artistic techniques in order to produce artwork created and designed by the youth artist.
- Adapt equipment for clients that reside in PCU unit for those who are intellectually, developmentally and/or physically disabled.
- Create weekly plans of classroom experiences to include developing and maintaining emotional control and healthy outlets through coping skills promoted through the expressive experience.
- Plan and implement daily activities for the clients that may include simple short-term projects as well as complex long-term projects.
- Responsible for all financial planning and expenditures related to the Summer Art Program.
- Responsible for the art displayed and sold in the Art Show at the end of the season.

PRN Expressive Therapist-The Brook Hospital-Dupont and KMI

April 2015-August 2016

- Use the Person-Centered approach to facilitate group and individual Art Therapy interventions for children, adult psych and chemical dependence and seniors with diagnoses including, but not limited to depression, anxiety, PTSD, dementia and mood disorders.
- Prompt completion of proper documentation for group and individual sessions.
- Complete initial Activity Therapy assessments on all incoming clients within 24 hours of admittance.
- Participate in treatment planning and interdisciplinary meetings for individual clients.

Practicum Placement- The Brook Hospital- Dupont, Louisville, KY.

Jan. 2014- Apr.2015

- Use the Person-Centered approach to facilitate group and individual Art Therapy interventions for children, adult psych and chemical dependence and seniors with diagnoses including, but not limited to depression, anxiety, PTSD, dementia and mood disorders.
- Prompt completion of proper documentation for group and individual sessions.
- Complete initial Activity Therapy assessments on all incoming clients within 24 hours of admittance.
- Participate in treatment planning and interdisciplinary meetings for individual clients.

Arts and Crafts Manager, Cedar Lake Lodge, LaGrange, KY.

2006-2014

- Initiated, designed and implemented the entire art program for Cedar Lake Lodge, a residential facility for intellectually and developmentally disabled adults.
- Facilitate individual needs in the Art Department by modifying, adapting, and creating tools and materials so that every client is able to participate in the fullest capacity.

- Work in conjunction with other members of the Interdisciplinary team to provide and active treatment environment for up to 86 clients on a daily basis.
- Design and implement goals and objectives for each client.
- Plan and implement daily activities for the clients and with the assistance of Direct Support staff complete those tasks.
- Instituted and continue to direct the annual Arts and Crafts Fair. This event is a large community event with participants ranging from 200-400 people annually.
- Responsible for all financial planning and expenditures related to the Arts and Crafts Program.
- Responsible for the art and crafts displayed and sold in the Chestnut Gallery as well as maintenance of the Chestnut Gallery.
- Chair of the Employee Recognition Committee, member of the Employee Culture Committee, member of the Culture Club.

Additional Accomplishments and skills

- Employee of the month February 2009.
- Recipient of the Jericho Friend Award 2010.
- Recipient of the Leading Age Quality of Life Award 2012
- Volunteer for the Oldham County Chamber of Commerce (2005-present)
- Chair of design for the Annual Art from the Heart Gala for The Council on Developmental Disabilities. (2007-2013)
- Volunteer for The Council on Developmental Disabilities (2007-2014)
- Project design for the Oldham Chamber of Commerce for Oldham County Showcase (2007-2014)
- Volunteer at The Home of the Innocents during their Summer Art Program and assist the Director of the Art program throughout the year with activities. (2005-2014)
- Volunteer with the City of Pewee Valley during various community events (2006-2020)
- Training in CPR, PCM and Safe Crisis Management
- Presenter at International Association for Sandtray Therapy Summit 2022
- Presenter at International Association for Sandtray Therapy Summit 2023

Affiliations

- Kentucky Art Therapy Association
- International Association for Sandtray Therapy
- American Art Therapy Association
- Kentucky Play Therapy Association
- American Play Therapy Association