

# Carol Hodson

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## Mission

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*To live each day as a creative, compassionate human and empower others to do the same.*

## Objective

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To secure a full-time residency as an Mental Health Counselor/Expressive Art Therapist working with a mental health team dedicated to a 'best practices' approach to providing psychological support to those in need.

## Elevator Pitch

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If *talk therapy* represents one language, I am fluent in six therapeutic languages – *talk* plus the visual arts, music, movement, drama, and creative writing. I assess a client's dominant processing style – visual, auditory, kinesthetic, etc. and begin with the art modality that most allows the client to express their story. This story unfolds and is transformed as the client translates and expands her narrative in each progressive expressive art modality. Finally, through image, sound, gesture, and words, the client will be empowered to process and release psychic pain/confusion on both the cognitively (mind) and somatic (body) levels. The client becomes "unstuck".

## Philosophy

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I have witnessed the transformative power of the arts throughout my experience as a multi-media artist and professor of art. My training as an expressive arts therapist has expanded my conviction that "art heals" to include an understanding of how each unique art modality (the visual arts, movement, drama, music, and creative writing) can affect the brain health, behavior, and confidence of an individual. Whether it is within individual therapy sessions, small group work, in-service training, or a classroom setting, I strive to create a context where participants are encouraged to practice creative choice, experience safe failure, embark on playful problem solving, and increase authentic self-expression.

## Education

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2019	S.E.	Advanced Somatic Experiencing Trauma Practitioner in Training, Somatic Experiencing Training International, St. Louis 2019-21 cohort, Dave Berger, instructor.
2015 - 2018	M.A.	Mental Health Counseling and Expressive Arts Therapy, Lesley University, Cambridge, MA with a 3.94 GPA and basic training in: <ul style="list-style-type: none"><li>• Extensive Visual Arts Media</li><li>• Digital Art/Video/Photography Applications</li><li>• Authentic Movement</li><li>• Developmental Transformation Therapy (DvT)</li><li>• Psychodrama</li><li>• Creative writing</li></ul>
1993, 94		Certified in Neuro-Linguistic Programming (NLP), NLP University, Santa Cruz, CA
1986 -1988	M.F.A.	Emphasis in Sculpture & Performance Art, Tyler School of Art, Philadelphia, PA,
1978 -1982	B.F.A.	Double Major in Painting, Art Education, with a Psychology Minor, The School of Visual Arts, New York, NY <ul style="list-style-type: none"><li>• Silas Rhodes Full Tuition Scholar</li></ul>



## Mental Health/Expressive Arts Therapist Experience

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Summer 2019

Co-facilitated Intensive Outpatient Group (IOP) for Adults struggling with Addiction/Alcoholism and dual diagnosis at Bridges Healthcare, Milford, CT

- Topics addressed in IOP include: trauma, boundaries, refusal skills, role-play, cognitive distortions, relapse prevention, developing healthy coping skills and psychoeducation on substance abuse and mental health disorders
- Facilitated Expressive Arts interventions which resulted in greater somatic awareness, intragroup communication and bonding, increase in clients artistic and emotional vocabulary/communication, lower levels of client discomfort when approaching “mindfulness” practices, appropriate use of humor as a reframing tool and increased capacity for clients/group ability to maintain “here & now” state.
- Provided a three-hour experiential in-service workshop for case worker and clinicians in which she demonstrated numerous Expressive Arts Therapy and Somatic strategies for individual and group work with clients

2016 – present Provided 1,750 hours (post MA) Expressive Arts Therapy to Webster University students under supervision of Dr. Patrick Stack, director of Webster University Life Development and Counseling Center including:

- Offered individual expressive arts therapy sessions for undergraduate students
- Initiated, advertised, recruited, and facilitated solo & co-led therapy in small groups
- Offered in-service & outreach workshops for LGCOFA students, faculty and staff
- Performed intake interviews & condition evaluation, developed diagnosis,
- Worked with client to co-develop goals, treatment plan, & intervention design
- Monitored progress through written and visual documentation
- Emphasized relationship building & management with client and professional peers
- Established and maintained an Expressive arts Therapy Studio with minimal budget

## Art Teaching Experience

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1990 - present Professor of Art, Webster University, St. Louis, MO / Vienna, Austria

- Developed curriculum, supervised adjunct, and instructed the following programs
  - Creative Strategies Foundation Program
  - Expressive Arts Therapy Certificate
  - H.A.T. (Hands-on Art Training) Summer Institute for High School students
- Developed new curriculum for over twenty additional courses
- Responsible for training, supervision, and coordination of Creative Strategies instructors
- Served on International Studies, Women Studies, and Freshman Seminar Committees
- Served on two strategic planning task forces (work load & admissions retention)
- Served Faculty Senate (three terms) and Acting Department Chair (2 terms)

1998-1999 Adjunct Lecturer, Stockton State College, Pomona, NJ

1998-1999 Adjunct Lecturer, Rosemont College, Rosemont, PA

1983-1986 Art Instructor, St. Francis Preparatory High School, Fresh Meadows, NY



### Awards/Residencies/Fellowships

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2019-21	Faculty Research Grant, Webster University, MO
2015	Faculty Research Grant, Webster University, MO
2014	Provost's Faculty/Student Grant, Webster University, MO
2015	Chair, Department of Art, Design, and Art History
2014	Global Leaders Academy, Webster University, St. Louis, Leiden
2012	Recipient, Richard Cabe Terraphilia Artist/Writer Residency via Colorado Art Ranch, CO
2003	Recipient, Title IV Technology Research Grant Webster University
2001-2002	Artist-in-Residence, Kultur/Axe Academy, Laojmisze, Hungary
2000-2001	Faculty Travel Research Grant, Sophia, Bulgaria
2000	Visiting Artist/Professor, International Culture Festival Chang Rai, Thailand
2000	Fellow, CA.T. (Community Artists Training) Regional Arts Commission, St. Louis, MO
1999	Representative/Participating Artist, Unitas Humanas, UNO, Vienna, Austria
1998	Recipient, William T. Kemper Outstanding Teacher Award, Webster University, St. Louis, MO
1997	Recipient, Emerson Electric Excellence in Teaching Award, St. Louis, MO

### Lectures/Consultations/Workshops

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2020	Creative Strategies Consult, US Bank Community Development Core, St. Louis, MO
2019	"Exploring the Felt Sense," Expressive Arts Therapy Workshop with Elements Partnership, St. Louis, MO.
2014, 15, 16	STEAM Teacher Training Workshop, STEM + Art, Webster Groves School District, St. Louis, MO
2015-18	Creative Strategies Consultant for Edgecumbe Consultancy via Skype, Oxford, UK, once annually
2014	Creative Strategies Consultant, Global Leaders Academy, Webster University, Leiden, The Netherlands
2012	"Permission Granted: On Becoming Olive", Book Haven, F Street, Salida, CO
2011	President's Selection, Faculty Dinner, Missouri Botanical Garden St. Louis, MO
2011	Webster University Teaching Festival, Kemper Award Panel Participation, St. Louis, MO
2011	Selected Participant ITT (Integrative Teaching Technology) Think Tank, St. Louis, MO
2011	Presentation: A Sense of Place: Village of the Little People) F.A.T.E. Conference, St. Louis, MO
2006	Contemporary Performance Art; CAMSTL, St. Louis, MO
2005	Artist's Talk, Webster Vienna, Vienna, Austria
1999	F.A.T.E. National Conference, The Fatal Ism: Postmodernism and the Freshman Year, Fort Collins, CO
1998	Museum Pedagogy and Curriculum for Teens, St. Louis Art Museum, St. Louis, MO
1994	Contemporary Women Performance Artists, Meramec Community College, St. Louis, MO

### Performance Art/Exhibitions/Video Screenings

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2000-2021	Neurobotanicals: Pandemic Drawings and Research, <a href="#">www.</a>
2019	<a href="#">Integrating Olive: Closing Exhibition</a> , Arcade Contemporary, 800 Olive Street, St. Louis, MO
2013-2018	<a href="http://www.olivebluewing.wordpress.com">www.olivebluewing.wordpress.com</a>
2014	<a href="#">Olive Update</a> , Faculty Institute, Pere Marquette, Alton, MO
2016	<a href="#">Group Exhibition</a> , Lesley University, Cambridge, MO
2012-present	<i>from the ongoing in-situ performance series: <a href="#">OBL: Recluse in Plain View</a>,</i>
	<ul style="list-style-type: none"> <li>• Iron City Cemetary</li> <li>• Buena Vista Gold Day (Burro) Race</li> <li>• Martini with Olive: Merna at Fritz's</li> </ul>
2012	<a href="#">Paper</a> , (Group Show) Regional Arts Commission, St. Louis, MO
2011	<a href="#">Interview with Olive</a> , Missouri Botanical Garden, FaceBook, YouTube, wordpress.com



- 2009 One Red Morning, Metropolitan Gallery, St. Louis, MO
- 2009 Group Show, Metropolitan Gallery, Locust, STL
- 2005 Occam's Razor, Crossings Concert Series, Contemporary Art Museum Saint Louis, MO
- 2001-2004 Lullaby for 15 Million, multiple viewings internationally
- 2004 Works on Paper, 1608 Gallery, St. Louis, MO
- 2004 Group Exhibition, Die Ecke Gallerie, Vienna Austria
- 2003 C. A. T. Fellow Exhibition, Regional Arts Commission, St. Louis, MO
- 2003 The Stillness in Between, T.K. Lang Gallery, Vienna, MO
- 2002 The Stillness in Between, Three Sinks Gallery, Webster Groves, MO
- 1996 Food for Thought, The Forum for Contemporary Art, St. Louis, MO
- 1993 Words on Paper, Forest Park Community College, St. Louis, MO
- 1992 Words on Paper II, Left Bank Books, St. Louis, MO
- 1992 Dear Moms Documentary, HEC Cable Channel, St. Louis, MO
- 1991 ANThropology, HEC Cable Channel, St. Louis, MO
- 1990 Hair Piece, The Cecille R. Hunt Gallery, Webster University, St. Louis, MO
- 1990 You Can Be Nice, Double Helix Public Access, St. Louis, MO



Detail from Neurobotanicals: Drawing & Prints, 2020-2021 by Carol Hodson

