

Sylvia Z. Hartowicz, MA, ATR-BC

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971-255-3411

EDUCATION

CALIFORNIA INSTITUTE OF INTEGRAL STUDIES

Currently pursuing PhD in East West Psychology

San Francisco, CA

UNIVERSITY OF ILLINOIS AT CHICAGO

Master of Arts in Art Therapy Recipient, May 2002

Chicago, IL

Thesis Project: Grant Proposal- Support through Art Therapy for Runaway & Homeless Youth

WASHINGTON UNIVERSITY IN ST. LOUIS

Bachelor of Arts Recipient, May 1999

St. Louis, MO

Major: Psychology Minors: Studio Art/ Art History & Archeology

UNIVERSITY COLLEGE LONDON

Archeology/Art History Department, Spring 1998

London, England

CLINICAL EXPERIENCE

Child and Family Therapist

Lifeworks NW

Provided intensive individual, family, and group therapy to children and adolescents with mental health issues, most under the care of DHS or OYA. Responsibilities included writing assessments, consulting with other professionals, and making recommendations regarding treatment.

Portland, OR

July 2006- July 2010

Art Therapist and Counselor

Owls Nest North

Created a part-time private practice providing Art Therapy and Counseling services for individuals and families. The Owl's Nest Collaboration is a space intended to provide socially conscious services on a sliding scale for the whole community.

Portland, OR

April 2008- July 2009

Art Therapist

University Settlement After School Program

Established Art Therapy program as part of after-school curriculum. Provided group/individual therapy to children, ages 6-14. Lead staff trainings on child development and Art Therapy.

New York, NY

Sept. 2005- March 2006

Art Therapist/ Case Planner

The Astor Home for Children, Preventive Services

Provided counseling/ case management to families to prevent foster care placement. Assessed risk and provided intensive home-based services when necessary.

Bronx, NY

March 2004- August 2005

Research Assistant

Insight Through Art, Richard Byrd Academy

Facilitated research assessing PTSD using art therapy at an inner-city elementary school.

Chicago, IL

Summer 2001

Art Therapy Intern

Jose de Diego Community Academy

Conducted individual and group art therapy with children pre-K to 8th grade. Special Ed. included.

Chicago, IL

Aug. 2001-June 2002

Art Therapy Intern

Irene's Day Center, Deborah's Place

Provided art therapy and other therapeutic activities at a homeless women's shelter.

Chicago, IL

January-May 2001

Assistant to Art Therapist

Queens Public School

Helped with violence-prevention art therapy group for pre-adolescent boys.

Queens, NY

Summer 2000

Behavioral Therapist

Childhood Learning Center

Treated Autism in 3 yr. old boy using Applied Behavioral Analysis Therapy.

St. Louis, MO

Spring 1999

TEACHING AND MENTORING EXPERIENCE

Teacher Assistant, East West Psychology Program

California Institute of Integral Studies

Assisted professor in facilitating graduate/PhD level class on Jungian Psychology and East-West Spirituality. Lead opening meditations and group experiential activities.

San Francisco, CA

Spring 2012

Art Therapy Supervisor

Provided ATR supervision, guiding clinical skills and encouraging self-care strategies. Helped with development and facilitation of Art Therapy workshops presented by supervisee.

Fall 2009- Present

Workshop Facilitator, IEATA Conference

Mindful and Creative Transitions

Co-facilitated workshop at the International Expressive Arts Therapy Conference which incorporated Buddhist philosophy and mindfulness practice into art therapy intervention for major life transitions.

Lima, Peru

August 2011

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- Workshop Facilitator, ADTA Conference** Portland, OR
Collaboration as a Catalyst for Change October 2009
Participated in facilitating workshop that addressed how Portland's Creative Arts Therapy Association joined together politically and creatively. An inter-modal experiential was used to exemplify the possibilities and challenges of interdisciplinary collaboration.
- Workshop Facilitator, Marylhurst University** Portland, OR
Souls in Action: Celebrating the Roles of CAT in Healing March 2009
Facilitated workshop with other therapists as part of National Creative Arts Therapies week. The workshop offered the opportunity to experience each of the creative arts therapy modalities and to explore the possibilities of incorporating, reflecting, and responding via several modalities.
- Head Coach** Portland, OR
Landmark Education Fall 2008- Spring 2009
Coached program participants in successfully creating community projects that make a difference as part of the Self-Expression and Leadership Program.
- Workshop Facilitator, 100th Monkey Studio** Portland, OR
Integrating Art Therapy into Evidence Based Treatment March 2008
Facilitated workshop as part of National Creative Arts Therapies week on how to integrate art-making as an intervention in DBT, Brief Solution-Focused Therapy, and Seeking Safety.
- Professional Facilitator/ Art Therapist** NYC
Free Arts for Abused Children, NYC Oct. 2003- May 2006
Supervised volunteers and lead art groups to mentor children at a transitional housing facility.
- Teacher** Prague, Czech Republic
British International School of Prague January 2003-June 2003
Provided lessons and activities to Special Needs and beginner English high school students from diverse cultural backgrounds (i.e. Afghanistan, Uzbekistan, Iran, Czech Republic, Russia).
- Teacher Assistant** NYC
The Association to Benefit Children Spring 2000
Assisted in providing arts and crafts to inner-city kids at an after-school program.

COMMUNITY OUTREACH AND DEVELOPMENT

- Interim Program Manager/ Office Assistant/ Workshop Assistant** San Francisco, CA
California Institute of Integral Studies Public Programs & Performances Feb. 2011- Present
Assisted nonprofit dedicated to uplifting and engaging the San Francisco Bay Area communities by offering a global showcase of performing arts and educational events that bring personal and social transformation.
- Co-Founder, Program Developer** Portland, OR
Free Arts NW Summer 2009- Dec. 2010
Created and co-founded affiliate of national non-profit Free Arts, whose mission it is to bring creative art activities to under-served youth. Facilitated workshops, lead fundraising events, applied for grants, created promotional materials, and organized volunteers. Currently on the Board of Directors.
- Founding Member** Portland, OR
Creative Arts Therapies Association, Portland Summer 2008- Dec. 2010
Initiated development of a nurturing and cohesive creative arts therapies community in Portland that promotes the validity of the creative arts in healing. Helped coordinate community building events and facilitated informational workshops.
- Project Assistant** New York, NY
Livet Reichard Company Sept. 2005- Feb. 2006
Helped organize events to raise money for non-profits by auctioning donated contemporary art.
- Program Director** New York, NY
Inwood Hill Nature Center Nov. 2003-Aug. 2004
Created, organized, and facilitated community open-art studio.
- Managing Director** New York, NY
FilmArt- Film Distribution Company 99-00, Fall 03, Spring 06
Organized screenings of Polish films throughout the USA and helped develop Polish Film Festival in NYC. Responsibilities include public relations, translating, and promotion.

OTHER ACHIEVEMENTS, EXPERIENCE, AND SKILLS

Board Certified Art Therapist (Certificate Number: 05-048).
Experience in Nannying, Sales, Restaurant and Catering Services, Public Relations, Translating, Grant Writing, Office Management, and Research/Statistics. Computer savvy. Familiar with Excel, Quark Xpress, Adobe Photoshop, and Dreamweaver. Fluent in Polish. Some knowledge of Spanish, French, and Czech. References and list of PhD Courses/ Continuing Education trainings available on request.