

# **ERIN BRINDLE, LPC, ATR-BC**

New Creations Counseling and Art Therapy, Washington DC

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## **ART THERAPY AND COUNSELING EXPERIENCE**

14 years of counseling experience with multi-cultural populations in a metropolitan area.

**New Creations Counseling and Art Therapy, LLC, Counsel individuals and groups of adults, adolescents, and children experiencing mood disorders, anxiety, PTSD, and life transitions.**

**Provide Public Speaking on topics of Art Therapy, Trauma, Self-Care, Self-Compassion.** The George Washington University Law School Student Bar Association, "Self-Care Day"  
REFINE

**Provide Art Therapy Workshops and Retreats for Adults** using arts- draw/painting, watercolors, sculpture of found objects, mandalas, textile, print-making and other art techniques.

2019 VISION CASTING ART GROUP SERIES- Facilitate and help participants select holistic life goals in health, play, work, and love and create and glaze ceramic sculpture representing those goals.

**Facilitate art therapy groups for 2-15 adults with Acute Mental Illness**

**Provide Art therapy and Grief Counseling Workshop Series at Sibley Hospital GriefShare, and Capital Hospice Camp for kids.**

**Educate 50 colleagues in an art therapy experiential.**

**Provide Art Therapy to the Employees of Sibley Hospital at Pastoral Care**

**Created Sibley Senior Association Photo-Memory Box Project Provide Sensory Stimulation for Geriatrics with Depression.**

**Supervise Clinical Art therapy Interns from The George Washington University, 2007-present (8 years).**

## **SPECIALITY AREAS OF INTEREST**

**Counseling people in crises with acute and chronic mental illness.**

**Therapy for people with trauma history and grief.**

**Sibley Memorial Hospital**

**December 2005 – Present (9 years, 10 months) varied from full-time to part-time work Art Therapist with Adults with Mental Illness and Cognitive Disorders and Dementia.**

**Anacostia Gracious Arts**

**October 2005 – June 2009 (3 years 9 months) 4 hours/week Volunteer Coordinator, Painting Instructor for Children.**

**Psychiatric Institute of Washington**

**July 2006 – January 2008 (1 year 7 months) 20-40 hours/week  
Led art therapy mental health groups with children, adolescents, and adults in research.**

**Art Therapy Intern September 2004 – April 2005 (1year) 16 hours/week**

**PRO-BONO EXPERIENCE**

**Art Therapy Workshops, focused on faith identity and community at The Porch, Youth**

**Program, January 2013-Present (1 year 6 months)**

**Latin American Youth Center March 2005 – July 2005 (5 months)**

**St. Elizabeth's School, Art Therapy Intern**

**August 2003 – June 2004 (11 months)**

**Worked with kids diagnosed with Autism, At-Risk, and Sensory Integration using art to enable communication, expression of emotion, and socialization. Organized student art exhibit.**

**Future Care, Assistant Recreation Director, March 2002 – January 2004 (1 year 11 months) Worked with elderly in different stages of aging and dementia with 1:1 visits, group programming, arts, spiritual worship, and social programs.**

**Adjunct Professor, Baltimore County Community College, and University of Maryland March 2002 – June 2002 (4 months)**

**Planned and instructed curriculum for 16-week course inpatient ward for patients suffering with schizophrenia.**

**Teaching Assistant, Kennedy Krieger Institute, Edison Schools August 2000 – February 2002 (1 year 7 months)**

**Taught kids with special needs, grades 1-3.**

**Art teacher, Columbia Arts Center October 1999 – July 2000 (10 months)**

**Taught art lessons to kids.**

## **PRESENTATIONS AND PUBLICATIONS**

**Self-Care Workshop**, The George Washington Law School Student Group,  
November 2019

**Art Therapy, Trauma, and Safe Spaces**, REFINE EVENT, a Christian TED-Talk  
Style series of presentations, March 2019

**What is Art Therapy?** Sibley Memorial Hospital, March 2014

**Compassion Fatigue for Nurses, Sibley Memorial Hospital, May 2013.**

Oncology and Art Therapy Workshop for patients recovering from  
cancer at Sibley Hospital., May 2013.

**International Arts and Humanities Conference, University of Indiana,  
Beijing, China, June 2009.** Presented paper, "Healing with Art therapy on an  
Inpatient Psychiatric Unit."

**Art therapy in Grief and Loss, Sibley Senior Association, July 2008 2009  
2010 2011.**

**Art Therapy and Faith: *Case study of a Woman on a Soul Journey.***  
Washington Arts Group, Washington DC, October 2007.

**Careers in Art Therapy Panel. The George Washington University. October  
2007.**

**Presented Article, "Benefits of art therapy with burn survivors" Baltimore,  
August 2005. Published in World Burn Congress Newsletter December  
2005, World Burn Congress 2005.**

## **INTERNATIONAL EXPERIENCE**

**International Arts and Humanities Conference, University of Indiana, Beijing, China, June 2009.** Presented paper, "Healing with Art therapy on an Inpatient Psychiatric Unit."

**American Art Therapy Association, Member, since 2005 American Counseling Association (ACA), Member since 2011 Languages: Fluent Spanish, Beginner Mandarin**