Creative Communication Studio

*Risa Waldt, Artist*

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**EDUCATION**

I have been honored to work in the mental health field, including equine therapy and experiential therapies. I am not currently practicing in those fields.

2008 30 hours Psychodrama training with Dena Baumgartner

2008 EAGALA Part 1 and 2 Equine Training MH achieved.

2000 30 contact hours in Equine Therapy with ONSITE, ASET CET achieved.

1999 Tucson Pima Arts Council Workshop “Working with Youth in Alternative Settings” by Bill Cleveland

1997-1998 Two – Ten Week Sessions and One – Weekend Session with Mary Ann Brehm, Ph.D., in Movement and Creative Dance

1991-1998 Continuing Education in Experiential, Development Skills and Native Parenting

 University of Oklahoma

1991-1996 Wellness and Spirituality Conferences

University of Oklahoma

1996-2000 198 Hours of Psychodrama Training

Dena Baumgartner, Ph.D., T.E.P., Instructor

1995 Native Use Pathways

University of Oklahoma

1995 Well Relationship Conference

University of Oklahoma

1994 Continuing Education in Experiential, Development Skills

University of Oklahoma

1994 Violence Prevention Workshop

University of Arizona

1978-1993 Continuing Education with over 1,000 hours received

Under the Direction of Edgar Montetatchi, Jr. Me.E., Learning Facilitation and Intra/Interpersonal Relationship Skills.

-Traditional Indian Medicine Program, Sponsored by St. Mary’s Hospital and White

Buffalo Research and Development Training Center.

1973 Bachelor of Arts, Fine Arts (BAFA)

 University of Arizona, Tucson, Arizona

2000 Southern Arizona Watercolor Guild

 Presenter “Painting from the soul” to Members and the Public

**WORK EXPERIENCE**

1970’s - Present Public and Private Murals, Inside and Outside

 Realistic Landscape 9’ x 45’ (H/L) to Small Details

1973 - Present Art Commission

 Presented and sold art work to galleries across the United States

1994 - Present Private Consultations with Men and Women of All Ages

Using creative arts and multicultural social systems communications.

1995 - 2000 Circle of Friends - Job Corps Tucson, Facilitator

Traditional Talking Circle for Native American descent young students, although all nations of people are welcome to attend.

1999 National Conference on Peacemaking and Conflict Resolution

 Presenter of “Mending the Weaving – Healing the Circle of Life”

1999 National Training Program for Federally Employed Women, Inc.

Presenter of “Stress Management as a Wellness Skill” and “Being Well While Walking in Two Worlds”

1999 Catalina In Home Health Care Service

 Presenter of “Wellness Workshops” for Staff CEU Training

1999 Vail Charter Home Health Care Services

 Watercolor Teacher, 5 week Session

1999 Creative Communication Studio

Co-Presenter of “Moving with Mountains, an Environmental Dance and Visual Arts Workshop” with Mary Ann Brehm, Ph.D.

1999 Tucson Open University

 Presenter of “Watercolor from the Heart”

1994-1998 University of Oklahoma Wellness and Spirituallity / or Wellness and Women Conference Presenter

 Facilitator of Talking Circle and Wellness Activities, Art

1998 Arizona Dispute Resolution Conference

 Co-Presenter of “Here, There and Everywhere” – Substance of Resolution”

1998 A Women’s Workshop – Tucson, Arizona

 Co-Presenter of “Finding your Authentic Soul”

1998 University of Oklahoma Wellness and Women VIII Conference

Presenter of “Being Well While Walking in Two Worlds” and Massage, a Wellness Activity”

Conference Sister

1998-1999 Amphi Extention Program – Tucson, Arizona

 Intersession Watercolor Teacher

1998 Creative Calm

 Presenter of “Opening Relaxation Visualization”

1996-1997 White Buffalo Research Training and Development Conferences

 Facilitator and Meditation Trainer

1993-1997 Southern Arizona Release Center – Tucson, Arizona

 Arizona Department of Corrections Women’s Prison

 Presenter of Stress Management Series (Art Included)

1997 University of Oklahoma Native Women and Men Wellness Conference

 Presenter of Massage, From Spiritual to Mental through Phyical

1996 Stress Management Presentation (Art Included) to Young and Older Women of Church Group

1996 Stress Management Presentation

 “Reach for the Stars” (Art Included) to Young Women for the Job Core

1996 The Watercolor Gallery – Laguna Beach , California

 Selected to represent my art

1991-1995 Campana del Rio Retirement Home – Tucson, Arizona

 Worked with the retired in their expression of self

1991-1995 Juvenile Court – Tucson, Arizona

Provided learning opportunities for delinquent juveniles using art as learning Medium

1995 University of Oklahoma Wellness and Spirituality Conference

Presenter of “Wellness and Spirituality and its relationship to Stress”

Using the techniques of movement, art, art journaling, guided imagery, psychodrama, multicultural social systems communication, spiritual development, and communication with self.

1995 The Society of Menstrual Cycle Research, Montreal, Canada

 Presenter of “A Ceremony of Life, Celebration of Menstrual/Mandala”

Using five watercolors with a story to communicate in part the meaning of what it is to be a woman – her goodness, spirituality, and the relationship of her cycle to that of Earth

1995 University of Oklahoma Wellness & Women Conference

Presenter of "Stress Management in the Circle of Life"

Using the techniques of movement, art, art journaling, guided imagery, psychodrama, multicultural social systems communication, spiritual development, and communication with self.

1992-1994 Tucson Elementary School – Tucson, Arizona

Team Teaching – Using the “joyful Expressions” curriculum, bringing art instruction into the school Milieu

1993-1994 Miraflores ADL Facility – Tucson, Arizona

Art Therapist – Provided therapeutic activities which assisted patients in becoming more developmentally able.

1993-1994 Sierra Tucson, Tucson, Arizona

 Art/Movement Therapy

Stretching and Nutrition Therapy for Body, Mind, and Spirit, and Assertiveness Training

Psych. Tech. Working with eating disorder patients, using breathing/meditation techniques