

DARCY AMANDA WADE

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EDUCATION

APPALACHIAN STATE UNIVERSITY | Boone, NC | August 2016- May 2019

Master of Arts in Clinical Mental Health Counseling

Certificate in Expressive Arts Therapy & Concentration in Body-Centered, Mindfulness & Nature-Based Therapies

APPALACHIAN STATE UNIVERSITY | Boone, NC | August 2009- December 2013

Bachelor of Arts in Interdisciplinary Studies

Individually Designed Major in Creative Art Healing & Minor in Studio Art

PROFESSIONAL EXPERIENCE

OPEN HEARTS ART CENTER | Paraprofessional Instructor

Asheville, North Carolina | November 2019-Present

- Facilitating art, yoga, movement and meditation classes for participants with physical and mental disabilities such as Autism Spectrum Disorder, Cerebral Palsy and Alzheimer's disease
- Providing individual and group support to participants
- Providing telehealth options for participants throughout COVID-19 precautions.

SUWS of the CAROLINAS WILDERNESS THERAPY | Logistics Coordinator

Old Fort, North Carolina | June 2019- September 2019

- Coordinated scheduling, transports, supplies inventory and daily needs to insure efficient resource management, program reliability and safety protocol
- Worked closely with clinical, medical and administrative departments
- Provided emotional and physical support to wilderness staff and clients

SUWS of the CAROLINAS WILDERNESS THERAPY | Clinical Internship

Old Fort, North Carolina | August 2018- May 2019

- Provided individual and group therapy for adolescent male and females, often with issues of substance abuse, behavioral disorders, developmental disorders, anxiety and depression
- Observed and assisted in the admission process, conducted clinical assessments, developed individual and family treatment plans, conducted weekly family calls and sessions, provided continued/aftercare recommendations based on individual/family system needs
- Supervised by Dr. Christina Rosen and Taisir El-Souessi

SOLSTICE EAST RESIDENTIAL TREATMENT CENTER | Clinical Practicum

Weaverville, North Carolina | August 2017-February 2018

- Provided individual and group therapy for adolescent females, often with issues of substance abuse, eating disorders, trauma, depression, anxiety, behavioral disorders and developmental disorders
- Conduct and observed clinical assessments, developed individualized and family treatment plans, provided weekly student and family counseling sessions, guided student/family through assignments, and provided continued/aftercare recommendations based on individual/family system needs
- Worked closely with the Adventure Therapy Team to co-facilitate mindfulness and nature-based experiential outings and activities
- Supervised by Dr. Melia Snyder

APPALACHIAN STATE UNIVERSITY CMHC DEPARTMENT | Graduate Assistant

Boone, NC | August 2016 - August 2018

- Assisted in the research and publication of Dr. Melia Snyder and Dr. Sally Atkin's book, "*Nature-Based Expressive Arts Therapy: Integrating the Expressive Arts and Ecotherapy*"
- Worked directly under Dr. Melia Snyder, head of the Appalachian State University Expressive Arts Department
- Responsible for managing all emails and calls from prospective and current CMHC students
- Responsible for co-organizing the 2017 Expressive Arts Summer Institute

OPEN HEARTS ART CENTER | Donor Relations Coordinator

Asheville, NC | August 2014-April 2016

- Responsible for creating and leading the first donor relations department
- Worked closely with administrative team to oversee and secure all funding, donations and financial contributors
- Organized fundraising events in the community

MURPHY-HARPST CHILDREN'S CENTER | Internship

Cedartown, Georgia | July 2013- August 2013

- Facilitated art classes for adolescent male and females coping with previous physical and mental abuse, neglect and abandonment
- Observed and co-facilitated substance abuse groups under the supervision of the center's substance abuse therapist

APPALACHIAN STATE UNIVERSITY | Instructional Assistant

Boone, North Carolina | August 2011- December 2011

- Co-facilitated freshman seminar course: *Consciousness* under the supervision of Professor Elaine Gray
- Facilitated classroom discussions, graded papers, took attendance and lead forum discussions

PROFESSIONAL PRESENTATIONS

EXPLORING THE ELEMENTS OF EMOTIONS: Webinar: *Nature-Based Expressive Arts*
Denver, Colorado | September 2020

LAKE EDEN ARTS FESTIVAL: Workshop: *Nature-Based Expressive Arts*
Black Mountain, North Carolina | October 2020*

EARTHBEAT COMMUNITY CLIMATE FORUM: Workshop: *Nature-Based Expressive Arts*
Atlanta, Georgia | December 2019

NCCA NATIONAL CONFERENCE: Presentation: *Expressive Arts & Substance Abuse*
Raleigh, North Carolina | February 2017

NCCA NATIONAL CONFERENCE: Presentation: *Mind-Body Therapy Techniques for Stress Reduction*
Raleigh, North Carolina | February 2017

ASSOCIATION FOR THE ADVANCEMENT OF SUSTAINABILITY: Presentation: *Climate Change & Art*
Nashville, Tennessee | October 2013

CLIMATE CONVERGENCE: Workshop: *Community Art in Action*
Raleigh, North Carolina | April 2013

*Postponed due to COVID-19

PROFESSIONAL CERTIFICATIONS

Colorado Licensed Professional Counselor Candidate (LPCC)
LPCC.0017815 | September 2020 | Supervised by TBD

Certified & Registered 200- Hour Yoga Teacher (RYT-200)
Yoga Alliance Approved | September 2015- May 2016 | Boone, NC

PROFESSIONAL TRAININGS

Nature-Based Interventions

September 2020- Present | Somatic Wilderness Therapy Institute | Boulder, CO

North Carolina Interventions Management

September 2020 | Open Hearts Art Center | Asheville, NC

Yoga Teacher Training 200-Hour

September 2015- May 2016 | Neighborhood Yoga | Boone, NC

STUDY ABROAD

APPALACHIAN STATE UNIVERSITY | Study Abroad
Santander, Spain | May 2013- July 2013

- Studied Spanish and Catalan language and culture while living with Spanish host family
- Traveled through a variety of cities in Northern Spain and Southern France with university

EDUCATIONAL CLUBS & COMMUNITY SERVICE

ASHEVILLE COMMUNITY YOGA | Yoga Instructor
Asheville, North Carolina | January 2017- March 2019

- Volunteered at the center teaching yoga classes to community members
- Participated in community outreach programs

ORCHESIS EXPRESSIVE ARTS HONOR SOCIETY | Co-President
Boone, North Carolina | December 2016-December 2017

- Responsible for facilitating meetings, tracking finances and planning events

APPALACHIAN STATE UNIVERSITY | Volunteer: *Alternative Service Experience*
Boone, North Carolina | March 2013

- Traveled to Murphy-Harpst Children's Center in Cedartown, Georgia
- Provided emotional support for children overcoming abuse, neglect and abandonment

APPALACHIAN STATE UNIVERSITY | Volunteer: *Alternative Service Experience*
Boone, North Carolina | January 2013

- Traveled to Treasure Beach, Jamaica
- Volunteered in local schools teaching math, reading, writing and art

APPALACHIAN STATE UNIVERSITY SLOW FOODS SUMMIT | Volunteer Artist
Boone, North Carolina | May 2012

- Facilitated live painting community opportunities
- Donated artwork to help raise funds for local homeless shelters

APPALACHIAN STATE UNIVERSITY | Meditation Club Facilitator
Boone, North Carolina | April 2010- October 2011

- Co-Facilitated weekly group meetings focused on exploring mindfulness techniques
- Represented club at Appalachian State University Club Expo

PROFESSIONAL ASSOCIATIONS

- American Counseling Association
- Colorado Counseling Association
- Association for Creativity in Counseling
- International Expressive Arts Therapy Association

THERAPEUTIC APPROACHES

- Cognitive and Behavioral Therapy
- Mindfulness-Based Cognitive Therapy
- Expressive Arts Therapy
- Body-Centered Therapy
- Eco & Nature-Based Therapy