

Shari Brzinski

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Objective

To grow as a new professional in a setting where I will be able to implement art therapy programming designed to meet the needs of the individual clients and the goals of the facility.

Education

Master of Science in Art Therapy (expected 2013)

Mount Mary College
Milwaukee, WI

GPA 4.0

Bachelor of Arts in Art Education (2006)

University of Wisconsin, Milwaukee
Milwaukee, WI

GPA 3.6

Related Experience

Recreational Therapy Assistant

2011-present

The Lutheran Home

Milwaukee, WI

- Lead art therapy and recreational groups to meet goals such as socialization, increased self esteem and improved cognition
- Structure pertinent activities and art directives with clients who have physical limitations, memory loss, cognitive impairment, vision and hearing problems or some level of dementia
- Choose appropriate media and materials to enhance clients' strength and modify supplies to fit the needs of clients with physical or cognitive limitations such as creating larger grips for writing materials
- Provide 1:1 art therapy or counseling sessions with residents or rehabilitation unit clients
- Interview new and existing clients using the standard MDS format along with a site specific activities assessment as well as create client care plans with the use of Matrix software
- Complete continuous work related training through the Silverchair Learning System, a computer training program designed for senior care organizations

Art Facilitator

2011-present

Memories in the Making program, facilitated at The Lutheran Home

Milwaukee, WI

- Introduced and implemented the Memories in the Making Program at The Lutheran Home
- Facilitated an art show featuring participants of the Memories in the Making program held in the gathering area of The Lutheran Home. Invited guests included family and friends of the participants, staff and residents of The Lutheran Home and the local community
- Trained and certified through the Alzheimer's Association with yearly seminars for continued education
- Lead weekly group sessions with 4-8 clients who have Alzheimer's disease or dementia in one hour sessions of watercolor painting and develop weekly thematic curriculum based on the groups progress and the individual needs of the participants to enhance each participants connection to the imagery
- Motivate and support each client towards meaningful art making
- Journal each client's memories, feelings and experiences during the art making
- Organize/frame artwork and summarize journaling to be presented alongside artwork for exhibitions inside the facility and events through the Alzheimer's Association
- Communicate and share progress with participants' families and POAs
- Keep and update participant consent forms to display artwork, journaling and photographs of participants

Art Therapy Intern

2012

Wellspring of Milwaukee: Rehabilitation and Skilled Nursing Center

Milwaukee, WI

- Began weekly expressive writing and poetry group
- Led art therapy groups with an emphasized goal of community building due to the eclectic population Wellspring serves
- Modified activities and materials for diverse physical and cognitive limitations such as MS, schizophrenia, surgery rehabilitation and amputated limbs

Art Therapy Intern

2012

Express L.I.F.E. Program, Milwaukee Center for Independence

Milwaukee, WI

- Led and co-led goal-oriented art therapy groups to improve functioning for people with diverse disabilities
- individualized art therapy directives to strengthen cognitive abilities, communication skills, motor skills and behavioral issues
- Collaborated with a music therapist to create dynamic treatment interventions to build a multi-sensory experience for clients with sensory resistance
- Trained and competent with Star software and manual paper filing to research clients diagnoses and medical history