



ABBIE J. ZUIDEMA

Creative Arts Therapist

pronouns: she/her/hers

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EDUCATION

MPS CREATIVE ARTS
CREATIVITY DEVELOPMENT

Pratt Institute

2021-2023

Graduated with Distinction

BACHELOR'S OF FINE ARTS
PAINTING

Rhode Island School of Design

1994-1998

AWARDS

- 2023, Pratt Institute, Pratt Circle Award/ Silver Braid, BK, NY
- 2022, Pratt Institute, Elaine Gluckman Popowitz Memorial Scholarship, BK, NY
- 2021-23, Pratt Institute, Presidential Merit Scholarship, BK, NY
- 2007, Vermont Studio Center, Studio Grant, Johnson, VT
- 2006, Arthur Poor Award National Academy of Design, NYC
- 1997, RISD, Fall Semester Honors
- 1995, RISD, Fall Semester Honors

SUMMARY

As a dedicated Creative Arts Therapist, I employ a multidisciplinary approach, using creative arts therapy, including somatic haptic learning, for personal development, healing, and self-discovery, informed by psychology and mindfulness principles. I am skilled in verbal and nonverbal communication, creating a transformative and supportive space for emotional growth, committed to fostering personal development by embracing each individual's unique experience.

CLINICAL EXPERIENCE

SYNC PSYCHOLOGICAL SERVICES, PLLC

NYC/Kingston, NY

December 2023-present

- Client Management:
 - Diverse caseload of 25 clients; virtual/in-person sessions.
 - Incorporate cultural competence.
 - Create/implement individualized treatment plans, ensuring legal standards compliance for adults, adolescents, and families.
 - Collaborate in a diverse team of mental health professionals.
 - Continuous professional development, staying current on therapeutic approaches.

REACH/CAC CHILD ADVOCACY CENTER

Hudson/Catskill NY

September 2022-May 2023

- Client Management:
 - Caseload of 14 clients (ages 5-55) virtual/in-person sessions; individual, family, and group CAT sessions.
 - Conducted trauma history intakes, implemented ACE Test; administered termination procedures.
 - Participated in virtual multidisciplinary discussions for treatment planning; handled paperwork, forms, files, data entry.

ABBIE J. ZUIDEMA



ADDITIONAL PROFESSIONAL DEVELOPMENT

- Loretta Ross & Loan Tran, "Calling in the Call Out Culture." Fall 2021
- Loch Kelly, "Effortless Mindfulness." Summer 2023

SKILLS

- Ability to work independently and collaboratively with a treatment team; excellent addition to a team.
- Social perceptive; flexible, patient, and able to quickly adapt to a variety of situations.
- Experience working with all walks of life.
- Ability to build rapport quickly; strong communicative and interpersonal skills.
- Excellent organizational skills; detail-oriented; conscientious.
- Seasoned professional artist; imaginative; excellent artistic abilities in various media.
- Knowledge of Apple operating systems, Google, Microsoft 365 Suite, Adobe and Procreate.

REFERENCES

Provided upon request.

- Group Therapy Leadership:
 - Developed and co-facilitated a weekly hour-long CAT/DBT group for women at Riverside Twin County Recovery halfway house; acted as a liaison to site; conducted trauma history intakes.
- Community Outreach and Education:
 - Co-facilitated consensual touch presentations for middle school students.
 - Contributed to the Blue Light Initiative against child trafficking.
 - Assisted in organizing/installing "What Were You Wearing" art exhibition, highlighting true causes of sexual assault.

FOUR WINDS PSYCHIATRIC HOSPITAL

Katonah, NY

September 2021-May 2022

- Co-facilitated diverse group sessions (ages 12-55), accommodating 3-15 participants.
- Led multiple 60-minute sessions daily, fostering creative expression and therapeutic rapport.
- Conducted impactful I:1 art therapy sessions in unit and studio settings.
- Created tailored directives and activities to meet individual and group needs.
- Collaborated closely with multidisciplinary team to align with treatment goals.
- Ensured personalized approaches by reviewing patient charts.
- Safely transported patients to/from the art studio.
- Managed studio organization and art material maintenance.

PROFESSIONAL ART EXPERIENCE

ABBIE ZUIDEMA; WATERCOLOR ARTIST

1994 - Present

I am an accomplished watercolor artist with a career spanning since 1994. Notably, my portfolio boasts esteemed projects with Indigo, Jonglez Publishing, Starbucks, Kohl's Department Store/Food Network, Sports Illustrated, the Diner Journal, and Jaime Oliver Magazine. Moreover, my artistry has been showcased on the prominent platform of NPR's Brian Lehrer Show.