

ANGELA M GRAYSON

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PROFESSIONAL PROFILE

Purpose oriented, results driven, innovative and creative psychotherapist with excellent leadership, management and coaching skills. Over twenty years of experience in identifying problems and affecting change in the lives of clients and organizations. Transformational healer, speaker, author, motivator, educator and keynote presenter.

EDUCATION

- PhD** Clinical Psychology, Saybrook University, San Francisco, CA
Dissertation: “Psychospirituality and Creative Arts Therapy: Impact on the Healing Process of Clients with HIV and Addiction”
- MA** Creative Arts Therapy, Dance/Movement Therapy Concentration, Drexel University, Philadelphia, PA
Thesis: “Dance/Movement Therapy Impact on Quality of Life in Clients with Co-occurring HIV, Addiction, and Mood Disorders”
Awards: Dean’s Award for Minority Students for Outstanding Community Service;
Award for Excellence in Dance/Movement Therapy Clinical Practice
- BA** Psychology, University of Delaware, Newark, DE

LICENSURE/CERTIFICATION

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|----------------|---|
| 2010 – present | Licensed Dance Minister through Eagles International Training Institute |
| 2009 – present | Board Certified-Dance/Movement Therapist (BC-DMT) |
| 2008 – present | Licensed Professional Counselor of Mental Health (Delaware) |
| 2008 – present | Licensed Professional Counselor (Pennsylvania) |
| 2007 – present | National Certified Counselor (NCC) |
| 2006 – 2009 | Academy of Dance Therapist Registered (ADTR) |
| 2003 – 2006 | Dance/Movement Therapist Registered (DTR) |
| 1998 – present | Licensed Minister of Movement through Holy Camp |
| 1993 – 1994 | Christina School District Teacher Training Seminar Certificate |

PROFESSIONAL EXPERIENCE

CLINICAL EXPERIENCE

Good Fruit Expressive Arts Counseling and Psychotherapy LLC

Wilmington, DE

CEO, Private Practice Psychotherapist

July 2002 to present

- Coordinate, facilitate and execute transformational retreats for executive women
- Provide dynamic creative and expressive verbal and nonverbal counseling, psychotherapy and coaching to assist with mental, emotional, relational, and spiritual life transitions
- Facilitate professional seminars and training with a creative edge for corporations and organizations relating to stress management, employee health and wellness, multicultural awareness and effective communication
- Provide clinical supervision and consultation to social service professionals seeking certification and licensure
- Deliver keynote and break out session speaking presentations

Kardon Institute for Arts Therapy

Philadelphia, PA

Latin American Community Center Domestic Violence Program
Dance/Movement Therapist

June 2012 to April 2013

- Facilitated weekly dance/movement therapy groups for women enrolled in the Domestic Violence Program

Girard Medical Center
Rehabilitative Creative Arts Therapy Service (RCATS)
Dance/Movement Therapist

Philadelphia, PA
May 2003 to July 2011

- Facilitated weekly dance/movement therapy group and individual sessions for patients with co-occurring disorders (e.g. addiction, mental health issues, medical issues)
- Conducted individual assessments and determined treatment goals for patients according to nonverbal communication, imagery, and metaphorical communication
- Provided clinical supervision, training, and evaluation for graduate school level interns
- Facilitated weekly interdisciplinary treatment team and performed other administrative duties as required

Clinical Supervisor

January 2008 to January 2009

- Provided and fostered clinical supervision, support, and guidance for RCATS staff and graduate school level interns
- Participated in hospital committees and tasks force (i.e. Recovery Transformation Initiative task force)
- Assisted in annual review and revision of departmental policies and procedures
- Identified and implemented program development for therapeutic patient care

Family and Community Service of Delaware County
FAST Program

Chester, PA
October 2002 to December 2002

Children's Group Coordinator

- Contractual seasonal group coordinator for children 5-12 years of age
- Facilitated and monitored structured movement activities according to program protocol
- Empowered parents to be involved with their children by increasing social skills and 'good' behavior while decreasing stress and drug and alcohol risks
- Prepared written summaries and engaged in weekly group supervision

Children's Crisis Treatment Center
STEP Summer Camp
Dance/Movement Therapist

Philadelphia, PA
June 2002 to August 2002

- Co-facilitated dance/movement therapy group sessions for children 5 -12 years of age who were exposed to physical abuse, sexual abuse, severe neglect, abandonment, and/or extreme violence
- Conducted and evaluated movement assessments, integrated psychotherapeutic dynamic structure of movement, goal setting, and intervention
- Prepared written summaries and engaged in bi-weekly supervision

Horizon House/Delaware Inc.
Supervised Apartment Service

Newark, DE
September 1998 to September 2001

Residence Manager | *Rehabilitation Specialist 10/96 – 9/98* | *Rehabilitation Advisor 5/96 – 10/96*

- Interviewed, assessed and facilitated transition of clients from the state hospital into supervised apartment living
- Supervised and provided training of client service staff
- Managed daily operations of client services
- Prepared and managed overall program budget
- Assisted in recruitment, employment, training, and performance of staff
- Assisted in annual review and revision of departmental policies and procedures
- Performed on-call responsibilities on a rotational basis and engaged in weekly supervision

Connections CSP, Inc.
Cornerstone Residential Treatment Program
Associate Clinician

Delaware City, DE
April 1997 to October 1998

- Planned, implemented, and supervised addiction treatment, educational activities, and treatment interventions for adults diagnosed with co-occurring addiction and mental health disorders
- Developed individual treatment plans, conducted individual and group counseling regarding mental health and addiction issues, and provided maintenance of case records of an assigned caseload
- Performed intake and discharge assessments; conducted psychosocial assessments
- Engaged in weekly supervision and prepared daily and monthly summaries

Catholic Charities, Inc.
Day Rehabilitation Program

Wilmington, DE
February 1998 to September 1998

Associate Clinical Program Specialist II

- Provided continuity of care in maintaining treatment goals in assisted living environment for adults diagnosed with a mental disorder
- Facilitated group and individual therapy sessions
- Maintained a caseload, prepared daily progress notes, and engaged in weekly supervision

TEACHING/CONSULTING EXPERIENCE

Drexel University, Center City Campus
Adjunct Professor, Creative Arts Therapies and Counseling Department

Philadelphia, PA
October 2008 to present

- Provide educational and clinical instruction to graduate school level creative arts therapy students registered in the following courses:
 - Clinical Appraisal and Assessment II
 - Social and Cultural Foundations in Counseling and Psychotherapy I
 - Social and Cultural Foundations in Counseling and Psychotherapy II: Dance/Movement Therapy and Counseling
 - Advanced Group Supervision I, II, III
 - Dance/Movement Therapy Theory and Practice III: Adult Populations
- Advise and participate in students Masters' Thesis/Capstone projects
- Provide clinical supervision for graduate school level interns in community treatment settings

Lesley University
Guest Lecturer

Cambridge, MA
October 2020

- Instructed graduate school students enrolled in Clinical Skills and Application I

Sarah Lawrence College
Guest Lecturer

Brooklyn, NY
April 2019

- Instructed graduate school students enrolled in Graduate Seminar IV: Dance/Movement Therapy Theory and Practice

Wilmington University, New Castle Campus
Adjunct Professor, Psychology Department

Wilmington, DE
September 2015 to May 2017

- Provided educational and clinical instruction to undergraduate level psychology students registered in the following courses:
 - Introduction to Expressive Arts Therapies
 - Counseling Process: Techniques and Applications

Mother Mary of Hope House I
Co-facilitator through Beautiful Gate Outreach Center

Wilmington, DE
July 2011 to July 2012

- Provided instruction and educational resources as part of the Women2Women program regarding prevention and treatment of HIV/AIDS within the women's transitional housing system

Department of Corrections Women's Treatment Center
Co-facilitator through Beautiful Gate Outreach Center

Wilmington, DE
 April 2010 to June 2011

- Provided instruction and educational resources as part of the Women2Women program regarding prevention and treatment of HIV/AIDS within the women's correctional system

Girard Medical Center
Training Facilitator

Philadelphia, PA
 November 2004 to July 2011

- Provided facilitation and training to hospital staff, clients, and family members in various workshops including
 - Express Your Stress: Healthy Workplace Series
 - Express Your Stress: Family Education Series
 - Creative Arts Therapy and Spirituality in Clinical Practice
 - Sandtray Play Therapy in a Clinical Setting
 - Observing and Assessing Nonverbal Cues
 - The Role of Rehabilitative Creative Arts Therapy in Behavioral Health
 - Effects of HIV in Co-Occurring Disorder Populations in the Inner City

Rutgers University, Camden Campus
Guest Lecturer: Department of Psychology

Camden, NJ
 January 2003

- Instructed undergraduate psychology students registered in the Theories of Creativity course regarding the role of dance/movement therapy in health care

PUBLICATIONS/INTERVIEWS

PUBLICATIONS

Grayson, A., Coburn, S., Johnson-Klein, W. & Williams, A. (2020). Book Review: Decolonizing Trauma Work: Indigenous Stories and Strategies. *American Journal of Dance Therapy*, 42(2).

Grayson, A. (2020). Addressing the Trauma of Racism from a Mental Health Perspective within the African American Community. *Delaware Journal of Public Health*, 6(5), 28-29.

Grayson, A., Chan, M., Coburn, D., Coburn, S. & et.al. (2020). ADTA 2019 Keynote Plenary Panel: Honoring Multiplicity: An Embodied Keynote Experience. *American Journal of Dance Therapy*, 42(1), 90-106.

Grayson, A., Belnavis, S., Howard, L., & Puloka, R. (2019). ADTA 2018 Keynote Plenary Panel: Power and Privilege Within the ADTA. *American Journal of Dance Therapy*, 41(2), 143-157.

Grayson, A. (2019). Manage Mental Health Like A Boss Lady. In Hawkins, S. (Ed.), *The Profitable Woman's Playbook: 15 Strategies to Win Big in Life and Business*. PITNB Publishing.

Tatum Fairfax, A. (2014). *Meditation Moments Journal: 52 Weekly Meditations to Reduce Stress, Boost Productivity, and Position Yourself to Live Your Best Life*. Wilmington, DE: Ware Resources and Publishing.

Tatum Fairfax, A. (2013). Dancing Solo: The Twists and Turns of a Dance/Movement Therapy Private Practice. In Mikel, E. (Ed.), *The Art of Business: A Guide to Self-Employment for Creative Arts Therapists*. London: Jessica Kingsley Publishers.

Tatum Fairfax, A. (2012). Of Note. *American Journal of Dance Therapy*, 34(2), 179-181.

Tatum Fairfax, A. (2011). Art of Seduction. In Donaldson, J. (Ed.), *Making Marriage A Success: Pearls of Wisdom from Experts Across the Nation*. Bangor, ME: Booklocker.com, Inc.

Tatum Fairfax, A. (2005). Consumed. In Ely, H. (Ed.), *Twilight Musings*. Owings Mills, MD: International Library of Poetry.

PRINT AND TELEVISED INTERVIEWS

Coney, S. (January 2020). UrbaNation – *Managing the Holiday Blues*. The NOW Network
<http://www.thenownetwork.org>

Cormier, R. (January 2018). Delawareonline.com -- *Trump & 2017: The Year of Exhausting Angst*
<https://www.delawareonline.com/story/entertainment/2018/01/19/stressed-out-and-politics-part-welcome-club-delawareans/1020218001/>

Aetna 2013 African American History Calendar – *Complementary and Alternative Medicine: Celebrating African Americans Practicing Physical and Alternative Healing*
http://aetnaafricanamericancalendar.com/2013/pdf/AAHC2013_June.pdf

Miller, B. (December 2013). Delawareonline.com – *Health Insurance Deadline is Looming for Delaware, Nation*
<http://www.delawareonline.com/article/20131215/HEALTH/312150047/Health-insurance-deadline-is-looming-for-Delaware-nation>

Roberts, S. (September 2013). Seeking Solutions with Suzanne – *Dance Therapy*
<http://www.suzanne.tv/show.aspx?sid=958>

Donaldson, J. (February 2011). Yahoo Voices – *Healing Depression through the Expressive Arts*
<http://voices.yahoo.com/healing-depression-through-expressive-arts-7744456.html?cat=5>

Elfman, L. (July 2011). Diverse Issues in Higher Education – *Dance Opens Doors to History*
<http://diverseeducation.com/article/15995/#>

Scott, M. (March 2009). WHYY – *Dangers of Alcohol Addiction*
<http://www.newsworks.org/index.php/local/item/1058-dangers-of-alcohol-addiction>

PROFESSIONAL PRESENTATIONS

National Dance Education Organization Virtual
Diversity in Motion Workshop Co-Presenter October 2020
“Intersectionality: The Complexity of Identity and Oppression”

The Embodiment Conference Virtual
Diversity in Motion Workshop Co-Presenter October 2020
“Embodied Change & Diversity: Moving Blindspots: Cultural Bias in the Movement Repertoire”

American Dance Therapy Association Virtual
Workshop Intensive Presenter and Co-Presenter October 2020
“Healing and the Creative Spirit: A Dance/Movement Therapy Approach to Spirituality”
“Who Decides What Ethical Practice Is: Power Dynamics in Prescribing What Is or Is Not

Ethical Practice?” co-presenter

“Diversity, Equity, and Inclusion in DMT Education: Moving and Deepening the Dialogue” co-presenter

American Dance Therapy Association – New England Chapter

Virtual

Keynote – Membership Appreciation Day

August & September 2020

“Inclusivity and Community”

American Dance Therapy Association

Miami, FL

Keynote Plenary and Workshop Intensive Co-Presenter

October 2019

“Honoring Multiplicity: An Embodied Keynote Experience” Keynote Plenary Panel

“Diversity in Motion: Exploring Cultural Bias in the Movement Repertoire of Dance/Movement Therapists”

“Critical Perspectives of DMT: Activism and Application”

“The Use of Inclusive Language in Dance/Movement Therapy Practice: A Panel Discussion”

Incredible One Enterprises LLC

Wilmington, DE

Breakthrough in Business Experience Live

May 2019

Breakthrough Talks Keynote Presenter

“The Art of Surrender: Benefits of Living a Surrendered Life”

American Dance Therapy Association – Pennsylvania Chapter

Philadelphia, PA

Workshop Co-presenter and Panelist

February 2019

“The Intersection of Race, Sexuality, and Gender in the Therapeutic Relationship within DMT”

American Dance Therapy Association

Salt Lake City, UT

Keynote Plenary Panel and Workshop Intensive Co-Presenter

October 2018

“Power and Privilege within the ADTA” Keynote Plenary Panel

“Moving Blind Spots: Cultural Bias in the Movement Repertoire of Dance/Movement Therapy”

“From Paper to Practice: Making the ADTA Code of Ethics Real in the World”

“The Bridge” Multicultural and Transcultural Dance Experiential Room Overseer

National Caucus on Arthritis and Musculoskeletal Health Disparities

Washington D.C.

Movement is Life Caucus

November 2016

Workshop Presenter

“Let’s Dance! Therapeutic Dance for the Body and Soul”

American Dance Therapy Association

Chicago, IL

Workshop Intensive Co-Presenter

November 2014

“Moving Beyond the Dance: Inclusion of Spirituality in Dance/Movement Therapy Practice”

“Getting to Know the Proposed Dance/Movement Therapy Code of Ethics: Anchoring our Professional Integrity”

American Dance Therapy Association

Brooklyn, NY

Workshop Intensive Co-Presenter

October 2013

“Ethical and Multicultural Considerations in the Use of Touch in DMT”

“Embodied Artistic Inquiry Takes on Diversity”

“The Bridge” Multicultural and Transcultural Dance Experiential Room Overseer

American Dance Therapy Association

Albuquerque, NM

Workshop Intensive Presenter

October 2012

“Moving Cultural Competence Beyond Color Blind Racism and Survival Mechanisms in the Movement Repertoire”

“Your Multicultural and Diversity Focus: Taking It Home”

Carnegie Mellon University
Mosaic Conference Keynote Presenter

Pittsburgh, PA
February 2012

“Exploring Gender Role Identities through Dance/Movement Therapy”

American Dance Therapy Association

Minneapolis, MN

Workshop Intensive Presenter

October 2011

“The Dance of the Dance/Movement Therapist through a Multicultural Lens” co-presenter

“Can You Relate? Exploring Culture and Gender through Dance/Movement Therapy and Relational-Cultural Theory”

“Understanding and Working with Black American Clients: Moving Beyond Survival Mechanisms in the Movement Repertoire” co-presenter

Saybrook Graduate School and Research Center

San Francisco, CA

Seminar Co-Presenter: Sensitivity Empowerment Workshop

June 2006

“Existential Healing, Self-awareness and Personal Growth”

Saybrook Graduate School and Research Center

San Francisco, CA

Seminar Presenter: Understanding Ourselves Through Creativity

June 2006

“The Use of Written Poetry as a Coping Skill with Individuals Diagnosed with Co-occurring HIV, Polysubstance Dependence, and Major Depressive Disorder”

American Dance Therapy Association

New Orleans, LA

Conference Research Poster Presentation

October 2004

“Dance/Movement Therapy Impact on Quality of Life in Clients with Co-occurring HIV, Addiction, and Mood Disorders”

Saybrook Graduate School and Research Center

San Francisco, CA

Seminar Presenter: Multicultural Peer Learning

June 2004

“Effects of HIV in Co-occurring Disorder Populations in the Inner City”

Participated on planning committee of peer learning panel

ASSOCIATIONS/ACCOMPLISHMENTS

ASSOCIATIONS

- 2018 –present American Counseling Association (ACA)
- Association for Creativity in Counseling (ACC)
 - Association for Multicultural Counseling and Development (AMCD)
 - Association for Spiritual, Ethical and Religious Values in Counseling (ASERVIC)
- 2016--present International Association of Trauma Professionals
- 2011 Family and Marriage Institute Board of Directors
- 2004 -- present American Psychological Association (APA)
- 2004 – present Association of Black Psychologists (ABPsi)
- 2002 – present American Dance Therapy Association (ADTA)
- 2020-2023 President-Elect
 - 2018—present Spirituality and Religion Affinity Group Co-Coordinator
 - 2011--2017 Board of Directors - Multicultural and Diversity Committee Chair
 - 2011--2020 Standards and Ethics Committee
 - 2012—2016 Pennsylvania Chapter President
 - 2010—2012 Pennsylvania Chapter Vice President

- 2010—2019 Black American and African Descendants (BAAD) Affinity Group Vice President
- 2008—present Multicultural and Diversity Committee Charter Member (ADTA MDC)
 - Native American Affinity Group
 - Black MAGIC Affinity Group
 - Spirituality and Religion Affinity Group
- 2003—present Pennsylvania Chapter member

AWARDS

- 2020 National Stop the Violence Alliance, Inc. Martin Luther King Jr Drum Major for Justice Award
- 2019 First State Community Loan Fund Women’s Business Center HerStory Award
- 2011 Bethel A.M.E. Church Woman of Excellence Award
- 2009 Bethel A.M.E. Church AIDS Task Force Community Service Award

VOLUNTEERISM

- 2018--present Bethel A.M.E. Church Board of Trustees
- 2004 Saybrook Graduate School and Research Center
 - Mid-Atlantic Region Coordinator
 - Multicultural Committee Student Co-coordinator
- 1996 – present Bethel A.M.E. Church Liturgical Dance Ministry
 - 2003—present Assistant Director of Church Dance
 - 2002—present Director of the Precious Stones Youth Dance Ministry
 - 2008—present Director of the Oracles of God Mime Ministry
- 1996—present Bethel A.M.E. Church AIDS Task Force