



EBONY NICHOLS MA, R-DMT, CAT-LP

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Somatic mental health and wellness practitioner, registered dance/movement therapist and creative arts therapist (LP). Works nationally and internationally exploring mental health as it relates to cultural identity and community dynamics while utilizing various techniques of expressive art, poetry, music, drama, visual art, and dance toward personal and communal growth, embodied resilience, emotional regulation, and healing.

EDUCATION

Lesley University Graduate School of Arts & Social Sciences, Cambridge, Massachusetts - Master Degree, May 2019

- Clinical Mental Health Counseling with a Specialization in Dance Movement Therapy - Cumulative GPA 4.0
- [Thesis - Moving Blind Spots: Cultural Bias in the Movement Repertoire of Dance/Movement Therapists](#)

The College of New Rochelle, Brooklyn, New York - Bachelor of Arts Degree, January 2014

- Area of interest in Psychology - Cumulative GPA 4.065
- Graduated with Honors

HONORS AND AWARDS

- American Dance Therapy Association 2019 - Leader of Tomorrow Award
- American Dance Therapy Association 2018 - Conference Scholarship Recipient
- Lesley University Dean's Scholarship recipient
- The College of New Rochelle Dean's List Scholarship recipient

PUBLICATIONS

ADTA 2019 Plenary Panel-Honoring Multiplicity: An Embodied Keynote Experience
ADTA 54th Annual Conference Miami, FL, American Journal of Dance Therapy, Springer
2020 <https://link.springer.com/article/10.1007/s10465-020-09329-4>

PRESENTATIONS AND INVITED LECTURES

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| Guest Lecturer, Lesley University | October 2020 |
| <ul style="list-style-type: none">• Course: Movement and Observation Skills• Course: Clinical Skills and Applications | |
| National Dance Educators Organization Annual Conference | October 2020 |
| <ul style="list-style-type: none">• Diversity in Motion Research Collective – Intersectionality: The Complexity of Identity and Oppression | |



The Embodiment Conference

October 2020

- Diversity in Motion Research Collective – Power Flower: Intersectionality and the Complexity of Identity and Oppression
- The Africanist Aesthetic in Movement Observation

American Dance Therapy Association Annual Conference

October 2020

- Diversity, Equity & Inclusion in DMT Education: Moving and deepening the dialogue
- Opening and Closing ceremony co facilitator

**American Dance Therapy Association Annual Conference
Miami Florida**

October 2019

- Diversity in Motion Research Collective Cultural Bias in the Movement Repertoire of Dance/Movement Therapists – Workshop Intensive
- Conference Plenary Co- Facilitator

“Honoring Multiplicity: An Embodied Keynote Experience”

**New England Chapter of the American Dance Therapy Association
Annual Conference, Cambridge Massachusetts**

March 2018

- “Moving Blind spots: Cultural Bias in the Movement Repertoire of Dance/Movement Therapists” - Workshop

**American Dance Therapy Association Annual Conference
Salt Lake City, Utah**

October 2018

- “Moving Blind spots: Cultural Bias in the Movement Repertoire of Dance/Movement Therapists” - Workshop Intensive
- “Social Justice in Dance Movement Therapy Education” - Seminar

**Caribbean Cultural Center African Diaspora Institute
Schomburg Center for Research in Black Culture
Harlem, New York**

May 2015

- Streams of Consciousness: A Movement Narrative
'La Siren' a work in progress - Panel Participant

**Roc- A- Natural - Schomburg Center for Research in Black Culture
Harlem, NY**

April 2014

- Natural hair care and identity – Panel Participant

Kick ‘in it with the Kinks – Dwyer Cultural Center, Harlem, NY

April 2013

- Natural hair care and identity – Panel Participant

PROFESSIONAL AFFILIATIONS

- American Dance Therapy Association
 - Multicultural and Diversity Committee Chair Elect
 - Annual Conference Committee Member
 - Finance Committee Member

- The Association of Black Psychologist
Member 2020
- Creative Arts Therapists of Color
Member 2018
- Psi Chi the International Honor Society in Psychology
Member 2014

EXPERIENCE

AYA Creative Wellness and Maraka Dance Healing, New York, NY- June 2020 - Present

- Dance/Movement Therapy with adults seeking individual support for anxiety, self-care, social cultural identity concerns and intergenerational trauma

Proprietor, Locks of Nu Natural Hair Spa LLC, Brooklyn, NY - June 2003-Present

- Owner: Hire and manage staff to facilitate day to day operations
- Develop and implement marketing strategies
- Utilize our motto “Healing the Community Follicle by Follicle” to promote dialogue and community events pertinent to the African American Community

Co-Founder/Director of Operations, Afro Mosaic Soul Dance Collective, Brooklyn, NY- October 2005-Present

- Choreographer/Dancer, co-facilitate workshops, classes and community events focused on freedom of expression through freestyle movement

Pathways to Leadership, New York, NY October 2019 – June 2020


- Dance/Movement Therapy groups and individual sessions with Middle and High School students
- Developed {B} Me a DMT program to support the social and emotional needs of the school community
- Creative Arts Therapy/Psychosocial Assessment, notes, and charting

Intern, North Central Bronx Hospital, Bronx, NY – September 2017-May 2018; October 2018 – May 2019

- Dance Movement Therapy group and individual sessions for adults with psychotic and behavioral health concerns,
- Activity Therapy/Rehabilitation Assessment, notes, and clinical charting
- Facilitated woman’s wellness counseling groups for teens and young adults through the Pathways to Graduation Program

Mental Health Counseling Field Study with Special Needs populations in Nicaragua – March 2018

- Utilized expressive arts therapies with local communities in school settings
- Consulted and collaborated with educators, mental health professionals and members of the community regarding culturally relevant therapeutic interventions



Minuteman ARC for Human Services with Lesley University, West Concord, Massachusetts — July 2017

- Clinical skills, practical application and experimental approaches to Dance Movement Therapy
- One to one and group therapy for adults with intellectual, developmental delays and physical, emotional and sensory challenges

Mental Health Counseling Field Study with Trauma Affected Populations in Haiti and The Dominican Republic – January 2017

- Consulted and collaborated with educators, mental health professionals and members of the community regarding culturally relevant trauma informed treatment
- Utilized expressive arts therapies with local communities in schools and eldercare settings

International Experience - Havana, Cuba – November 2016

- Research in trauma-affected populations
- Observed the use of expressive arts as therapy, and documented the mourning process from a cultural perspective

International Experience - Ghana and Togo, West Africa - February - May 2016

- Research in trauma-affected populations
- Co-founder of Medase Pa Designs, a cooperative venture connecting artisans of the African Diaspora utilizing expressive arts as therapy

Intern, NYS Office for People with Developmental Disabilities - The Brooklyn Developmental Center, Brooklyn, NY — Summer, 2013

- Assisted in review and clinical charting of medication
- Residential site visits with group and individual therapy sessions
- Observed and assisted Psychologist in creating Behavior Support Plans, psychological assessments; participated in psychology team meetings and training sessions for direct support staff

SKILLS

- Oral Presentation: presentations of academic research, embodiment experientials, panel discussions at various cultural institutions and educational programs
- Interpersonal communication: including familiarity with active listening techniques
- Business Management: Bookkeeping, Basic Accounting; business sales, staff payroll, taxes and data entry
- Dance Techniques: Ballet, Modern, Dances of the African Diaspora including House, Hip Hop, and Afrobeat
- Knowledge in iMovie, Microsoft Office Suite including PowerPoint