

Creative Communication Studio

Risa Waldt, Artist

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EDUCATION

BFA from U of A

ASET CET

Equine Therapy ONSITE and TROT

1991-1996

Wellness and Spirituality Conferences
University of Oklahoma

1996-2000

"Ethical Use of Psychodrama" Training
by Dena Baumgartner, PhD, TEP

1995

Native Use Pathways
University of Oklahoma

1995

Well Relationship Conference
University of Oklahoma

1994

Continuing Education in Experiential, Development Skills
University of Oklahoma

1994

Violence Prevention Workshop
University of Arizona

WORK EXPERIENCE

1994 – Present

Women's Health Experiential Workshops
Presenter of "A Celebration of Life"
Using the techniques of movement, art, journaling, guided imagery, psychodrama, multicultural social systems communication, spiritual development, and communication with self.

1994 - Present

Private Consultations
with Men and Women of All Ages

Using creative arts and multicultural social systems communications.

- 1996
Presenter
Stress Management – "Reach for the Stars"
to Young Women of the Job Core
- 1993 - for several
years
Presenter of Stress Management Series
Arizona Department of Corrections Women's Prison
Southern Arizona Release Center
Tucson, AZ
- 1993 - 1994
Miraflores ADL Facility
Tucson, AZ
Art Therapist
Provided therapeutic activities which assisted patients in becoming more
developmentally able.
- 1993 - 1994
Sierra Tucson
Tucson, AZ
Art/Movement Therapy
• Stretching and Nutrition Therapy for Body, Mind and Spirit, and Assertiveness
Training
- 2007 – 2010
• Psychology Technician, working with eating disorder patients, using
breathing/meditation techniques
• Art Therapy, Equine Therapy, Breathing and Meditation
- 1992, 1993
Southern Arizona Release Center through
Casa de los Ninos Crisis Nursery
Co-facilitator, Parenting Group
Provided parenting tools to assist in healthy family relationships after prison term.
- 1992 - 1994
Tucson Elementary School Team Teaching
Using the "Joyful Expressions" curriculum, bringing art instruction into the
school milieu.
- 1991 - 1995
Campana del Rio Retirement Home
Tucson, AZ
Worked with the retired in developing their self-expression.
- 1991 - 1995
Juvenile Court
Tucson, AZ
Provided learning opportunities for delinquent juveniles using art as a learning
medium.
- 1994, 1995
University of Oklahoma Wellness & Women Conference
Presenter of "Stress Management in the Circle of Life"

Using the techniques of movement, art, art journaling, guided imagery, psychodrama, multicultural social systems communication, spiritual development, and communication with self.

1995 - Present

Circle of Friends - Job Corps Tucson
Facilitator

Traditional Talking Circle for Native American descent young students, although all nations of people are welcome to attend.

1995

University of Oklahoma Wellness & Spirituality Conference

Presenter of "Wellness & Spirituality and its relationship to Stress"

Using the techniques of movement, art, art journaling, guided imagery, psychodrama, multicultural social systems communication, spiritual development, and communication with self.

1995

The Society of Menstrual Cycle Research, Montreal, Canada

Presenter of "A Ceremony of Life, Celebration of Menstrual/Mandala"