

AMY OESTREICHER

LINK to all of my mental health advocacy programs: www.amyoes.com/ptsd

Can oversharing be good for your health? Yes! <http://www.missmillmag.com/disease/oversharing-good-health/>

MY INVOLVEMENT W/MENTAL HEALTH AMERICA

Are you fighting in the open? Mental Health America ... - AmyOes

<https://amyoes.com/2016/06/10/mhaconf16/>

MHA News From National: April 6, 2016 | Mental Health America

www.mentalhealthamerica.net/mha-news-national-april-6-2016

Apr 6, 2016 - Today we want to share with you the story of **Amy Oestreicher**

How to Share Your Story for Mental Health Month | The Huffington Post

www.huffingtonpost.com/amy-oestreicher/how-to-share-your-story-f_b_9817856.html

I'll be a guest on Mental Health America's Twitter Chat until 3pm ...

<https://plus.google.com/106058010956085677457/posts/P6ASmSsKwFC>

Gutless and Grateful excerpt Mental Health America - YouTube -

https://www.youtube.com/watch?v=k_Dhk402NWI

#MENTALILLNESSFEELSLIKE: <https://amyoes.com/2016/05/02/mental-health-month/>

25 WAYS TO FIGHT STIGMA AT MHA: http://www.huffingtonpost.com/amy-oestreicher/25-ways-to-fight-stigma-i_b_10316120.html

MY NOMINATION AS A STIGMA FIGHTER: <https://awards.wegohealth.com/nominees/12393>

WRITING: My Huffington Post Column: huffingtonpost.com/amy-oestreicher

My writing for The Mighty: <http://themighty.com/author/amy-oestreicher/>

Writing Portfolio: <https://www.amyoes.com/writing-portfolio/>

<http://lanes.org/turn-your-life-into-the-best-story-youve-ever-read/>

<http://lanes.org/seven-ways-to-get-your-own-story-started/>

<https://tlablog.org/2016/08/01/amy-oestreicher-on-telling-her-story-on-stage/>

<https://tlablog.org/2016/02/25/dramatherapy-as-a-lifeline-in-transforming-trauma-by-amy-oestreicher/>

Blog: <https://amyoes.com/category/blog/>

Medium: <https://medium.com/@amyoes>

Booking history of my mental health programs: <https://amyoes.com/booking-history/>

Disability: amyoes.com/disability

Military: amyoes.com/military

Work with healthcare professionals - <https://amyoes.com/gutless/for-healthcare-professionals/>

Freelance articles on PTSD: www.amyoes.com/selected-articles

References: <https://amyoes.com/references/>

Audience Testimonials: <https://amyoes.com/audience-testimonials/>

Feedback: Testimonials: <https://www.amyoes.com/2015/01/09/testimonials/>

Blog for NAMI Connecticut: <http://turningpointct.org/lets-talk/forum/blog-detourist/>

Proudly living with an ostomy: <https://amyoes.com/category/health-wellness/living-with-an-ostomy/>

RISKING MY PROFESSIONAL CAREER TO SHARE MY STORY:

<http://www.thebatesstudent.com/2016/02/new-sexual-assault-awareness-club-joins-the-bates-community/>

SEVEN THINGS I WAS SCARED TO OVERSHARE THAT ENDED UP HELPING OTHERS

- What it's like having an *open wound*
- Feeling conflicted about testifying *against my abuser*
- Dealing with undeserved *shame after sexual abuse*
- Getting pulled over by the cops when I tried to *run for my life*
- Learning to *accept my ostomy*
- Explaining to kids *what my scars are from*
- Dealing with confusing *symptoms of Post Traumatic Stress Disorder*

ART: Knowing how difficult it was for me to speak of my own abuse (especially after waking up from a coma months later), I wrote the *full-length drama*, **IMPRINTS**, a compelling, humorous and poignant portrayal of how trauma affects the family - also *semi-autobiographical*. The script is loosely based off of a journal my brother kept

for the first 72 days I was in a coma, packed with moments of raw emotion as well as endearing hospital comedy from an overbearing Jewish family that lived in an ICU together for way too long. Because of its themes of the themes of prevention, PTSD education, and survivor empowerment, this is also a powerful message to share with the community. Since this is a conceptual piece, attempting to simulate life waking up from a coma, the protagonist's journey back to herself is guided through layers of music, movement and lighting in order to create a tapestry of past and present to create a soupy memory collage, as the protagonist re-members what she thought a coma had permanently repressed - she is literally re-"membering" the former "members" of her life in order to heal.

You can see my **Huffington Post** article about Imprints here: http://www.huffingtonpost.com/amy-oestreicher/expression-sets-you-free- b_9998816.html
And learn more about the play here: <https://www.amyoes.com/imprints>

At my premiere at the Producer's Club in NYC, I received this written feedback from a Survivor Advocate who attended: *"I'm the one you invited from Sexual Violence Response. I think it is important that you know that I have worked as a social worker with interpersonal violence and I am a survivor myself. That said, your play certainly resonates with me. Interestingly enough, one of the audience members asked someone what they thought the play's message was, which started a meaningful dialogue. I know that this one conversation above signified the importance of your play - that one person will leave with a better understanding of how trauma not only affects the individual but the family as well. As far as the play itself, its depiction of sexual trauma - it is a realistic depiction of how it happens, how it is denied and ignored within a family structure because the horror of it is so difficult to face. The more people talk about it, (write about it), acknowledge it, the better people will learn to deal with it in a genuine way. That is why this play needs to be seen. Thank you for inviting me."*

PTSD: The Mosaic I See:(From Amy's **Huffington Post** Narrative) *"My perspective on illness has changed since my days of "croup", and it's also changed since my last surgical intervention. I've learned that illness isn't always in the physical scars. I've learned that some wounds aren't visible, and some wounds even we don't know we have, until we choose to take care of them. But I've also learned that I'm resilient, strong, broken and put together again, differently, yet even more beautiful – like a mosaic. PTSD has not broken me. It's taken me apart, and I'm reassembling myself day by day. In the meantime, I'm learning to love what I can build."*

VIDEOS (SELECTED)

<https://amyoes.com/speaking-media/>
<https://amyoes.com/tedx>
<https://www.youtube.com/watch?v=DztxEDZjNPI&feature=youtu.be>
<https://www.youtube.com/watch?v=pYMFL40aDp4>
<https://www.youtube.com/watch?v=Jj4CsCv60kA>
<https://www.youtube.com/watch?v=D6pg2EHxVTI>
<https://www.youtube.com/watch?v=9ivELWwdpco>
https://www.youtube.com/watch?v=VfL9p6z3410&list=PLqqhtI1i5QxeBkpuNKayRI3_IV9OjbNvj
<https://www.youtube.com/watch?v=mr76AONQN4g>
<https://www.youtube.com/watch?v=Jj4CsCv60kA>
<https://www.youtube.com/watch?v=DPfI69DDQnU>
https://www.youtube.com/watch?v=jK8ZM00ESWI&list=PLqqhtI1i5QxeBkpuNKayRI3_IV9OjbNvj
<https://vimeo.com/142517024>

My one-woman musical, fighting stigma through storytelling: www.amyoes.com/gutless

My original musical dared to explore a very personal topic – what could have been a tragedy – in a comedic, yet poignant musical - the culmination of years of struggling in the dark, and the spark in me that refused to die. It told my triumphant survival tale in a way that inspired many theatregoers and prompted them to rethink the ways they live their lives. Together we experiencing how by telling stories, we can become empowered in any uncertain circumstance and get through anything. Gutless & Grateful empowers others to move forward and spark a sense of rejuvenation, renewal, and hope. As we enter the new millennium, the world is faced with massive challenges as well as opportunities to solve them. Let's share dynamic, creative ideas and sustainable solutions which can be adopted in a society or community,

Storytelling creates an accessible bridge of understanding and dynamic dialogue between allies, leaders, survivors, caregivers, and society as a whole. When given the tools to tell our stories and become active listeners, we can destigmatize disability and mental illness, while encouraging all individuals to reach out, speak up and start a vital conversation on how we view obstacles. One of the most difficult issues for those suffering from mental illness is to not feel alienated or stigmatized when they feel they have a concern that needs to be addressed - or worse, the feeling that they don't need/deserve/want help. The solution to eliminating stigma lies in our ability to engage, educate and empower individuals to act as both storytellers and story-facilitators. Through our varied stories, we create an intricate tapestry that makes up the fabric of who we are as a human race. Through using creative expression to tell our stories, we feel connection and similarity, yet can also define our own uniqueness and create our own heroic path.

If we build a community of storytellers, we are filling the gap of communication with the mortar of authenticity. **As Clifford Beers, founder of Mental Health America once proclaimed, we are “fighting in the open.”** After surviving a decade of trauma, I discovered this storytelling “survival strategy” as a lifeline, roadmap and anchor to myself. I’m nominating myself because although what I’ve been through is “unique,” I healed through finding the universality in my struggle, and with insight, have identified common themes, ideas and insights that translate into concrete action steps for anyone to handle adversity. Creativity and stories become my lifeline, teaching me to turn this “detour” into the richest time of my life, through my art, theatre, writings and everyday celebration of ordinary miracles. To cope with years unable to eat or drink, I locked myself in my room and journaling thousands of pages, using Joseph Campbell's archetypal hero's journey to create a structure for my life that had lost all structure entirely. Not only did stories help my own personal transformation, they helped me reintegrate into society once I myself had transformed.

Bio: <https://amyoes.com/professional-credentials/>

Professional References - <https://amyoes.com/references/>

upcoming book: <https://www.amyoes.com/book>

Comprehensive guide to programming - amyoes.com/PTSD

Speaking Information including videos, references, topics and media: <https://www.amyoes.com/press-kit/>

Badges and Publications: <https://www.amyoes.com/publications/>

Mixed Media Art: <https://www.amyoes.com/galleries>

Work as a playwright - amyoes.com/playwright

Gutless press quotes: <https://amyoes.com/2015/08/09/quotes-from-the-press/>

DETOUR MOVEMENT

#LoveMyDetour: <https://www.amyoes.com/2015/12/08/are-you-a-detourist-watch-this-video-to-find-out/>

Weekly feature: A Detourist writes about a life detour: <https://www.amyoes.com/category/why-not-wednesday/>

What's a Detourist? <https://www.amyoes.com/whats-a-detourist/>

Selected Podcasts/Interviews/Audio Stories

•Hear me fighting in the open: Read feature articles, reviews, television and radio interviews and special segments on Amy's Media page: <https://amyoes.com/media/>

- THE COURAGE TO HEAL original story - <https://amyoes.com/2016/03/08/podcast-courage-heal/>
- Mental Health and Fitness: <https://amyoes.com/2017/02/18/docz/>
- Arisen Strength After Trauma: <https://amyoes.com/2016/09/12/arisen-strength/>
- Art and Mental Health Interview: <https://amyoes.com/2016/04/03/art-with-impact-interview-art-and-mental-health/>
- **[“Brain Broad Builds a Brain” Interview on Comas, Dreams, Brains and Trauma...](#)**
- [Amy's Mental Health Story in Turning Point CT](#)
- [Amy's Post-Traumatic Growth Interview with Shrink Rap Radio, Psychologist David Van Nuys](#)

HONORS/AWARDS

- “Post Traumatic Gifts” Featured in National Initiative for Arts and Health in the Military, 2016 (National, 2016)
- Association for Applied and Therapeutic Humor Scholarship Recipient
- New York Playwrights Women in the Age of Trump Semifinalist (New York, December 2016)

- Convatec's Great Comeback Awards Recipient (September, Nashville and Greensboro, 2014)
 - Manhattan Repertory Theatre Short Play Finalist (New York, May 2016)
 - She Rocks MEDIA Herstory National Honoree (Washington D.C., January 2017)
 - "Top Mental Health Contributor" and "Top Creativity Contributor" for Medium
 - United Way Community Outreach Award, CT, 2005
 - Artist Honoree: Yale New Haven Smilow Gallery Breast Cancer Oncology Center, CT, 2016
 - Medical Abstracts accepted into international conferences including International Case Studies (Dubai), Traditional Medicine (Netherlands, Bangkok) and Psychiatry (Los Angeles)
 - WOCN PSA "You Deserve a WOCN Nurse" Honoree, 2015
- Gutless & Grateful: A Musical Feast, A One-Woman show performed nationally at 100+ venues
 Writer, Director, Performer, Composer, Producer
- Toured as a mental health and sexual assault program to over 40 colleges nationwide, National Conference for Sexual Education Grant Honoree
 - Headlined international conferences as a three-component trauma presentation and workshop, and three international keynotes
 - Featured on TEDx, Huffington Post, NBC, CBS and Washington Post

AFFILIATIONS/COMMUNITY AND NATIONAL ACTIVISM MEMBERSHIPS

Theater Artist Workshop League of Connecticut; International Center for Women Playwrights; Coastal Arts Guild; Fairfield County Cultural Alliance; Ridgefield Arts Guild; League of New England Storytellers (LANES); League of Professional Theatre Women Regional Associate Member, New York Gotham Writer's Workshop Member, Artemis Theatricals (as composer/lyricist), Founder of #LoveMyDetour, inspiring individuals to flourish not in spite of, but because of obstacles, Founder of the Online Community "Fearless Ostomates Thriving Together," "Federation of Chronic Illness Bloggers"

Trauma Program: Inspired by thousands of journal entries I composed as I endured years of uncertainty, sustained solely by intravenous nutrition (until my digestive system was miraculously reconstructed), I created a trauma-informed [program](#) that combines **creative storytelling, mental health education, leadership development and sexual assault prevention**, which was originally devised for the *National Mental Health America Conference*. I've presented this keynote/program internationally to conferences, hospitals and universities since 2012, to create trauma-informed, resilient communities with an ethos driven towards inclusion.

Having been affected by illness, dissociation, disability and chronic conditions, my mission with *Gutless & Grateful* is to provide hope, help and resources, starting a vital conversation for communities on trauma's extensive impact, as well as the tremendous gifts that can be reaped. You can see learn more about the full program: www.amyoes.com/trauma and view details, references, my CV, learning objectives, videos and a comprehensive booking history at www.amyoes.com/PTSD.

My program for students, *Mental Health Mindset* is a 90-minute, three-component program:

Part 1) **One-Woman Musical Theatre:** [Gutless & Grateful](#), a 15-character, 9 song Broadway-style performance that's both comedic and poignant, which chronicles surviving nearly a decade of medical and emotional trauma with humor, creativity and grit. Through interwoven song and dialogue, I share a primal piece of live-storytelling – a powerful message that it's possible for students to overcome obstacles through developing inner resources.

Part 2) **An educational session/speech:** I discuss a proactive approach to emotional, physical, and spiritual health, how to develop a resiliency toolbox, and how to create a compassionate, trauma-informed community.

Part 3) **A Q & A segment:** to introduce local and national resources

→Hope Builds Resilience An Empowered Approach to Mental Health and Sexual Assault Awareness on Campus: www.slideshare.net/AmyOestreicher/nea-amy-oestreicher

ANTI-STIGMA WRITING:

<http://www.dropthestigma.org/author/amy-oestreicher/>

stigmafighters.com/stigma-fighters-amy-oestreicher/

<http://health.usnews.com/wellness/articles/2016-08-09/how-incoming-college-students-can-mind-their-mental-health>

<http://www.aglutenfreeroad.com/lovemydetour-end-the-stigma/>

[How Keeping A Secret Can Have Life-Altering Repercussions](#)

elitedaily.com/life/abuse-secrets-killed/1268245/