

# Viviana Arenas

## MA, LCAT, ATR-BC

### CONTACT

119-37 Metropolitan Avenue Apt. 3K  
Kew Gardens NY 11415  
(347) 886 – 1723  
[Vivianaaarenas@gmail.com](mailto:Vivianaaarenas@gmail.com)  
License # 002429

### EDUCATION

#### Masters of Arts in Art Therapy

New York University, New York, NY  
September 2016 – May 2018

#### Bachelor of Arts in Psychology, Minor: Art

St. John's University, Queens, NY  
August 2012 – May 2016

### SKILLS

#### Languages

Fluent in Spanish

#### Trainings

PMCS

#### Computer Programs

Microsoft Word, EPIC, Photoshop,  
Illustrator, Microsoft Excel,  
Microsoft Office Powerpoint,  
iMovie, SPSS, Audacity

### VOLUNTEER EXPERIENCE

#### Free Arts Art Mentoring Program

Art Mentor, Inwood, NY  
February 2016 – May 2016

Provided assistance in executing  
various multi-medium art projects  
at an afterschool arts programs for  
children ages 9 – 10.

### WORK EXPERIENCE

#### JAMAICA HOSPITAL MEDICAL CENTER

##### **Creative Arts Therapy Extern**, Queens, NY, September 2018 – Present

- Provides individual and group treatment using creative art therapy techniques in Inpatient Psychiatric Unit and Psychiatric Emergency Room.
- Documents assessments and clinical progress notes throughout patient's enrollment.
- Assists in preparation of unit schedule of patient therapeutic programming to provide comprehensive treatment while working dynamically with treatment team.

##### **Creative Arts Therapy Intern**, Queens, NY, September 2016 – May 2017

- Provided a therapeutic group program for patients that is approved by supervisor and in accordance with interdisciplinary treatment goals.
- Provided bilingual therapy for Spanish speaking clients.
- Collaborated with team of creative art therapists, doctors, nurses, and social workers for treatment planning.

#### ARTS RX

##### **Creative Arts Therapy Extern**, New York, NY, September 2018 – June 2019

- Worked with 12 foster care clients for weekly or biweekly home-based individual art therapy.
- Led 3 art therapy groups for the KOL program at the 14<sup>th</sup> Street Y for children and adolescents, ages 4 – 6, 7 – 11, 12 – 17, on the autism spectrum and related developmental differences.
- Documented individual process notes, court reports, and quarterly progress reports.
- Collaborated with treatment team including case planner, case manager, social worker, and lawyer for foster care clients.

##### **Creative Arts Therapy Intern**, New York, NY, September 2017 – May 2018

- Worked with 4 office clients and 4 foster care clients to provide weekly office-based and home-based individual art therapy.
- Co-led art therapy groups at The Y for adolescent boys ages 14 – 17 on the autism spectrum.
- Documented individual process notes, progress notes, and treatment plans.
- Collaborated with treatment team including case planner, case manager, and social worker for foster care clients.

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##### **Creative Arts Therapy Intern**, New York, NY, December 2017

- Provided group art project and intervention of a communal tree in classes of 25 – 28 students to determine trauma after a Halloween terrorist attack that occurred outside the school's playground, grades Pre-Kindergarten through 5<sup>th</sup> grade.
- Co-led 4 – week art therapy groups of 3 – 4 students that required therapeutic intervention.

#### Centro de Actividad Educativas Camino (CAEC)

##### **Creative Arts Therapy Intern**, Buenos Aires, Argentina, July 2 – 21, 2017

- Led and co-led art therapy groups in Spanish with 18 individuals ages 18 – 40 with undisclosed cognitive and physical disabilities.
- Developed and executed 2 collaborative creative arts projects suitable for clients' needs.
- Provided bilingual therapy for Spanish speaking clients, and translated during processing.
- Curated end of session art exhibition alongside 6 Art Therapy Graduate Interns.

#### Comisión Episcopal de Migraciones y Turismo (CEMT),

##### **Creative Arts Therapy Intern**, Buenos Aires, Argentina, July 2 – 21, 2017

- Led and co-led art therapy group treatments for 15 adults who were recent refugees, immigrants, and asylum seekers in Argentina from various countries including Haiti, Sierra Leone, Venezuela, Russia, and Nigeria.
- Provided bilingual therapy for Spanish speaking clients, and translated during processing.
- Collaborated with a team of 6 Art Therapy Graduate Interns to establish goals and interventions through Art Therapy.