

BARBARA ATIM OKENY (B.F.A., M.A.)
Painter, Printmaker, and Art Therapist

North Shore
Greater Boston Area

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ART EXPERIENCE

Gateway Arts, Brookline, MA, *Fine Arts Intern* January 2014 - May 2014

- Created a safe environment for clients to utilize the art materials to explore, create and express themselves.
- Utilized interpersonal skills necessary for working with young adult, adult, and elderly populations.
- Helped clients with visual, hearing, and mobility issues navigate the studio space by providing physical and verbal guidance (holding their hand and verbalizing whether to move right or left).
- Worked one-on-one and within the group milieu, assisting in the art making process (mixing paint colors and helping clients hold brushes).

Studio Assistant, West Roxbury, MA, *Fine Arts Intern* October 2013 - December 2013
Installation Artist Candice Ivy

- Prepared the studio for studio visits from art curators and gallery owners.
 - Assisted in the construction of installations, sculptures and drawings.
 - Learned about and developed skills needed to network in the art community.
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EXHIBITIONS

Points of Contact, Lesley University, Cambridge, MA	2015
Bachelor of Fine Arts Thesis Exhibition, Lesley University College of Art and Design, Boston, MA	2014
Art Exposition, The Marchutz School of Fine Arts, Aix-en-Provence, France	2013

ART THERAPY/ COUNSELING EXPERIENCE

Arbour Counseling Services, Woburn, MA, *School-Based Clinician/ Outpatient Clinician* August 2016 – present

- Conduct weekly sessions with clients, working towards treatments goals by utilizing therapeutic interventions (art therapy, trauma-informed, play therapy, CBT, DBT).
- Conduct clinical assessments, including biopsychosocial, risk assessments, and CANS assessments for children, adolescents, elderly, couples, and families.
- Manage a caseload of individuals and families (obtain insurance authorization, contact collaterals, facilitated family meetings, weekly updates for guardians, and make referrals for additional services).
- Work in diverse settings to accommodate the needs of the clients, meeting either in the clinic, school, home, or other community-based setting for sessions.
- Active participant in team meetings and inservices (discuss clinical issues).

Barbara Okeny

- Work as part of a multi-disciplinary team by collaborating with mental health care professionals (psychiatrists, psychologists, counselors, expressive arts therapists, social workers) and school personnel (principals, psychologists, teachers, paraprofessionals, and parents/guardians).

The Boston Center, Allston, MA, *Clinical Intern* September 2015 – June 2016
Partial hospitalization program for children and adolescents, ranging from age 6 to 18, with acute psychiatric needs.

- Led therapeutic groups including expressive arts therapy, psychotherapy, and psychoeducation (DBT, CBT, anger management, stress management, relationships and self esteem).
- Conducted child and adolescent clinical assessments, including biopsychosocial and risk assessments.
- Collaborated with clients and their families to create individualized treatment plans, safety plans, and discharge summaries.
- Managed a caseload of up to 3 individuals (obtained insurance authorization, contacted collaterals, facilitated family meetings, daily check-ins with the client and guardian, and made referrals for outpatient services).
- Actively participated in rounds (presented clinical on clients, including biopsychosocial and progress in treatment).
- Implemented behavior management techniques to maintain a therapeutic group environment.
- Worked as part of a multi-disciplinary team utilizing a collaborative approach to treatment, with a focus on crisis stabilization.

Distance Learning Course, La Romana, Dominican Republic March 2015
Expressive Therapies with Trauma-Effectuated Populations

- Collaborated with mental health professionals and educators to implement trauma-informed care.
- Co-led expressive arts therapy groups incorporating art, music, drama, dance/movement and play with elementary and middle school aged children.
- Visited the local nursing home to provide individual support to the elderly.
- Met with graduate level students at the local university to discuss correlations between current events in the United States and Dominican Republic.

Reading Public Schools, Reading, MA, *Art Therapy Intern* September 2014 - June 2015

- Facilitated art therapy groups with children and adolescents, ranging from age 6 to 18, with diverse mental health concerns.
- Taught and co-taught both educational and therapeutic art classes at two elementary schools, from kindergarten to fifth grade, with children who had diverse needs.
- Provided classroom support to children in crisis.
- Communicated with staff (teachers, school psychologists, social workers, paraprofessionals) about students' progress, behaviors and presentations.
- Utilized behavior management techniques to address challenging classroom behavior.

Barbara Okeny

- Attended trainings and workshops related to counseling in the school setting (Yoga 4 Classrooms, Youth Mental Health First Aid, Individualized Education Plan, Youth at Risk Conference).
- Presented at a regional conference about the use of expressive arts therapy in the classroom.
- Worked as part of a multi-disciplinary team to create a supportive environment for the students, fostering growth and resilience.

EDUCATION

Master of Arts (MA) in Clinical Mental Health Counseling Specialization in Art Therapy: Lesley University Graduate School of Arts and Sciences, Cambridge, MA	2016
Bachelor of Fine Arts (BFA) in Fine Arts, Lesley University College of Art and Design, Boston, MA	2014
The Marchutz School of Fine Arts, Aix-en-Provence, France	Spring 2013

PRESENTATIONS

Lesley University , Thesis Poster Session, Cambridge, MA Presented Identity Masks: How Art Therapy Can Empower Our Youth	May 2016
Reading Public Schools , Blue Print for Excellence Conference, Reading, MA Presented Expressive Therapy Interventions Within the Classroom	April 2015

GRANTS / AWARDS / CERTIFICATIONS

CANS Certification	June 2016
Youth Mental Health First Aid Certification	February 2015
Yoga 4 Classrooms Training	June 2015
Lesley University Dean's List, Cambridge, MA	2010-2014
Lesley University Emerging Leaders, Cambridge, MA	2011
Lesley University College of Art and Design Merit Scholarship, Boston, MA	2010
Lesley University College of Art and Design Grant, Boston, MA	2010

PROFESSIONAL AFFILIATIONS

Massachusetts Mental Health Counselors Association	July 2016
American Art Therapy Association	July 2016
New England Art Therapy Association	July 2016
