

Resume For
MARCIA WITROGEN -SINGER
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An educator, healing artist and consultant on healthy aging, spirituality and life fulfillment: Promoting “whole person” wellness (body, mind, emotions, spirit) for older adults, caregivers and professional staff; Maximizing their knowledge, dignity and joy, Helping them manage health challenges, changes and losses.

SKILLS AND ACCOMPLISHMENTS

1• *Promoting “whole person wellness” for older adults, caregivers and professional staff*

Co-developed and lead two **self-care workshops for caregivers** with noted author Beth Witrogen McLeod. Taught energy management and stress reduction via Sensate Focus skills. (Orange Caregiver Resource Center, Council on Aging and AARP, June 2005)

Created and facilitated seven **workshops on understanding dreams** for older adults. Covered memory retention, interpretation and relieving stress from disturbing dreams. (More Than Shelter for Seniors, Pierce College, a SoCal educational club for older women, 2004-5, Osher Lifelong Learning Institute (OLLI) Santa Barbara, Feb 2008)

Developed and taught many **PlayWorks workshops** for older adults, care providers and addiction treatment staff. (Learning Annex, community colleges and P.A.L.M., 1987-present)

1• *Maximizing the knowledge, morale, dignity and joy of older adults*

Developed and facilitated **community college curriculum** providing stress reduction / relaxation skills; improving concentration, memory, mindfulness, creativity, social competency and oral life review. (Pierce College’s Encore and Oasis Older Adult Programs, Spr 2000-2005; OLLI in Santa Barbara, Fall 2007; Santa Rosa JC Older Adults Programs, Spr 2009-11)

Produced, directed, emceed seven **improvisational theater performances** featuring older adults. Enhanced creativity, social skills, memory, confidence / esteem and self presentation skills. (Pierce College, Adelphia Cable, Red Hat Society and retirement hotels, Cinnabar Theater-Petaluma, The Orchard Spotlight-Santa Rosa, Spr 2000-present)

Designed, facilitated and performed in **musical-song therapy classes**. Improved memory and coordination, physical, social and personal well being. (16 senior living and Alzheimer residential care communities, 19 skilled nursing and convalescent facilities, 2000-present)

1• ***Helping older adults manage health challenges, life changes and losses:***

Provided **bedside care** to patients, family members and caregivers, employing singing, listening, and therapeutic touch. (Four nursing facilities, two retirement hotels, 2003-present)

Created and led four **memory improving classes**. Taught benefits of good nutrition, exercise, reducing stress for healthy brain function. (Pierce College, The Village at Sherman Oaks., 2004-5)

Pioneered **forums addressing personal intimacy challenges**. Provided sensual education, improved body image and morale. (Pierce College, Oasis-L.A., 2002, 2003, 2005) Conducted **private therapy, healing or coaching sessions** with numerous adult and youth clients, augmenting understanding and skill sets to maximize positive change. (1985-present P.T.)

Teaching Meditation, Mindfulness/MBSR through Windsor Parks & Recreation Dept., and seated Tai Chi and exercise classes for senior communities (2016)

EDUCATION

Masters degree in Social Welfare /Clinical Social Work (**M.S.W.**), U.C. Berkeley, CA
Bachelors degree, Sociology-Anthrop (**B.A.**), Wichita State U., KS (and Washington U, St. Louis, MO)

Board Certification Hypnotherapy (**C.Ht.**), American Board of Hypnotherapy (ABH1743)
Member of American Federation of Teachers (**AFT**) and California Teachers Association (**CTA**)

Other Special Qualifications

Affiliate of actors and musicians guilds (**SAG/AFTRA, AFM**); acting and dancing workshops

Affiliate of I.A.M.I. –medical intuitives

Ministerial ordination, 2007 (U.L.C.), spiritual counselor

Voice Dialog training with originators Jungians Hal and Sidra Stone, and Richard Lamm

Vocal coaching with international coach, Judy Davis (Oakland, CA, 1971-80)

National lyric and songwriting competition awards

SELF EMPLOYMENT HISTORY

Integrates 35 professional years of service in the following fields:

Presenter and Educator: (1985 to present)

NCCAC Symposium for Activity Coordinators (2013); Guest on “Nurse Talk” 960 AM/KNEW radio (2013); Institute Of Noetic Sciences (IONS) 2012; Santa Rosa JC Older Adult Ed program (spr 2009-11); UCSB’s OLLI program (2008); O.C. Caregiver’s conference (2005); Pierce College Older Adults programs (2000-05); KPFK “creative aging” radio “Good For Life,” Learning Annex; Procter & Gamble; Crones Counsel (2005), Rotary; Wellness Community; 3 nat’l Hypnotherapy orgs; P.A.L.M (chemical dependency workers); Bodhi Tree, Barnes & Noble; Whole Life Expos; psychodrama pilot with Dr. David Viscott; Sci-Fi channel and CBS-affiliate radio as psychic sensitive; starred in three sexual health documentaries for women; Etc.

Writer: (1983 to present)

Seniors Today-S.C. Council on Aging features (March & Dec 2012); monthly column "In A Word" for *The Upbeat Times*, Sonoma County [2012-present]; *Whole Life Times* feature on dying (2005); SoCalHealth.org feature on humor (2005); CSA Spirit newsletter feature on sound pollution in hospitals (2005); Editing project for Center For Nonviolent Communication (2003). feature articles at holistichealthdirectory.com; several features for *Awareness Mag*; Self-published monthly nat'l songwriters' newsletter ('85-'96) and three children's primers (PLAYHouse, '89-'91-present); Interviewed authors for Tarcher Books L.A. and The Ford Group in La Jolla (Deepak's) ('90-97); freelanced for holistic /new thought publications, comedy /music industry mags, *Santa Monica News* and monthly singles mags (1983-2004) [Full list on request]

Therapist: (1986 to present)

Director, Love Arts Foundation, (formerly Foundation For Intimacy-closeness-programs.) Counseling, hypnotherapy, bodywork, spiritual life coaching, recovery work. Adults, teens, couples, seniors. Childhood, trauma, intimacy, co-dependency; physical, emotional and psychological pain relief; Singing Therapy; MSBR

Performer -Entertainer (1979 to present)

Currently for aging, ill communities. Formerly national, international circuits, Europe and Asia; Serendipity Singers. Fine hotel and restaurants, cruise ships, U.S. O. tour, talent and fashion show emcee, voice-overs, five nat'l game shows (Resume available).

Recent Praise for Marcia's works:

"Overall excellent reviews and ratings by her students"

Euzetta Williams, Program Dir., OLLI -U.C. Santa Barbara

"Best attended program in our Assisted Living division--five years"

Sandra Albarron, A.L. Director, The Village at Sherman Oaks

"Stimulating classes --a valuable and dedicated teacher"

Ida Blaine, Encore Older Adult Program Dir., L.A. Pierce College

"Remarkable ability to create safe atmosphere for creative self expression."

-Dr. Richard Kaye, Director Quantum Healing Center, San Diego

"Extremely pertinent, well-presented material [recovering the playful inner child]."

-Douglas Maguire, President, PALM, Inc (Problems of Addiction in Labor & Management)

"Her playfulness and joyous spirit always touch our residents' lives."

-Ann Sludikoff, Founding President, SFV Activity Directors Association

"We are already implementing her ideas on lightening up our sales jobs."

-Pat Luthy, Regional Director, L.A.W.N. Procter & Gambel

"Huge P.R. success with your playful relationships salon."

-Marlo Morgan, Community Programs Dir., Barnes & Nobel, Encinitas, CA

"Rave reviews for your Comedy Improvisation class."

-Leon Levy, Director, MiraCosta College Community Services

"Healing work tided me through deep depression after my wife died."

-Leon M. Leon, Magician, 89 years old, inventor of "clap board"

"Great voice, energy, style" --Varena, Chancellor Place, Brush Creek, Villa Capri

"Enjoyable, versatile, reliable" --The Chanate

"Makes us feel like family" – Paulin Cr

"Fabulous" ! Teresa Scheiss, Educational Director NCCAC

PLAYWORKS:

Joy, Vitality, Originality and Connection for Life

PLAY IS the soulful, creative attitude that turns activities and interactions into joyful and healing experiences. Play bestows natural well being to the friendships it creates. Authentic play is largely forgotten in our fast-paced, stressed out culture. The spirited art and science of play is greatly needed in service to aging, ill and terminal persons.

PLAYWORKS IS a substantial curriculum of theory and experiential, hands-on training that revitalizes our connection to each other and to Life itself. PlayWorks builds the skills necessary to trust the life lost along the way. Training can provide both conceptual and experiential education, theory balanced with practical application. Programs are tailored to the special needs of your learning population.

PLAYWORKS INCLUDES varied modalities of interaction, including "Theatrics," composed of imagination and improvisational games; role playing; PlayBack Theater; creative IQ boosters; group, partnered, and individual exercises, with warm ups and cool downs. All presentations include Psychology of Play theory and at least one Theatrical process.

PLAYWORKS OBJECTIVES: Participants will

- Develop a personal program for reducing stress while increasing relaxation and vitality
- Apply theory to create activities that raise self-esteem, confidence, and trust
- Use play activities to build community, create friendships, bridge differences
- Build creative solutions for staff, residents, and patients.
- Acquire practices for spiritual development

WHO BENEFITS? Professionals in the fields of aging, healthcare, and recovery. Staff and residents in institutional settings such as hospitals and residential care facilities. Hospitalized adults and youth in recovery programs, and convalescent home residents—and for their caregivers and coaches.

Current PLAYWORKS FORMATS:

- **1 Hour:** Intro to Play, lecture with ice-breaker or relaxing play process
- **3-Hour Mini-Playshop: "FUNDamentals,"** includes Psychology of Play theory with Theatrics; discussion on applications
- **5- to 6-Hour Intensive** (two parts with break, optional meal break): "FUNDamentals" program with an extended Improvisation Play Workout (in-depth Theatrics, personal and professional applications/practices, stress relievers, discussion; optional Sacred Play Closing Ritual
- **Advanced Trainings:** Developed on Request in 3- to 6-hour formats

FOR MORE INFORMATION AND FEE SCHEDULE, contact Marcia Singer directly.

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