

# CHRISTINA HAGEMEIERS

ATR-BC, RESIDENT IN COUNSELING

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I am a trauma-informed art therapist who specializes in working with children, families, and adults through a behavioral and attachment lens. I have extensive experience working with children with a range of disabilities. As a multi-modal art therapist, I strive to empower clients to tell their stories and create a space of safety and exploration.

## CLINICAL EXPERIENCE

- 8/27/2018-present **Art Therapist; Fairfax County Public Schools**  
Coordinate an art therapy based classroom for neurodiverse children (ages 5-12) with emotional and behavioral challenges, Autism, and intellectual disabilities  
Maintain a caseload of 10 individual students and provides art therapy sessions with the goals of emotional regulation, sensory and motor control, decreasing anxiety, or to prepare for the transition to a general education class  
Work with educational team to inform IEP's and behavioral interventions
- 8/31/2017 - 6/12/2018 **Art Therapy Intern; Saratoga Elementary School, Fairfax County Virginia**  
Led an art therapy based classroom for children (ages 6-12) with emotional and behavioral challenges  
Held individual art therapy session for students  
Worked with educational team to inform IEP's and behavioral interventions
- 9/2/2017 - 7/15/2018 **Art Therapy Intern; The George Washington University Art Therapy Clinic**  
Conducted art therapy sessions with client (80 yrs. old)  
Co-led an 8-week group for adolescents  
Compiled weekly process notes and conducted assessments when necessary
- 8/15/2016 - 6/6/2017 **Art Therapy Intern; The George Washington University Hospital (Adult Behavioral Psychiatric Unit)**  
Co-led and led art therapy groups for patients with severe mental health problems, addictions, issues with homelessness, and abuse  
Worked one on one with patients to develop coping skills and process emotions  
Advised medical team during treatment planning

## EDUCATION

- 8/2018 **Master's of Arts in Art Therapy;** The George Washington University
- 5/2016 **Bachelors of Arts in Visual Arts (with Highest Distinction)**  
**Bachelors of Arts in Psychology (with Distinction),** The University of Kansas

## SKILLS

### **Supervisory Experience**

- Supervises graduate level art therapy interns
- Mentored a music therapist who is beginning her training

### **Curriculum development**

- Collaborating with art therapists, teachers, and other mental health providers to create an adaptive art curriculum
- Advocating for students with disabilities to have access to a curriculum that will help them succeed

### **Workshop creation and facilitation**

- Designing and creating workshops to facilitate stress relief
- Implementing workshops for teachers to decrease stress and foster connection

### **Assessment Skills**

- Providing consultations for teachers to determine appropriate treatment options
- Collaborating with teachers, guardians, and other providers to assess student needs and create a treatment plan

### **Proficiency in virtual platforms**

- Working with clients and teams on multiple virtual platforms
- Creating videos for clients

### **Management skills**

- Scheduling two separate schools concurrently, including groups and individual clients
- Writing detailed case notes and clinical assessments and submitting documentation when necessary
- Helping the team continuously evaluate and improve process to better serve clients

## RESEARCH

Hagemeier, C. (2018). Art-making for teachers: How can art therapy combat teacher burnout? Accepted into the George Washington University Research Day Symposium

Liese, B. & Hagemeier, C. (2016). Two methods for teaching college students about gambling. The University of Kansas, Department of Psychology

REFERENCES AVAILABLE UPON REQUEST