

TIFFANY WRIGHT

PROFESSIONAL SUMMARY

Motivated Mental Health Professional and Circus Artist seeking performance and/or employment opportunities. Multi-talented, adaptable, and efficient with dedication to reliability and innovation.

ABOUT ME

Personal Appearance

Height: 5'0'
Weight: 115
Eyes: Brown
Hair: Dark Brown
DOB: 07/31/1992

Specialties

Hand Balancing
Contortion
Dance
Brazilian Zouk

Additional Skills

Partner Acrobatics
Dance Trapeze

EDUCATION

Pitch Catch School of Acrobatics, Asheville, NC
Partner Acrobatics, 11/2021.

Circadium Contemporary School of Circus Arts, Philadelphia, PA
Diploma of Circus Arts, Hand Balancing And Contortion, 2020-2021.

Monmouth University, Long Branch, NJ
Master of Science, Mental Health Counseling, 05/2017

Agama, Thailand
Yoga Therapy, 11/2016

Queens University of Charlotte, Charlotte, NC
Bachelor of Arts, Psychology, 05/2014

PERFORMANCES

Mid-Winter Gala by Alterra, 2021 | Performed Physical Theatre and Acrobatics.
Labyrinth by Alterra, 2021 | Performed Physical Theatre and Acrobatics.
Mixtape by Alterra, 2021 | Performed Dance Acrobatics. Monsters by Almanac, 2021 | Performed Children's Physical Theatre.
Mid-Summer Gala by Alterra, 2021 | Performed Physical Theatre and Acrobatics.
Play Streets by Almanac, 2021 | Performed and Taught Acrobatics.

Hand-2-Hand Festival by Fringe Arts, 2021 | Performed Dance Acrobatics.
PhilaZouk Movement Project, 2021 | Performed Brazilian Zouk.
Brasils, 2020 | Performed Brazilian Zouk.
Lucha Cartel, 2020 | Performed Brazilian Zouk.
Sabroso Holiday Edition, 2018 | Performed Hand Balancing and Contortion.
Sabroso The New Tabu, 2018 | Performed Brazilian Zouk.
World Salsa Summit, 2017 | Performed Bachata Cabaret.
World Salsa Summit, 2017 | Performed Bachata.
NCA National Cheerleading Association, 2014 | Competed in Collegiate Cheerleading.
NCA National Cheerleading Association, 2013 | Competed in Collegiate Cheerleading.
UCA Universal Cheerleading Association, 2013 | Competed in Collegiate Cheerleading.

WORK HISTORY

CREATIVE ARTS & PSYCHOTHERAPIST 2021 - Current

Charlie Health, Bozeman, MT

- Provide curriculum based and creative arts (yoga, mindfulness, and movement) group therapy.
- Provide remote, telehealth services to our adolescent and young adult clients with a variety of mental health and substance use concerns.
- Complete detailed documentation is completed for each individual in their clinical record and in other areas as direct
- Participate in the multi-disciplinary treatment team meetings, assist with recovery plan development, and identify appropriate internal/external supports and services as needed

EDUCATOR 09/2020 to Current

School Mindfulness Project, Philadelphia, PA

- Collaborate with adults and children to provide safe and educational mindful experiences
- Implement engaging lesson plans on mindfulness and yoga to school staff and students inside and outside of the classroom setting.

BRAZILIAN ZOUK INSTRUCTOR 04/2019 to Current

PhilaZouk Movement Project, Philadelphia, PA

- Owner of a professional movement company.
- Teach various movement styles including Brazilian Zouk, Yoga, AcroYoga, Flexibility, and Solo Dance.
- Perform at numerous events as Professional Dancer.

YOGA THERAPIST 12/2018 to Current

Yoga Done Wright, Philadelphia, PA

- Develop personalized treatment programs to improve physical, mental, spiritual, and emotional health.
- Utilize Hatha yoga techniques including asanas (poses), breathing techniques, meditation/relaxation exercises, kriyas/purification techniques and other lifestyle recommendations to help individuals facing health challenges better manage their condition, reduce symptoms, restore balance, increase vitality and improve overall health.
- Provide workshops on various health related topics.

MINDFULNESS AND YOGA TEACHER 12/2018 to Current

Yoga Done Wright, Philadelphia, PA

- Plan, set up, and lead yoga and mindfulness classes for beginner through advanced

practitioners, as well as kids through adults.

- Help students become more mindful and aware, as well as teach them how to better manage their thoughts/emotions.
- Provide psycho-education on a plethora of mental health and wellbeing topics.
- Utilize tools such as yoga postures, mindful movements, partner and group work, breath awareness, relaxation techniques and games to promote education.

ACROBATICS INSTRUCTOR AND PERFORMER 11/2015 to Current

Yoga Done Wright, Philadelphia , PA

- Teach the practice of acroyoga, which includes acrobatics, yoga, and thai massage.
- Train students in mobility, strength, and flexibility.
- Work with students in both individual and group settings in partner acrobatics, flexibility and contortion, and handstands.
- Facilitate group activities, encouraging open communication, trust, detachment and letting go.
- Travel to teach and perform various routines

CRISIS THERAPIST 01/2019 to 09/2020

Path, Inc, Philadelphia, PA

- Provided emergency response in crisis situations to diffuse tensions and prevent harm.
- Guided clients in effective therapeutic exercises, integrating techniques from Cognitive Behavior Therapy, Mindfulness, Family Therapy.
- Provided psychoeducational material to youth and families.
- Provide therapeutic interventions for in home, community, and school settings, utilizing intensive crisis de-escalation techniques, conflict resolution, and effective communication skills.
- Provided comprehensive case management services, including creating treatment plans and connecting clients and families to appropriate resources.
- Completed all paperwork, including safety plans, crisis, assessments, treatment plans, and progress notes, recognizing any discrepancies and addressing them in a timely fashion.

PROGRAM/OUTREACH COORDINATOR AND GROUP LEADER 09/2015 to 06/2018

Family Guidance Center, Ewing , NJ

- Assisted Program Director in chart maintenance and compliance including service plans, progress notes, client record reviews, quality assurance reports and more.
- Scheduled and conducted intake evaluations including initial intake, 72-hour service plans and comprehensive assessments.
- Assisted in providing case management and therapeutic activities to behaviorally and emotionally disturbed children.
- Provided a safe, consistent, structured and therapeutic environment for all children in the program.
- Attended and participated in scheduled staff trainings and weekly supervision meetings.
- Developed goal-oriented psychoeducational and activity therapy groups to improve clients' level of functioning.
- Provided emergency response in crisis situations to diffuse tensions and prevent violence.
- Assessed student issues pertaining to depression, anxiety and physical abuse to resolve conflicts between students, peers, and families.
- Guided clients in effective therapeutic exercises integrated from Cognitive Behavior Therapy and Mindfulness.
- Provided comprehensive case management services, including creating treatment plans and connecting clients and families to appropriate resources.

GYMNASTICS COACH 09/2014 to 08/2015

Head Over Heels Gymnastics, Parlin, NJ

- Implemented kids gymnastics classes to bolster individual performance.
- Developed fun and creative lesson plans and routines for individual students to meet personal goals and abilities.
- Promoted good sportsmanship with competing teams on and off the mat.

CASE MANAGER AND TEAM LEADER 09/2014 to 08/2015

Monmouth Partial Care, Manalapan, NJ

- Assisted Program Director and On-Site Supervisor in maintaining a therapeutic milieu.
- Managed a caseload of adults diagnosed with severe and persistent mental illnesses.
- Met with clients 1:1 to complete Individual Recovery Plans, Comprehensive Assessments and Risk Assessments.
- Monitored, evaluated, and recorded client progress with respect to treatment goals.
- Educated clients about psychotropic medications and symptoms associated with mental illness.
- Conducted psycho-educational group therapy sessions daily.
- Completed prior authorizations required for Medicaid billing;
- Worked closely with the Program Psychiatrist in completing psychiatric and medication evaluations.
- Prepared and assisted phlebotomist with analyzing lab results.
- Prepared and assisted with client drug screenings.

TEACHER 08/2013 to 02/2014

Shining Stars Academy, Charlotte, NC

- Supervised children between ages 0 and 4.
- Communicated frequently with parents, students and faculty to provide feedback and discuss instructional strategies.
- Implemented creative ways to foster curiosity for complex principles through hands-on learning and planned activities.
- Promoted physical, mental and social development using classroom games and activities.

CHEERLEADING INSTRUCTOR 06/2011 to 08/2012

Cheer Ltd., Fayetteville, NC

- Traveled throughout the United States to various schools to teach cheerleading to middle and high schools.
- Prepared cheerleaders for games and competitions.
- Coordinated with other coaches to improve performance of cheerleaders.
- Taught range of sport-specific skills with optimal safety standards.

SUMMER CAMP AND PARTY INSTRUCTOR 05/2007 to 08/2010

Diamond Gymnastics, Poughkeepsie, NY

- Built positive and productive relationships with students and parents to further program objectives and overall success.
 - Led groups of children safely through variety of gymnastics exercises and party activities.
 - Worked with children of varying age, interest, skill and developmental levels.
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SKILLS

- Crisis Intervention
- Clinical Writing
- Team leader
- Teamwork
- Cultural diversity
- Critical Thinking
- Case Management
- Peer mentoring
- Group and individual instruction
- Curriculum Development
- Lesson Planning
- Student records management
- Student engagement
- One-on-One Sessions
- Cognitive Behavioral Therapy
- Treatment Planning
- Discharge Planning
- Psychiatric evaluation
- Responsible
- Flexible & Adaptable
- Adaptability
- Cultural awareness
- Excellent work ethic
- Compassion
- Good listening skills
- Experiential learning
- Tailoring Curriculum Plans
- Student-Centered Learning
- Positive Reinforcement
- Age-Appropriate Lesson Planning
- Hand Balancing
- Contortion
- Dance Trapeze
- Creative
- Choreography
- Juggling
- Cheerleading
- Partner Acrobatics