

## Contact Information

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### Address

209 Dundas Street East, Lower  
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### Phone

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## Skills

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- Excellent skills in program development and curriculum building
- Preparation and summary of client case notes and presentation to multidisciplinary team for rounds in hospital setting
- Intuitive evaluative skills during therapy session
- Robust knowledge of artistic mediums and applications
- Client assessment in goal setting for therapeutic process
- Flexibility in working with groups and/or private clients
- Mentoring and supervision of college interns
- Facilitation of Expressive Arts Groups in the Community
- Design, implement and run ongoing weekly/biweekly programs in women and children's shelters, and homeless youth outreach centres
- Grant writing, donation and fundraising proposal preparation

# Sheri Gundry, RP, EXAT

Registered Psychotherapist/Expressive Arts Therapist with 6 years of experience providing skillful, caring, and creative support to a diverse population of clients through an expressive arts model.

As a registered psychotherapist, my practice is based on an Expressive Arts Therapy model. It is client centered, as well as trauma, and attachment informed. It is a strength-based model, working with the resources and capacities of the client. I believe the client is their own expert, and I am a witness and companion through a process of discovery.

I help to facilitate this journey; at times into the unknown, through a revealing process where we try to find a way to trust the process, and together, in a safe and accepting atmosphere, work with what comes. In our work together, we process what is revealed, and find a way to make meaning of it all.

I use mindfulness approaches to much of the work I do with clients. I believe in facilitating a creative and courageous exploration of issues presented in sessions after a brief check-in through talk therapy. I use an intuitive and fluid model to work through an intermodal (between different art forms) experience using diverse and rich choices of mediums. Much of the process has a narrative flavour to it where clients can tell their stories, and then write new stories for themselves. Often this brings greater self-awareness, greater self-acceptance, and a deeper sense of self where clients often find a way to live in a more authentic way.

As a skilled and working artist, I have the knowledge of a lot of different art mediums, and am also able to use different art forms such as percussion, socio/psychodrama, storytelling, poetry, improv, movement, breath work, visual arts, clay/sculpting mediums, play, and sand-tray.

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## Experience

### Sheri Gundry, RP, EXAT

Whitby, ON

January-2013

Currently

### ● Registered Psychotherapist/Expressive Arts Therapist

As a registered psychotherapist based on an Expressive Arts Therapy model, I have worked with numerous diverse populations, and private individuals.

- I developed and delivered a bi-weekly program at Fairview Lodge Long-Term Care facility run by The Region of Durham in Whitby, ON for over 3 years integrating play, movement, art, music, and storytelling. Adaptive approaches developed for art-making. Special work done in lock-down unit for dementia and Alzheimer's patients.

- I initiated a grant writing process and when funded, developed a special project called The Legacy Project at Fairview Lodge where we delved into the concept of Legacy in an 9-month process and created a permanent and large scale installation of 5 mosaic art panels in their garden based on work with residents/staff/family /community.
- I initiated, developed, and delivered a weekly program for a maternity home in Ajax with displaced and unstably housed young women before and after their child's birth which ran for 7 years. The program had a strong focus on family of origin issues, identity, healing, mental wellness, self-expression and awareness, and parenting.
- Developed and lead a bi-weekly program at Muslim Welfare Home in Whitby through an Expressive Arts model which ran for 3 years. Focus concepts around relationships, identity, self-worth, finding your voice, expression, emotion regulation.
- Developed and continue to lead a weekly drop-in Expressive Arts Therapy program working with homeless and at-risk youth at The Refuge Youth Outreach in Oshawa since 2014. Also developed and co-lead a parenting group and a group about identity and being in relationship with others.
- Worked with seniors - shut-in and housed through various senior's residences and day-program outreaches across Durham Region through the (NHFS) New Horizons for Seniors funding as Program lead at Art With A Heart Inc.
- Partnership with Blyth Academy and Habitat for Humanity as lead on project bringing awareness to homelessness and what "home" feels like to the student population.
- Developed an adult program that ran for 1.5 years in 10 week sessions around the concept of anxiety and stress regulation, finding your voice and living authentically.
- Worked with street-involved and unemployed youth and young adults through a Skills Link program in Pickering, deepening concepts being taught in program through an experiential process.
- Practicum placement at Toronto General Hospital in the in-patient Eating Disorder Unit as assistant for Expressive Arts Therapy program on an interdisciplinary team which included weekly rounds, client file preparation and presentation from October 2014- December 2015.
- Have partnered with Autism Ontario - Durham through AWAH to provide a variety of programming through an Expressive Arts Therapy model to families of an ASD child. Our work has been directly with ASD individuals, with siblings in separate sibling groups, with parents through both mom and parent's "nights out" creating a peer support group with other parents of ASD children,

and mindfulness programming for stress reduction. This work is ongoing, and is a collaborative initiative bringing together inter-disciplinary team members (Expressive Arts Therapists and Dance and Movement Therapists).

**Art With A Heart Inc.**

Whitby, ON

September-2009

Currently

● **Founder/acting Executive Director/Program Lead - [sher@artwithaheart.ca](mailto:sher@artwithaheart.ca)**

Founder of a vibrant Canadian Arts-Based Charity situated in Durham Region, that focuses on running therapeutic programs in the community, bringing together diverse community through the arts, team building through the arts. Charity has assisted more than 8,500 people in the last 9 years through expressive arts programming.

**The Refuge Youth Outreach**

Oshawa, ON

July-2016

Currently

● **Part-time Evening Rec Room Program Staff**

Co-Team Lead (2 per evening) over an evening drop-in program for street involved, at-risk, and homeless youth. Preparation and serving of evening snack (often hot food) for approximately 10-20 youth per night. Assist youth in school in helping them pack healthy lunches. Interaction with youth in discussion, playing games, art creation. Team members make themselves available to discuss situations youth are experiencing, encourage youth towards making better choices for themselves, opportunity to dialogue with youth dealing with addiction issues, make referrals to local shelters, deal with conflict - try to bring resolutions, some interaction with police in confrontation situations.

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**Education**

**Create Institute**

Toronto, ON

2015

● **Diploma - Expressive Arts Therapies**

Completed the 3 year Expressive Arts training program which provided a strong theoretical basis in the field of Expressive Arts Therapy, while becoming familiar with elements of therapeutic practice common to all approaches. This program emphasized experiential learning, exploring the different dimensions of an artistic therapeutic practice in community through an intermodal model. The program also included having to receive 90 hours of personal creative therapy, supervision through all practicum placements, and a minimum of 600 hours of practicum placement in a variety of settings in the community.

**Master's Bible College and Seminary**

Toronto/Peterborough

● **Bachelor of Theology in Child & Family Ministries**

Four-year degree with comprehensive training for leadership in a family-based children's ministry. Biblical foundations, theology, practical skills, and counselling skills developed.

**Durham College**

● **Graphic Design**

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**Projects****Art With A Heart Inc. - The Legacy Project**

The Legacy Project was an eight-month intergenerational and collaborative arts based project bringing together residents in a long term care facility with staff, caregivers, family, friends, youth, and the local community around the subject of Legacy and what that meant to them. As conceptual lead, co-grant writer, program developer, program facilitator, lead artist on final artscape - I headed a team of 10 people - and interacted with 2000 participants. Our social media campaign had over 8000 followers. The final Artscape was 5 (five) - 3 foot by 5 foot mosaic panels that were installed in their garden on a wall as a permanent installation.

This program united a community after a challenging time due to a large fire at the facility that was under construction. It saw new relationships being developed in families, community members coming into the facility, caregiver staff, and staff that often did not interact with residents (kitchen etc.) joined and helped make the final mosaics. This captured the imagination of the community. A brief documentary was also made by The Region Of Durham. (see link below)

<https://youtu.be/X6UxKhinARU>

**Art With A Heart Inc. - Muslim Welfare Home** - developed and implemented a successful three-year, bi-weekly Expressive Arts Therapy Program for this community of women and children temporarily housed in a shelter with 45 beds. Collaborated with an assistant facilitator, and provided therapeutic programming for approximately 380 participants per year (over 1100 individuals accessing ongoing programs). Reported to in house staff around issues clients were facing in order to develop programming to support issues.

Staff reported: "the atmosphere is always changed after your team has been in, and the people see each other differently, and treat each other differently. It lasts for at least 24 hours after the program is done."

**Art With A Heart Inc - The Refuge Youth Outreach**

After being invited into the Refuge Youth Outreach to initiate an arts-based program, developed a weekly Expressive Arts drop-in program that runs for two hours per week, approximately 45 weeks of the year. Some of the sessions are strictly play and experiment base, offering the youth a time to play with an experience different art forms and mediums. Most of the work incorporates building relationship, opening dialogue, helping increase clients concepts of competency and self-esteem. Much of the personal healing work is done without preparation on an improvisational basis, following the lead of the client. The intuitiveness of the expressive arts model and two facilitators allow for one to step out and work with youth around triggering issues as they surface. Helping to improve thoughts self-worth, self-confidence, broadening the client's range of play and their not needing to control all situations, are all part of the recurring themes in this facility. You deal with what presents itself on the spot.

**Art With A Heart - DFCC (Durham Family Court Clinic)**

Headed up and developed program in partnership with DFCC working with 20 students and workers from their day-school program through two 16-week weekly evening program. Oversight of 10 artists working with youth. Program was an exploration of various art

mediums, and students eventually chose their favourite medium and made a piece to enter into an art show and art auction. Group developed artist statements and biographies and were taught interview skills as part of the program. All pieces were auctioned off at a gala and money was given back in bursaries to each participant. Program was a great success, youth were moved by the attention at the gala and learned some valuable art skills.

**Art With A Heart Inc. - Bishop Fisher's Skills Link Program** - through a grant written by AWAH in partnership with BFSLP, was able to come alongside an existing Skills Link program to offer 12 weeks of experiential programming through an Expressive Arts Therapy model that focussed on identity, life skills, employability, and exploration of finding areas of interest for job prospects. Use of the arts was a catalyst to having youth attend more consistently. (Youth in correction, at-risk youth, immigrant community, street involved population).

**Art With A Heart Inc. - Speak! Move! Draw!** - Project working with Seniors across Durham Region in various housing situations. Long-term care facilities, retirement homes, and day program centres were partnered with from Pickering through to Bowmanville. Designed, assisted in grant writing, vetted team, lead team of therapists, artists, and volunteers in providing robust, and layered expressive arts programming encouraging seniors to find their voices, move, and create art. As facilitator on team, delivered arts-based therapeutic programs over 8 weeks in centres that had not experienced expressive arts programming before.

**Art With A Heart Inc. - Autism Ontario Durham Chapter** - Curriculum and Program Development and Delivery - various Expressive Arts Therapy and Dance and Movement Therapy Programs since 2014/15 and ongoing. Various workshops designed and delivered to ASD children, siblings, and parents through creative models. Programs are delivered on a quarterly basis and hosted at AWAH studio space.

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### **Certifications & Courses**

Introduction to Expressive Arts, CREATE Institute, September 2011-March 2012

Royal Conservatory Artist Educator Foundations (Level 1), Haliburton School of the Arts

DBT Skills Part 1: Mindfulness & Distress Tolerance, 6.5 hours, Executive Links, March 2015

DBT Skills Part II: Interpersonal Effectiveness & Emotional Regulation, 6.5 hours, Executive Links, October 2015

The Art of Trauma: Expressive Arts Use with Clients Experiencing Trauma, 8 week - 24 hours, CREATE Institute, April-June 2015

Trauma in the Mind's Eye: Mitigating and Eliminating Intrusive Thoughts, Flashbacks and Nightmares, 6.5 hours, Natalie Zlodre MSW, RSW, July 2015

Safe and Effective Use of Self (SEUS) Training - Satir Method, 30 hours, Sandra Finkleman, RP, July 2015

Substance Abuse & Youth - Creating Opportunities for Change, 6 hours, Crisis & Trauma Resource Institute (CTRI), April 2015

What's The Harm? Conference 2015 - Where are we now? What's Next?, 2 day attendance, 12 hours, Durham Harm Reduction Coalition, February 2015

Fundamentals of Hospice Palliative Care (FHPC), 8 week program, Durham Hospice