

# Amy Oestreicher

*playwright, author, multimedia artist, actress, musician, educator, PTSD specialist  
transforming adversity into creative growth*

4 Turkey Hill Circle, Westport CT

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**ART** (*select juried and solo exhibitions, full list available upon request*)

***Journey Into Daylight***, Westport Women's Club, CT

***NBC's TODAY Show*** with Kathie Lee Gifford & Hoda Kotbe

***Bloom***, Wendy Nysten's Picture This Galley, CT

***Over the Moon***, Accupalooza, Fairfield, CT

***Coming home, finding heART***, Grand Opening of Prescott Tavern, Amherst, MA

***Canvas Talk: A Forum of Dreams***, Tusk & Cup Café, Ridgefield, CT

***Art Immersion Salon: Resilience & the Power of the Human Spirit***, Beechwood Arts, CT

***Tree Dreams***: Artist Mezzanine, Discovery Museum, Bridgeport, CT

***Anything Goes***, Ferguson Library, Stamford, CT

***Mother's Day Juried Competition***, Hall-Brooke at St. Vincent's, CT

***Ridgefield Art Walk 2015***, Ridgefield, CT

***Art in the Windows***, Carriage Barn Arts Center, CT

***Beechwood Blue Gallery: Resilience***, Beechwood Arts, Westport, CT

***LIV Free***: Sports Center of Connecticut, Shelton, CT

***Artists in Paradise***: Coastal Arts Guild, Stratford, CT

***Smorgasborg***: Scandinavian Club, Fairfield, CT

***Identity***: Art Kibbutz, Governor's Island, NYC

***Mixed Media Art*** published in 100+ print and online publications including *Huffington Post*, *TimeOutNY*, *Conquer Magazine*, *Entropy*, *Topology*, *NBC*, *Cargo Magazine*, *Bon Bon Media*

***Make Arts Count Day***, CT-Wide, Elementary Schools

***Maker Faire***, Westport Library, CT

***Creativity & Madness National Conference***, Santa Fe, New Mexico

***Passageways: Multidisciplinary Performance*** with 283 original mixed media artwork projections, music, book, and lyrics (*Triad Theater, Dixon Place, 2019, NYC*)

***"My Beautiful Detour" Collection***: Mixed Media Art created for artisan clothing line "Spoonful of Stars" including dresses, purses, and pillows, 2019, New Zealand

***"My Beautiful Detour" Memoir***: published with original artwork, 2019, International release

***Set Design/Artwork***: Eugene O'Neill Center "Born of Myth", Theatre Artist Workshop "Fringe Fest", 14<sup>th</sup> Street Y "Pink Hulk", Grand Central Library "Grandma Soup!"

## EDUCATION

HAMPSHIRE COLLEGE, Amherst, MA

*Arts Degree with a focus on Integrative Arts, Playwriting, Theatre, Expressive Arts*

**National Theatre Institute/Eugene O'Neill Theater Center**, Waterford, CT, Fall 2016 (Instructors

include: Rachel Jett, Kristen Childs, Scott Murphy, Jessi Hill, Forrest McClendon, David Jaffe)

(20 Credit Hours in Directing, Playwriting, Design, Acting, Music, Movement, Song Composition, Stage Combat, Shakespeare and Voice)

*How to Listen to and Understand Opera* (Professor Robert Greenberg, Ph.D., San Francisco Performances, Great Courses)

NORWALK, COMMUNITY COLLEGE, Norwalk, CT

*Courses included: Creative Movement for Children, Creative Writing Fiction.*

GOTHAM WRITERS, New York, NY

*Courses included: Playwriting, Humor Writing, Creative Writing, Poetry, Screenwriting*

FAIRFIELD UNIVERSITY, Fairfield, CT

*Courses included: Sculpture I, Abnormal Psychology, Theatre History, Consumer Fashion*

### **Expressive Arts Therapies Training**

Community Word Project (Visual Art) Teaching Artist Project, NY

Expressive Therapies Summit, NYC: Voice Dialogues, Authentic Movement, Psychodrama, DBT, Holistic Circus Therapy, November 2014, 2015

Movement Therapy Training with Toni Bergins: Dance Kinetics, 2004 – 2011

CANY (Creative Alternatives of New York): Drama Therapy and Trauma training

NAMI Ending the Silence/PTSD Peer-to-peer Specialist

**Acting:** Patrese McClaine, Forrest McClendon, Richard Sabellico, Frank Root, Stella Adler Studio Shakespeare: American Globe Theatre with John Basil, Shakespeare and Company, Physical Theatre/Devised Performance and Improvisation (The Egg, Fiasco Theatre, Eugene O'Neill) Acting for Film: Weist-Barron Studios

**Voice:** Anne Tofflemire, Aimee Steele, Ivan Rutherford, Paul Elkin, Kevin Connors

**Dance:** Tap, Jazz, Ballet, Ballroom, Musical Theatre (Broadway Dance Center, Steps NYC) Butoh, Choreography, Authentic Movement

### **HONORS / AWARDS**

Visual Artist Honoree	Yale New Haven Smilow Gallery	December 2016
Women in the Age of Trump	NYC Playwrights	January 2017
Best Theatre Debut	BroadwayWorld	October 2012
The Singular Award Winner	Sarasolo Theatre Festival	January 2017
Therapeutic Humor Academy Scholarship	Assoc. Applied & Therapeutic Humor	December 2016
Women to Celebrate 2014	Woman Around Town	November 2014
Bistro Awards NY Top Pick	Bistro Awards	December 2015
“Post Traumatic Gifts”	Nat’l Initiative for Military Arts & Health	December 2016
Great Comeback Awards	Convatec National	September 2014
Manhattan Repertory Theatre Short Play Finalist	Manhattan Repertory Theatre	April 2016
Herstory Honoree	She Rocks MEDIA, Washington D.C.	January 2017
Top Creativity Writer	Medium	January 2017
Creative Arts Community Helper	United Way, CT	April 2005
Finalist, Original Musical Composition	Reflections Contest, Fairfield, CT	March 2005
Solo Debut “Top Not to Miss Pick”	AMNY	October 2012
Solo Performer/Playwright Finalist	New York New Works Theatre Festival	October, 2016
“Sold Out Additional Performance”	United Solo Festival	November 2014
The Perpetual You Inner Beauty Honoree	The Perpetual You	January 2016
Lower East Side Chronicles Playwright Finalist	Metropolitan Playhouse	March 2017
Caleb Reese Festival of New Plays Finalist	Phoenix Theatre	October 2016

**Teaching:** Mixed Media Art (CT Continuing Education), Music Together (Westport Schools, CT), Theatre Arts Masterclasses (Fairfield Arts Company), Write Yourself Alive Writing Workshops (Norwalk, CT) Playback Theatre Troupe for middle and high school students, creator of resiliency curriculum for Youth to Youth

Leadership Conference and #LoveMyDetour Student Campus Chapters, Teaching Assistant, Acting at Hampshire College, dance instructor at Performing Arts Center of Connecticut

**Residency:** Playwright/Artist/Composer at Art Kibbutz, Governor's Island, NY, 2016, involved educational outreach, arts advocacy, presentations, fundraising, volunteering and public speaking

#### **SELECTED MULTIMEDIA CREATIVITY PRESENTATIONS full list available)**

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- TEDx Talks: TEDx Syracuse (New York, April 2016) and TEDx VCU (Virginia, February, 2017)
- Keynote Speaker: Pacific Rim Intl Disability Conference, Honolulu, Hawaii, April, 2016
- Keynote Speaker: International School of Social Work Conference, Columbus, Ohio March 2018
- "Creative Collaborations in Patient Care" American College of Surgeons Clinical Congress, Washington DC, January, 2016
- Performance Artist/Presenter: "Media, Messaging and Mental Health", Mental Health America Conference, Washington DC., June, 2016/17
- "Mixed Media & Narrative Healing," Transformative Language Arts Conference, Kansas City, MO, September, 2014
- Creative Hands-On Workshop: "Detourism: You're On the Road" International Youth Leadership Conference, Rhode Island, April, 2016
- "Art, Meaning, and Faith-Based Resiliency" Columbia University, Jewish Orthodox Feminist Alliance, New York, January 2016
- Keynote Performance: Annual Benefit for Eating Recovery Center Foundation, Denver, CO, 2014
- Transformative Language Arts Network Annual Conference, Kansas City, MO, 2014
- National Student Leadership Diversity Convention NYC, October 2016
- Mental Health America Annual Conference, Alexandria, VA, June, 2016
- 40<sup>th</sup> Anniversary New England Educational Opportunity Association Conference, MA, 2016
- 5 Wound and Ostomy Continence Nurses Society Annual National/Regional Conferences, 2013-2016
- Keynote Speaker, "Take Back the Night" Pima Community College, April 2017
- Co-creator of medical/dramatherapy workshops with Adam Blatner, M.D.
- Mental Health Mindset: Student Presentation/Workshop for 40+ middle/high schools and colleges
- Storytelling Facilitation for Science/Medicine, StoryCollider (NY) Before the Abstract (D.C.) 2016

#### **AFFILIATIONS/COMMUNITY ACTIVISM MEMBERSHIPS**

Westport Arts Center, Beechwood Arts, Theater Artist Workshop League of Connecticut; International Center for Women Playwrights; Coastal Arts Guild; Fairfield County Cultural Alliance; Ridgefield Arts Guild; League of New England Storytellers (LANES); League of Professional Theatre Women Regional Associate Member, New York Gotham Writer's Workshop Member, Artemis Theatricals (as composer/lyricist), Founder of #LoveMyDetour, inspiring individuals to flourish not in spite of, but because of obstacles, Founder of the Online Community "Fearless Ostomates Thriving Together," "Federation of Chronic Illness Bloggers"

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#### **OPERA/PERFORMANCE** (*selected*)

- ***La Boheme*** with The Connecticut Grand Opera, Palace Theatre, Stamford, CT
- ***Henry the 5<sup>th</sup>*** with Christopher Plummer, Shakespeare Festival Theatre, Stratford, CT
- ***Operatic Tribute to Broadway*** w/ Charles Strouse, Stephen Sondheim, Steven Schwartz, Palace Theatre, Stamford, CT
- ***An Evening of Music and Mental Health*** with New York Youth Symphony, Ridgefield, CT
- ***Fairfield County Chamber Choir Canadian Tour***, International Music Tour

#### **PLAYWRIGHT** (*full list available upon request*)

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**The Sky is Blue**

Reading: Casa De Beverley: Short Play (March 2017)  
 Production: Short Play Finalist, Manhattan Repertory Theatre (May 2016)  
**Our First Family Dinner** (Short Play Published in Eddy Theatre Directory, UK, 2016)  
 Reading: (Eugene O'Neill Theater Center, November, 2016)  
**The Greeks Are Trying to Tell Us Something:** Musical (Eugene O'Neill Theater Center, Dec. 2016)  
**LEFTOVERS:** Multimedia Drama with original score in development with director Susan Einhorn  
**Factory Treasures:** Two One-Act Plays (Thespis Theatre Festival, NY, July 2017)  
**IMPRINTS:** Full Length Drama with original music  
 Reading: Hampshire College, MA (April, 2015)  
 Staged Reading: Playlight Theatre Company (March 2017)  
 Staged Reading: Producers Club, NYC, (March 2016)  
**Resilience & the Human Spirit:** Multimedia Arts Immersion Salon, Production & Tour, Beechwood Arts (May 2015-December 2016)  
**Playwright & Librettists Week:** National Theater Institute (Eugene O'Neill Theater Center, 2016-2017)  
**Fibers:** Oral History Play w/music (Hampshire College, Amherst, MA, March 2016)  
**Persephone & Me:** Musical, Workshop (Blockheads Collective, March 2016)  
**Gutless & Grateful: One-Woman show performed nationally at 100+ venues**

Writer, Director, Performer, Composer, Producer

- Toured as a mental health and sexual assault program to over 40 colleges nationwide, National Conference for Sexual Education Grant Honoree
- 8 NYC Productions including 54 Below, Metropolitan Room, The Triad (Oct. '12-Present)
- Headlined international conferences as a three-component trauma presentation and workshop, and three international keynotes
- Featured on TEDx, Huffington Post, NBC, CBS and Washington Post
- Headliner: Tony-Award Winning Composer/Lyricist William Finn's "Cabaret Series", Barrington Stage Co., MA, 2013
- Presented for nurses, clinical staff and healthcare professionals in nine National Conferences,
- Full show, and excerpts of original songs and monologues licensed to students to perform as academic projects and competitions in six states
- Featured in five international performing arts festivals

**Monologues:** NYC Playwrights (Finalist), International Women's Artist Salon, ONAir Radio

**Intrusion:** Original Solo Performance, Theatre Artist Workshop Fringe Festival, CT, 2016

### **THEATRE PERFORMANCE** *(full list available upon request)*

Played lead or supporting roles in over 50 regional musical theatre and dramatic productions, including *Agnes of God*, *Agnes*, Pound Ridge Theatre, Company, NY

*Anne Frank: The Diary of a Young Girl*, *Anne Frank*, Pound Ridge Theatre, Company, NY

*Fiddler on the Roof*, *Tzeitl*, Center Stage Players, CT

*Oliver!*, *Nancy*, Curtain Call, Stamford, CT

*Company*, *Marta*, Darien Arts Center, CT

*Playboy of the Western World*, *Pegeen*, Fairfield Warde Players, CT

*Les Miserables*, *Eponine*, Island Lake Arts Center, PA

*The Sound of Music*, *Maria*, PA Players, CT

*Into The Woods*, *Baker's Wife*, Center Stage, CT

### **PERFORMANCE/COMPOSER & LIBRETTIST WORKS** *(selected)*

- *Our Time Cabaret*, *Featured Soloist*, The Catskills, NY
- *A Night at the Palace*, *Featured Soloist*, Palace Theatre, Stamford, CT

- ***This is ME: Original Compositions***, Denver Health Children’s Hospital, CO
- ***Jazz Vocalist***, various jazz venues throughout CT
- ***International Artist Women Salon***, New York, NY
- ***Fringe Festival*** Theatre Artist Workshop, Norwalk, CT
- ***StoryCollider*** (Mistakes Were Made) Union Hall, Brooklyn, NY
- ***Your Time to Shine, Featured Soloist***, The Bijou Theatre, Bridgeport, CT
- ***Amateur Night at the Apollo, Soloist***, Apollo Theatre, Harlem, NY
- ***Original Songs for Children***, Columbia Presbyterian Hospital, NY, Denver Children’s Hospital, CO

**Writing/Publications:** Staff Critic for BroadwayWorld, Huffington Post Columnist, Freelance writing including Backstage, Stage32, Prisonist, The Solo Performer, The TEDx Experience, Author of “My Beautiful Detour” (Memoir)

**Regular Contributor** to over 70 online and print publications including XO Jane, Washington Post, Backstage, Elite Daily, Miss Millennia, and The Mighty (full list of articles available), Author of memoir, “My Beautiful Detour”, meeting timely deadlines, writing, research, Medium “Top Mental Health” and “Top Creativity” contributor, editor of #LoveMyDetour online publication

**Media:** Interview Guest on over 40 podcasts on business, leadership, creativity, and arts management

**Writing/Research:** Literary management, Transcription, conducting interviews, creating invoices, contracts, freelance writing

**Educational:** creative pedagogy, arts integration, teaching artist, working with at-risk youth, creating curriculum and lesson plans

**Misc. Theatre Skills:** Casting, Set Design, Musical Composition, long-form storytelling, improv, physical theatre, emceeing, tap, jazz, ballet, ballroom dance

**Leadership:** Unbridled passion for teaching, coaching and mentoring others to overcome life’s many obstacles and to lead a rewarding and fulfilling life.

**Social Action:** Health Education, Patient Empowerment, Overcoming & Managing Disabilities, Coping with Trauma (i.e. PTSD, physical and emotional abuse), Sexual Assault Prevention, Alternative Medicine, Social Justice, Women’s Issues, and Establishing a Creative Mind Set.

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## TEACHING ARTIST EXPERIENCE

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**“Detourism” Workshops for Students:** Created and taught intensive curriculum, theatre arts, creative therapies and acting for high schools students and public performance. Mentored small groups and individuals, and offered critical feedback of their work. Remained flexible and patient with students. Responsible and self-motivated, handled all financial aspects.

**Mental Health, Sexual Assault and Leadership Program for Students:** Devised mental health curriculum and three-component performance program taken to over 50 colleges, created own program, publicity, coordinated with administration and colleges. Approached crisis management and challenges calmly, creatively and proactively. Helped foster peer support to assist students in personal growth.

**ACTSmart Theatre Playback Troupe:** Trained student Playback theatre troupes grades 6-12) Amherst, MA, 2014.

**Wildwood Elementary School Art Aide:** Created 10-week lesson plan for students through art education studies at Hampshire College. Wrote narrative evaluations, Worked privately with children with behavioral problems and special needs.

**Greens Farms Nursery School:** Worked with 3-4 years olds, designed music program, art workshops,

**Acting and Presence Teaching Assistant: Hampshire College:** Guided students through practical directing assignments and public performance. Graded and evaluated students based on work and participation. Designed specialized warm ups. Engaged in teaching pre-existing curriculum, Provided constructive criticism.

**Beth El Hebrew School Teacher:** Organized trips relevant to subject, special functions and exhibitions. Participated in regular meetings, trainings and workshops. Interacted with other teachers and staff members to enhance effectiveness of program. Promoted creativity, self-expression and ability to generate unique ideas amongst children. Directed school-wide talent show and student-written skits for school assemblies. Regularly attended staff meetings at administrative offices.

**GUTLESS & GRATEFUL for High School Students:** Facilitated pre/post-show workshops, and the corresponding talk backs for the show which the students will be seeing. I created the curriculum for the workshops and while the show is the same, the audience and subject matter changes, so the lesson must adjust according to event. Designed curriculum, lessons and projects to incorporate art and academics. Collaborated with students to develop artistic and leadership qualities. Reviewed and managed progress of individual students in class.

**GUTLESS & GRATEFUL *licensed to students*:** I licensed my one-woman musical for students across the country to perform as their academic projects. I provide them with six weeks of instruction, guidance, and mentorship, as well as the script, audio tracks, publicity materials and musical score. I have been flown out to these colleges to facilitate an educational playwright talkback after the performance, and then write a Huffington Post article about the experience, which the student can also add to their portfolio. Led exercises and group activities that promoted a deeper appreciation of the productions.

**Art Kibbutz Artist in Residence:** I was paired with three other teaching artists and multidisciplinary performers to lead workshops for visitors on Governors Island, including children and families. We worked together for two months creating performances, workshops and talkbacks. At the end of the residency, the artists put together a performance and educational talkback for visiting schools, organizations and visitors on social justice, religion, mental health and arts education. The experience increased community involvement and awareness.

**Private and Group Art Classes: Show Me Your heART Workshops,** Westport Continuing Education: Created eight-week arts curriculum for adults in mixed media art. Taught artist founders of local community school. Provided workshops in lesson planning and classroom management.

**MIDDLE SCHOOL ASSISTANT DIRECTOR/DANCE CAPTAIN:** Performed extensive literary research for mainstage productions. Worked with students and professor in class, performance and rehearsals, worked with students to design choreography for musicals.

**Gutless & Grateful: Post Traumatic Gifts Performance:** Created educational theatre, created inclusive community through activities and role modeling. Facilitated conversations about equity and inclusion, used cross-cultural skills. Developed specialized programs for LGBT communities, disabilities, military, and survivors of sexual assault.

**JCC Centerstage Summer Camp:** Graphic Design for programs and publicity materials. Educated apprentices about the basics of design, layout, illustration, and critical thinking.

**Education and Theatre Consultant:** Created professional development opportunities for clients; teaching them how to use drama in the classroom to teach varying curriculums. Instructed students with learning disabilities on literacy skills.

**Volunteer Teaching:** *Selected:* Make Art Monthly (Coastal Arts Guild), Common Ground (Fairfield County Cultural Alliance), Biology Teaching Assistant, Dr. Andrew Bednarik, Fairfield County School District, CT, Mercaz Hebrew High School, Bridgeport CT School District