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Misted Forest

(Rachel Kesselman)

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Dedicated, creative and empathetic Art Therapy Student with proven experience in coaching and interpersonal communication focused on advocating for and empowering neurodiverse adults to achieve their personal and professional goals.

THERAPEUTIC AND EDUCATION EXPERIENCE

Wellness Advocate and Group Facilitator, Self-contracted various June 2019 - Present

- Design and manage creative neurodiverse coworking support discord server
- Create mindfulness meditations for insight timer, and private yoga clients 2020-current
- Produce YouTube videos teaching mindfulness and yoga for neurodiverse folks 2020-current
- Ran an accountability support group, for neurodiverse, mental and chronic health issues 2019-2022

7 Cups Listener, anonymous chat support - Online, 2019-2020

- Listened to users on anonymous chat and guided them by using the Socratic method

Yoga and Pilates Instructor, Self-contracted various June 2015 - Present

- Vertex Climbing gym 2021-current
- Teaching online: Vivaya online, private yoga studios, my own classes 2020-2022
- Bay area like SFSU gym, Arts Unity Movement, various gyms 2015-2019

Kapi'olani Community College, Peer Support Specialist and English Second Language Tutor - 2011-2013

- Worked in the library, at high schools, in the financial aid office and in the international student center.
- Private tutored in ESL, essay writing and college skills, (ages 9-80) (Completed over 300 hours).
- Teacher Aid with High School Students (100 hours).

ADDITIONAL WORK EXPERIENCE

Rebel Grown, Project Manager and Personal Assistant - Aug 2019-Aug 2022

- Ran merchandising projects of teams of 5-10 people
- Organized office, merchandise, and data
- Ran shipping orders on products, using Goshippo and WordPress

The Humane League, Bay Area, CA, Intern - Jan 2017 - Sept 2017

- Leafleting for animals' rights and vegan outreach
- Assisted during annual Gala and at educational presentations

Palo Alto's Model Guild, Figure Model, Bay Area, CA - 2014 - 2019

- Developed Excellent Time management in order to effectively model at various places around the bay
- Developed strong personal awareness and boundary setting skills

VOLUNTEER EXPERIENCE

Goatlandia, farm animal sanctuary in Santa Rosa weekly all of 2021

Repair The World, community nonprofit support - Brooklyn NYC, March 2017

Global Sound Healing Conference, event staff - Oakland, CA, 2016 Fall

Steamboat Springs first movement festival, event staff - SteamBoat Springs, CO, 2016 Summer

Open Heart Yoga Festival, Marketing and promotions, Presenter - San Mateo, CA, 2015 Spring

EDUCATION

Dominican University of California San Rafael, CA

Master of Arts in Art Therapy (Includes MFT)

Current

Naropa University, Boulder, CO

Graduate studies in Contemplative Buddhist Psychotherapy (3.8 GPA)

Aug 2021 – May 2022

San Francisco State University, San Francisco, CA

Bachelor of Arts in Psychology (3.5 GPA)

Concentrations in dance, sexuality and gender studies

Graduated Dec 2018

Kapiolani Community College, Honolulu, Hawaii

Associates Degree in liberal arts

Concentrations in Japanese, Korean and linguistic learning

Graduated Dec 2013

CERTIFICATIONS

Foundational Trauma Center-Trauma Sensitive Yoga Training, Justice Resource Institute, Feb 2021

CPR Certified, American Red Cross, 2018

50-hour Teen Yoga Training, Rise Yoga for Youth, May 2015

200-Hour Registered Hatha Yoga Teacher Training, College of San Mateo, Jan-May 2015

Second Language Teaching Certification, Kapiolani Community College, Jan-Dec 2012

SKILLS

COMPUTER: Microsoft and Google office, troubleshooting, discord, social media marketing,

DESIGN: Canva, Web design: WIX, Adobe Photoshop, Premier Pro, video editing, Auditory software

ART/DANCE: Movement teacher, dancer, improv actor/comedian, painting, drawing, collage, fashion

HEALTH: Meditation and mindfulness facilitator, group facilitator, Vegan Nutrition, can teach many yoga styles

FITNESS: Trained in multiple Martial arts and team sports, Yoga and Pilates teacher, resistance training, swim

LANGUAGES: Learning Japanese and Spanish, Intermediate at Korean