

ALEXIS REALE

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EDUCATION

Candidate for M.A. in Clinical Mental Health Counseling 2022
Specialization: Dance/Movement Therapy
Lesley University, Cambridge, MA

B.A in Sociology 2009
Minor in Dance
University of New Hampshire, Durham, NH

HUMAN SERVICES EXPERIENCE

Dance/Movement Therapist May 2022–present
Pasadena Villa Outpatient
•Facilitate in-person and virtual dance/movement therapy groups
•Record process/SOAP notes for client experiences with outpatient and virtual IOP adult populations experiencing mood and personality disorders

Counseling/Dance Movement Therapy Intern September 2021–May 2022
Cancer Support Community of Greater Lehigh Valley
•Observe and co-facilitate weekly People Living with Cancer Support Group
•Led dance/movement therapy groups for Carbon County and retirement home communities via Zoom
•Provide weekly virtual individual counseling sessions for adult and child clients experiencing cancer
•Completed 700 internship hours

Therapeutic Dance Group Facilitator March 2020–present
Zoom
•Design and facilitate weekly therapeutic/creative dance groups via Zoom
•Provide weekly therapeutic groups for individuals living with chronic pain, utilizing dance/movement, writing, and art-based interventions

Expressive Therapies Intern Sept – June 2021
Dominion Hospital, Falls Church, VA
•Observe and assist in 6 expressive therapy groups per week, including music, dance, drama, and art
•Participate in weekly individual and group supervision sessions
•Led therapy groups and recorded process/SOAP notes for client experiences with inpatient and outpatient populations, including the Trauma, Eating Disorder, Child, Mood Disorders and Personality

Disorder Units

- Completed 450 hours, including 160 direct client contact hours

Trauma-Informed Yoga Instructor

2011-2012

Street Yoga, Portland, OR

- Completed 30-hour trauma-yoga training
- Volunteered at several youth and family-service sites including after-school programs and group homes for adolescent girls

Sexual Assault Advocate

2009-2010

HAVEN (formerly SASS), Portsmouth, NH

- Counseled adult women callers who experienced sexual assault and domestic violence by using crisis intervention techniques
- Completed a 40-hour sexual assault training

TEACHING EXPERIENCE

Dance Therapy Group Facilitator

2018-present Various Retirement Homes, Fort Mill, SC

- Lead weekly, 30-minute chair dance therapy sessions for older adults with limited mobility and/or dementia at retirement homes including the Blake at Edgewater, The Dorchester, Blake at Baxter Village and Wellmore of Tega Cay
- Use lifespan development and dance/movement therapy theory to research effective tools and techniques to best address this population

Dance Instructor

2003-2021

Various Dance Studios, Portland, OR / Lakes Region, NH

- Facilitate weekly movement classes for children and adults in the styles of jazz, ballet, modern, Middle Eastern Dance, and therapeutic/creative dance at area studios including Vancouver Wellness Center, Viscount Studio, and Clark College

Art/Dance Group Facilitator

2003-2006

Town of Moultonborough Recreation Dept., Moultonborough, NH

- Facilitated daily artistic and/or dance related programs for youth ages 8-13
- Developed and operated an off-site, after-camp youth dance program designed to promote self-expression and teamwork

PROFESSIONAL DEVELOPMENT

Student Member, American Dance Therapy Association

2020

International Association for Creative Dance

2020

COMMUNITY SERVICE EXPERIENCE

White Bird Dance Organization, Portland OR

2014-2019

Planned Parenthood, Boston MA

2008-2010