

**CARRIE HELLER, MSW, LCSW, RPT**

**LICENSED CLINICAL SOCIAL WORKER**

**REGISTERED PLAY THERAPIST**

**TRAPEZE/AERIAL DANCE ARTIST**

**[Carrie@CircusArtsInstitute.com](mailto:Carrie@CircusArtsInstitute.com)**

**404-549-3000**

## **PROFESSIONAL EXPERIENCE**

- 2015-present: Aerial Teacher Training National Certification Program, part of the American Circus Educators (ACE) safety program.
  - Beginner, Intermediate, Advanced and Trainer Level Nationally recognized Certifications in multiple apparatus
- 2013-present: Filial Therapy Training for Parents, 2-3 times per year.
- Summer 2009-Summer 2017: *Circus Arts Social Summer* -A summer camp for children, ages 5-17, with special needs.
- Oct. 2009-Feb. 2011: Cirque Du Monde
  - Guest Artist - The Bridge Runaway Shelter, GA
- 2008: Co-led therapy group with Florie Glusman, OTR/L including Circus and Sensory based activities.
- June 2008-June 2010: *Move, Feel, Learn, Live It* summer camp co-led with Christy Kennedy, OTR/L, and Annemarie Messerschmidt, MSW, Atlanta, GA
- 2007: Volunteered at Hirsch Academy, Atlanta GA. Worked under the supervision on Licensed OT's and Floortime trained therapists.
- 2006-present: *Circus Arts Institute*, Founder and Director.  
[www.circusartsinstitute.com](http://www.circusartsinstitute.com)
  - National Trainer: Aerial Arts and *Circus Arts Therapy*®: Levels One, Two and Three (Residency Program)
  - *Circus Arts Fitness*® Training
  - *Circus Arts Therapy*® private practice for children, adults, families and groups
  - Corporate Teambuilding
- 2006-present: Aerial Trainer for Dance & Circus Arts of Tampa Bay, FL
- 2004-2006: Traveled around US conducting Aerial & therapeutic Circus Arts Trainings.
- 2003-present: Aerial Trainer and Consultant for *Circus Camp*.
- 2002: Cirque Du Monde: A Cirque Du Soleil outreach program.
  - "Trainer of the Trainer"
- 2001-2003: Cirque Du Monde
  - Consultant at The Bridge Runaway Shelter, GA
- 1993-2003: *Circus Camp* Founder and Director
  - A circus, performing & visual arts camp for kids ages 5 and older, adults and families.
  - Counselors In Training program
  - Aerial Trainer
- 1991-present: Aerial trainer/supervisor and consulting therapist for Camp Winnarainbow, Ca.

- 1991-1992: North Atlanta Therapy Center
  - Play Therapy, Individual, Couples and Family Therapy.
- 1991-2003: Private Practice, Atlanta.
  - Consulting and educational services.
  - Counseling for children, teens, adults, and families.
  - *Circus Arts Therapy*, Experiential and Play Therapy
- 1988-present: Founder and Director of *Carrie Heller's Circus Arts L.L.C.*
  - Circus Skills for Kids and Adults with an emphasis on aerial training both for fun and for the professional trapeze artist. The program offers private training/coaching, strength building, classes, workshops, performances, choreography, fitness and therapy. Renamed Circus Arts Institute in 2007.
- 1988-1991: The Bridge Family Center of Atlanta.
  - Clinical Associate (1988-1989) and Director of Clinical Services (1989-1991).
    - Supervision and coordination of Internship Program and Sex Abuse Recovery unit.
    - Implementation and supervision of Play Therapy program for sexually abused children ages 2-12.
    - Redesigned and led Mother's Group for Mothers of sexually abused children.
    - Coordinated family therapy services to families of sexual abuse.
    - Individual, couples, family, group and Experiential therapy.
- 1988-1989: Congregation B'nai Torah, Atlanta, GA.
  - Music Teacher grades K-8 Hebrew School.
  - Music Specialist for learning disabled children. Position required program development for children in the creative use of music in learning.
- 1988: St Josephs Hospital. Hospital Social Worker
- 1987: Family Service of Greater New Orleans, LA.
  - Student Intern
    - Responsible for differential diagnostic assessment, treatment planning and case management of individuals, families and couples.
    - Co-led long-term, open ended therapy group for Adult Survivors of Child Sexual Abuse.
    - Co-led short-term group on Pain Management and Stress as well as "Beating the Binge."
- 1986-1987: Congregation Beth Israel, New Orleans, LA.
  - Music Teacher grades K-8 Hebrew School.
- 1986: Corner Drug Store, Gainesville, FL.
  - Volunteer
    - Peer counselor at runaway shelter for adolescents
- 1985-1986: Alachua County Community Program in Gymnastics Instructor, FL.
- 1985-1986: Parent Aid, Gainesville, Florida.
  - Volunteer
    - One on one contact with parents who were at risk for being abusive.
- 1980,1985: Lead Aerial Instructor Camp Keystone, FL.

## **EDUCATION, TRAINING AND GRANTS**

- 2013-present: 18 hrs every 3 years of continuing education for RPT
- 2012: Mindfulness Based Stress Reduction - 8 week course
- 2012: Advanced Play Therapy, Ga State University
- 2011: Introduction to Play Therapy, Ga State University
- 2007: Sensory Integration Overviews with Christy Kennedy, OTR/L, Atlanta, Ga.
- 2005: Circus Yoga Teacher Training, New York.
- 2002: Workshop with Gemini Trapeze (Elsie and Serentiy Smith) from Cirque Du Soleil.
- 1993: Artist Project Grant, Bureau of Cultural Affairs.
- 1993: Acting at the Alliance Theater, Atlanta.
- 1991-1994:
  - Training in Single Point Trapeze beginning with Susan Murphy.
  - Took class with Terri Sendgraff which introduced me to *Low flying trapeze dance*.
  - Basic training in mime, clowning, and stiltwalking .
  - Modern and Middle Eastern Dance training.
- 1991: Anatomy and Physiology, Atlanta School of Massage.
- 1989: Improvisational Acting in Atlanta.
- 1988-present: 35 hrs every 2 years of continuing education for LCSW.
- 1988-present: Yoga training including Kripala, Hatha, Kundalini and Iyengar
- 1987: Master of Social Work Degree, Tulane University.
- 1986: Bachelor of Science Degree in Psychology, University of Florida.
- 1984 : University of Haifa, Israel
- 1981-2001: Martial Arts training including Karate, Aikido, Kung Fu, Tai Chi and Chi Kung(Qi Gong).
- 1973-1979: Trained with FSU Flying High Circus students in the Aerial Arts including Single, Double and Triple Trapeze. Spanish Web, Cloudswing, Perch Pole, tightwire walking as well as hand balancing, acrobatics and juggling.
- 1973-1979: Trained in Acrobatics and continued dance.
- 1967-1972: Trained in ballet, tap, jazz, ballroom dance, and gymnastics.

## **MEDIA EXPERIENCE**

- 2014, 2011 & 2002 & 1996: CNN
- 2003: Ladida, TV show
- 2000: Interact Atlanta, TV Show
- 1999: Connecting with Kids, CWK Network
- 1996: Savannah, TV Show
- 1994: Inside Out "Building Self Esteem", TV Show
- 1994: Feed Your Mind "Dare To Be An Individual", TV Show
- 1991: McKenzie TV Commercial
- 1991: MTV Music Video, Wrap/Ichiban Records
- 1980: Photographer's Model, Telematic Manufacturing Division

## **PROFESSIONAL AFFILIATIONS**

- 2013-present: Certified Registered Play Therapist, #T-2133

- 2001-present: Association for Play Therapy
- 2001-present: Founding Member, American Youth Circus Organization
- 1995-2001: Atlanta Dance Initiative
- 1994-1997: Board of Directors, Devereux Center, GA.
- 1992-1998: Health Professional Affiliate for Charter Peachford Hospital, Atlanta.
- 1991-present: Licensed Clinical Social Worker, Ga. #1411.
- 1988 - present: National Association of Social Workers
- 1987-present: Phi Eta Sigma Honor Society, National Association of Social Workers.

## **PUBLICATIONS**

- 2009: *Circus Arts Therapy®*; Definiton and Introduction.
- 2004: *Aerial Circus Training & Safety Manual* with photos
- 2001: *Circus Arts in the Classroom*: Beginning movement & brain balancing exercises.
- 1999: *Circus Arts Therapy®*; beginning experiential & play exercises.
- 1997: *Kids Perform Circus Arts*, Consultant, Crabtree Publishing.
- 1992: *Aerial Circus Training & Safety Manual* (no photos)

## **PROFESSIONAL PRESENTATIONS**

Cantrell, B.\*, Gamble, K.\*, Gonter, T.\*, Peace, A.\*, Stanley, W.\*, Warren, W.\*, Tagliatela, L. A., & **Heller, C.** (April, 2012). Evaluation of a circus arts therapy® program: Group versus case study approaches. Poster presented at the Georgia Undergraduate Research in Psychology Conference, Kennesaw, GA.  
\*Undergraduate Student

Cantrell, B.\*, Gamble, K.\*, Gonter, T.\*, Peace, A.\*, Stanley, W.\*, Warren, W.\*, & Tagliatela, L. A., & **Heller, C.** (April, 2012). Evaluation of a circus arts therapy® program. Poster presented at the 17th Annual Symposium of Student Scholars, Kennesaw, GA.  
\*Undergraduate Student

Tagliatela, L. A. & **Heller, C.** (March, 2011). Circus Arts Therapy®: An alternative to traditional play therapies. Poster presented at the Southeastern Psychological Association's annual meeting. Jacksonville, FL.

## **AERIAL AND CIRCUS ARTS THERAPY® PRESENTATIONS**

*The Inforum, GA.*  
*Friends School, GA.*  
*Atlanta School, GA.*  
*Davis Academy, GA.*  
*Horizons School, GA.*  
*Circus Minimus, N.Y.*  
*Wise Fool New Mexico*  
*Vanlodostov Circus, VT.*  
*Camp Winnarainbow, CA.*  
*Hollywood Aerial Arts, CA.*

*Circus Day Foundation, MO.  
Devereux Treatment Center, GA.  
Congregation Shearith Israel, GA.  
AYCO Social Circus Conference, IL.  
Guest lecturer, GA. State University  
Georgia School Age Care Association, GA.  
City of Decatur afterschool & summer programs, GA.  
Arts Enrichment Institute, Atlanta Arts Exchange, GA.  
Evelyn E. Marcelli & The Peace Corps Schools, Virgin Islands  
International Child and Play Therapy World Congress, Canada  
AYCO Aerial Teachers Training Conference, VT., San Fran, & more  
American Youth Circus Organization Festivals, FL., NY, CA. WA. & more*

### **PERFORMING AND CHOREOGRAPHING EXPERIENCE**

<i>7 Course Theatre Productions</i>	<i>The Oracle Corporation</i>
<i>King Plow Arts Center</i>	<i>7 Stages Theater</i>
<i>Shepard Spinal Center</i>	<i>Festival of Trees</i>
<i>The Apparel Mart</i>	<i>Project Open Hand</i>
<i>The Atlanta Botanical Gardens</i>	<i>Emory University</i>
<i>The U.S. Virgin Islands</i>	<i>The Westin P'tree Plaza Hotel</i>
<i>Scitrek Museum</i>	<i>The Atlanta Arts Exchange</i>
<i>Nexus Theatre</i>	<i>The Georgia Dome</i>
<i>PeopleSoft Corporation</i>	<i>The Arts Festival of Atlanta</i>
<i>Winter Wonderland, '97</i>	<i>Center Stage Theater</i>
<i>Allie Awards</i>	<i>Atlanta Live Nightclub</i>
<i>Randstad</i>	<i>GA. World Congress Center</i>
<i>Hyatt Regency</i>	<i>John Murray Productions</i>
<i>Fernbank Museum</i>	<i>Renaissance Waverly Hotel</i>
<i>The Discover Mall of Georgia</i>	<i>Flying Low Family Circus</i>
<i>Rayburn Congressional Center, Wash., D.C</i>	<i>Cobb Galleria</i>

### **SPECIAL SKILLS**

Tennis, Water Ski, Horseback, Archery, Swimming, Diving, Music

References, Video and Press Pack available upon request