

ZOË SHULMAN, MA, LPCC

(512) 963-9250

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EDUCATION

2025 Master of Art Therapy and Counseling with Psychedelic Studies

Certificate — Southwestern College — Santa Fe, NM —

Cumulative GPA: 4.0

2020 Psychology Studies — Study.com —

Accredited online college-level courses that include Developmental Psychology, Abnormal Psychology, and an elective psychology course (9 credits)

2013 Bachelor of Fine Arts in Painting and Drawing with Art History Minor —

Minneapolis College of Art and Design — Minneapolis, MN —

Cumulative GPA: 3.9

2011 AICAD Mobility: The Burren College of Art — Ballyvaughan, Ireland —

1-semester study abroad program focusing on artistic development and Irish Studies

2009 ARTIS Study Abroad Program — Florence, Italy —

1-month study abroad program focusing on Drawing and Renaissance Art History

General Studies, Emphasis on Fine Art — Texas State University — San Marcos, TX

CERTIFICATION AND TRAINING

2025 Certificate — Psychedelic Studies — Southwestern College — Santa Fe, NM —

96 course hours have been completed for the Psychedelic Studies Certificate

Training — Jump Start to Healing Short-Term Therapy Model — Tierra Nueva Counseling Center — Santa Fe, NM

Training — Resolve Violence Prevention — Tierra Nueva Counseling Center — Santa Fe, NM

Certificate — Psychological First Aid — The National Child Traumatic Stress Network

EXPERIENCE

2024 Student Therapist/Intern — Tierra Nueva Counseling Center — Santa Fe, NM

As a Tierra Nueva Counseling Center (TNCC) student therapist, I developed my supervisory relationships, utilized art therapy with individual clients, coordinated client care, attended weekly clinical staff meetings, and facilitated the weekly online psycho-educational Jump Start to Healing group. I supported my individual clients' healing journeys and mastered the clinical procedures of providing informed consent, writing DAP notes, formulating treatment plans, and conducting biopsychosocial and clinical assessments, September 2024 — November 2025

2022 Front Desk Receptionist — Tierra Nueva Counseling Center — Santa Fe, NM

I assisted TNCC as a front desk receptionist. Responsibilities included: opening the clinic, greeting clients, responding thoroughly and compassionately to in-person client needs, as well as emails and phone calls; coordinating task and client care details with practicum students, licensed therapists, supervisors, and the clinical director; processing client payments and health insurance cards, completing 30-minute phone interviews for client intake (which included mental health assessments such as suicidality), updating client information in the EMR Bear patient intake system, coordinating communication between staff using Microsoft Teams software, and keeping a clean and organized workspace, November 2022 — March 2023

2020 Legal Assistant — Michael Shulman Attorney at Law — San Marcos, TX

I assisted Attorney Michael Shulman in his private practice handling criminal defense cases in the Hays County criminal justice system. Responsibilities included: reviewing the state's evidence and writing discovery outlines in criminal defense cases (including but not limited to capital murder), assisting in jail visits and advising clients, assisting counsel in court, coordinating with legal team to effectively represent clients through scheduling, preparing and filing motions, and communicating with the District Attorney, January — December 2020

SKILLS

Theoretical approaches — The expressive therapies continuum, person-centered therapy (i.e., motivational interviewing), cognitive behavioral therapy, dialectical behavioral therapy, narrative therapy, sand tray, somatic bodywork (i.e., yogic breathing, body scanning, bottom-up emotional processing, and mindfulness meditation), Jungian psychoanalysis, internal family systems, trauma-informed, psychedelic medicine-informed, and multi-culturally aware

Office — Microsoft Office Suite (Word, Excel, PowerPoint, Teams), typing speed: 65 GWAM, EMR Bear client intake system, cash register, promotion and networking including social media (Facebook, Instagram), Adobe Photoshop and Illustrator, digital photography, printing, and lighting for professional artwork documentation

Fine art — Oil painting, water based media (acrylic, gouache, watercolor), formal and live figure drawing, Japanese craft (paper making, woodblock printing, bookbinding), intaglio, cyanotype, encaustic, performance, conceptual art

SCHOLARSHIPS

2024 Scholarship — Black Elk Visionary Award — Southwestern College

2023 Scholarship — Rudolf Steiner Award — Southwestern College

ZOË SHULMAN, MA, LPCC

ART THERAPIST

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To Whom It May Concern,

In November 2025, I earned my Master of Arts in Art Therapy and Counseling with a Psychedelic Studies certificate from Southwestern College in Santa Fe, New Mexico. In March 2026, I received my Colorado LPCC license.

Through my art therapy internship at Tierra Nueva Counseling Center (TNCC), I developed my therapeutic repertoire to embrace theoretical approaches such as the expressive therapies continuum, person-centered therapy (i.e., motivational interviewing), cognitive behavioral therapy, dialectical behavioral therapy, narrative therapy, sand tray, somatic bodywork (i.e., yogic breathing, body scanning, bottom-up emotional processing, and mindfulness meditation), Jungian psychoanalysis, and internal family systems. Additionally, I work hard to ensure that my therapeutic approaches are trauma-informed and multi-culturally aware of minorities and their respective social justice concerns.

Client populations that I have served range from children aged 10 and up to seniors, and I have also focused on working with members of the LGBTQIA+ community. I have experience working both in-person and via Telehealth with those who have struggled with post-traumatic stress disorder, major depressive disorder, anxiety disorder, gender dysphoria, addiction, neurodivergence, bipolar disorder, anorexia nervosa, and prolonged grief disorder. In my work, I strive to facilitate clients' engagement in art directives and help them to reveal their psyches' archetypes and parts, reframe cognitive distortions, write new healthy narratives, and regulate their nervous systems.

My biggest strengths are good communication, time integrity, and being thorough and correct in my work. At TNCC, I developed multiple supervisory relationships, worked with a full caseload of clients, coordinated client care, attended weekly clinical staff meetings, and facilitated TNCC's Jump Start to Healing online psycho-educational group. I also supported my clients' healing journeys and honed my clinical skills of providing informed consent, writing DAP notes, formulating treatment plans, and conducting biopsychosocial and clinical assessments.

Sincerely,

A handwritten signature in black ink, appearing to be 'Zoë Shulman', with a long, sweeping horizontal line extending to the right.

Zoë Shulman