

ZOË SHULMAN, MA, LPCC

(512) 963-9250

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EDUCATION

- 2025 Master of Art Therapy and Counseling** — Southwestern College — Santa Fe, NM
Cumulative GPA: 4.0
- 2025 Psychedelic Studies Certificate** — Southwestern College — Santa Fe, NM
96 course hours were completed for the Psychedelic Studies Certificate
- 2013 Bachelor of Fine Arts in Painting and Drawing with an Art History Minor** — Minneapolis
College of Art and Design — Minneapolis, MN
Cumulative GPA: 3.9

EXPERIENCE

- 2026 Counselor** — Behavioral Health Group — Westminster, CO
As a Behavioral Health Group counselor, I served a caseload of approximately 80 patients diagnosed with Opioid Use Disorder. Key responsibilities included: individual counseling and art therapy, care coordination with the Case Manager and medical team, attending weekly supervision and clinical staff meetings, urinalysis drug screen reviews, treatment planning, writing DAP notes, diagnosing using the DSM-5-TR, completing intake and ASAM assessments, conducting clinical assessments, and patient advocacy, April 2026 — July 2026
- 2024 Student Therapist/Intern** — Tierra Nueva Counseling Center — Santa Fe, NM
As a Tierra Nueva Counseling Center student therapist, I served a caseload of approximately 15 clients. Key responsibilities included: developing my supervisory relationships, utilizing art therapy with individual clients, coordinating client care, attending weekly clinical staff meetings, and facilitating the weekly online psycho-educational Jump Start to Healing group. I also provided informed consent, wrote DAP notes, formulated treatment plans, diagnosed using the DSM-5-TR, and conducted biopsychosocial and clinical assessments, September 2024 — November 2025
- 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. Key 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 the legal team to effectively represent clients through scheduling, preparing and filing motions, and communicating with the District Attorney, January — December 2020

SKILLS

- Theoretical approaches** — Expressive therapies continuum, counseling micro-skills, person-centered therapy (i.e., motivational interviewing), cognitive behavioral therapy, dialectical behavioral therapy, solution-focused 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, psychoeducation; trauma-informed, psychedelic medicine-informed, and multi-culturally aware
- Office** — Microsoft Office Suite (i.e., Word, Excel, PowerPoint, and Teams), Adobe Acrobat, Zoom, EMR client intake systems (i.e., EMR Bear and SAMMS), typing speed: 65 GWAM
- Fine art** — Oil painting, water based media (i.e., acrylic, gouache, and watercolor), formal and live figure drawing, Japanese craft (i.e., paper making, woodblock printing, and bookbinding), intaglio, cyanotype, encaustic, digital art, woodworking, basic sculpture techniques, 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 counseling position at Behavioral Health Group (BHG) and 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, counseling micro-skills (i.e., active listening and emotional attunement), person-centered therapy (i.e., motivational interviewing), cognitive behavioral therapy, dialectical behavioral therapy, solution-focused 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, and psychoeducation. Additionally, I work hard to ensure that my therapeutic approaches are trauma-informed, psychedelic medicine-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. Caseloads that I have served range from 15 to 80 clients. 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, severe addiction including opioid use disorder and poly-substance use disorder, neurodivergence, bipolar disorder, schizoaffective 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 BHG and TNCC, I developed multiple supervisory relationships, worked with a high caseload of clients, utilized EMR software (i.e., EMR Bear and SAMMS), attended weekly clinical staff meetings, facilitated TNCC's Jump Start to Healing online psycho-educational group, and coordinated client care with case managers, case workers, medical providers, attorneys, and parole and probation officers. I also supported my clients' healing journeys by providing high-quality services such as advocating for clients' financial access to care, providing clear informed consent, compassionately reviewing urinalysis drug screens, writing thorough DAP notes, formulating individualized treatment plans, and completing comprehensive intakes using biopsychosocial assessments and clinical reassessments (i.e., ASAM, BAI, BAM, C-SSRS, GAD-7, PCL-5, PHQ-9, and SNAP).

Sincerely,



Zoë Shulman