

CIRRICULUM VITAE

Sophie Bjorkhart

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Artist Statement

Community is a sense of belonging and togetherness. Sumner is a town that exudes this notion and yet community is nothing without the people who make it up. Community also means giving both back and to. All of these essences that community fosters can be summarized within our hands. This is why for my submission I utilized several different color and shaped hands. My background is in photography and film, however I also use multimedia. I am a full time resident of Sumner and I love this town very much. I would be honored if you chose me for this exciting opportunity to contribute to the Sumner community.

Artist Website [BLOG](#) / [WEBSITE](#)

Education

MA Art Therapy and Mental Health Counseling, Antioch University – Seattle, WA (2019)

BFA Fine Art, Photography, School of the Art Institute of Chicago – Chicago, IL (2015)

Publications

Bjorkquist, S. (2019) Phototherapy: Addressing social anxiety in the chronically homeless population. Thesis.

Chapter 11: Promoting intentional seeing. Gibson, N. (2018) [*Therapeutic photography: Enhancing self-esteem, self-efficacy, and resilience*](#). Oxford, England: Jessica Kingsley Publishers.

Bjorkquist, S. (2015) [*MsBjork: Photographs and Artwork by Sophie Bjorkquist*](#). San Francisco: Blurb, Incorporated.

Exhibitions

[Rise](#) (2017) Antioch University Library, Seattle WA.

[Empirical Impressions](#) (2015) Roots and Culture, Chicago IL.

[Red Hot](#) (2014) iaeou Loft, Chicago IL.

[Clear Creek Educational Foundation Silent Auction](#) (2012) Evergreen CO.

[A Recycled Household](#) (2011) The Wayne Flat, Chicago IL.

Several photographs also in Permanent Collection at UMC, New Orleans LA.

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Research Experience

2020, Seattle “Art As Crisis Intervention” Created assessment tool: Brief Art Screening Tool to assess individuals in crisis using art

2019, Seattle “Phototherapy: Addressing Social Anxiety in the Chronically Homeless Population” Phototherapy and Cognitive Behavioral Therapy within-subjects study

2015, London “Promoting Intentional Seeing” Qualitative research exploring photography as therapy

Presentations

2020 Expressive Therapy Summit, “Art As Crisis Intervention” CANCELLED DUE TO COVID

2019 American Art Therapy Association Conference, St. Louis. “Phototherapy: Addressing Social Anxiety in the Chronically Homeless Population.” Presented with Darcy Marlow

2018 Royal University of Phnom Penh, “Expressive Therapies Continuum.” Presented with Meaghan Halverson and Alexis Gonzales

2017 Chandigarh University, “From Talk Therapy to Creative Arts Therapy, An Evolution.” Presented with Alida Johnson

Workshops

2017 Scribble Drawing, First Aid Arts Workshop. Co-facilitated with Alida Johnson.

2017 Symbolic Mandalas: A Daily Practice. Conscious Impact.

Film Screenings

[Composting 101](#) (2019) A Short Film in Nightmare Emporium, Northwest Film Forum WA.

[The Lovebird](#) (2018) A Short Film in Nightmare Emporium, Central Cinema Seattle WA.

[The Whale](#) (2014) Chicago, IL.

[Sand Mountain](#) (2012) Chicago, IL.