

Amy Oestreicher

author, multimedia artist, actress, musician, choreographer, educator, playwright, PTSD specialist celebrating life's beautiful detours through the arts and education

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PROFILE

Highly skilled, dedicated and accomplished PTSD Peer-to-Peer Specialist, Artist, Author, Writer for the Huffington Post, Motivational Speaker for RAINN and TEDx, Award Winning Health Advocate, Actress and Playwright, survivor of 30 surgeries, and winner of Convatec's "Great Comeback Award" sharing my experiences to empower others to face and overcome challenges, cultivate resilience, and transform adversity into creative growth.

SPECIAL QUALIFICATIONS

- Accomplished Actress, Creative Writer, Dancer/Performer, Keynote Speaker, Private Coach, and Advocacy Program Leader.
 - Unbridled passion for teaching, coaching and mentoring others to overcome life's many obstacles and to lead a rewarding and fulfilling life.
 - Freelance Writer, Blogger and Public Speaker on a variety of health and wellness issues.
 - Compassionate, caring and empathetic.
 - Strong advocate of collaborative working partnerships with client organizations to pursue and achieve shared goals.
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PERSONAL PHILOSOPHY

- Use my special gifts to motivate, lead and inspire other by helping them to find their creative talents and personal passions.
 - Effectively utilize my animated and enthusiastic form of self-expression to attract and retain audience attention.
 - Persuade others to realize that life offers many opportunities, if you take the time to identify and capitalize on positive change.
 - Serve as benchmark for others to establish personal goals.
 - Never accept mediocrity or the status quo, choosing instead to consistently raise the bar and pursue personal excellence.
 - Share my personal tragedies and subsequent accomplishments so that the victims of trauma and disabilities realize that they have many options.
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AREAS OF EXPERTISE

Mental Health Advocacy, Overcoming & Managing Disabilities, Dealing with Trauma (i.e. PTSD, physical and emotional abuse), Sexual Assault Prevention, Alternative Medicine, and Establishing a Creative Mind Set.

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EDUCATION

HAMPSHIRE COLLEGE, Amherst, MA

Arts Degree with a focus on Playwriting, Theatre, Psychology, Expressive Arts, Theatre of the Oppressed

National Theatre Institute/Eugene O'Neill Theater Center, Waterford, CT, Fall 2016 (Instructors include: Rachel Jett, Kristen Childs, Scott Murphy, Jessi Hill, Forrest McClendon, David Jaffe) (20 Credit Hours in Directing, Playwriting, Design, Acting, Music, Movement, Song Composition, Stage Combat, Shakespeare and Voice)

How to Listen to and Understand Opera (Professor Robert Greenberg, Ph.D., San Francisco Performances, Great Courses)

NORWALK, COMMUNITY COLLEGE, Norwalk, CT

Courses included: Creative Movement for Children, Creative Writing Fiction.

GOTHAM WRITERS, New York, NY

Courses included: Playwriting, Humor Writing, Creative Writing, Poetry, Screenwriting

FAIRFIELD UNIVERSITY, Fairfield, CT

Courses included: Sculpture I, Abnormal Psychology, Theatre History, Consumer Fashion

Expressive Arts Therapies Training

Expressive Therapies Summit, NYC: Voice Dialogues, Authentic Movement, Psychodrama, DBT, Holistic Circus Therapy, November 2014, 2015

- Movement Therapy Training with Toni Bergins: Dance Kinetics, 2004 – 2011
- CANY (Creative Alternatives of New York): Drama Therapy and Trauma training
- NAMI Ending the Silence/PTSD Peer-to-peer Specialist
- Humor Academy (Certified Humor Professional) Association for Applied & Therapeutic Humor

Acting: Patrese McClaine, Forrest McClendon, Richard Sabellico, Frank Root, Stella Adler Studio Shakespeare: American Globe Theatre with John Basil, Shakespeare and Company, Physical Theatre/Devised Performance and Improvisation (The Egg, Fiasco Theatre, Eugene O'Neill) Acting for Film: Weist-Barron Studios

Voice: Anne Tofflemire, Aimee Steele, Ivan Rutherford, Paul Elkin, Kevin Connors

Dance: Tap, Jazz, Ballet, Ballroom, Musical Theatre (Broadway Dance Center, Steps NYC) Butoh, Choreography, Authentic Movement

HONORS / AWARDS

Women in the Age of Trump	NYC Playwrights	January 2017
Best Theatre Debut	BroadwayWorld	October 2012
The Singular Award Winner	Sarasolo Theatre Festival	January 2017
Humor Academy Scholarship	Assoc. Applied & Therapeutic Humor	December 2016
Women to Celebrate 2014	Woman Around Town	November 2014
Bistro Awards NY Top Pick	Bistro Awards	December 2015
“Post Traumatic Gifts”	Nat'l Initiative for Military Arts & Health	December 2016
Great Comeback Awards	Convatec National	September 2014
Manhattan Repertory Theatre Short Play Finalist	Manhattan Repertory Theatre	April 2016
Herstory Honoree	She Rocks MEDIA, Washington D.C.	January 2017
Top Creativity Writer	Medium	January 2017
Creative Arts Community Helper	United Way, CT	April 2005
Finalist, Original Musical Composition	Reflections Contest, Fairfield, CT	March 2005
Solo Debut “Top Not to Miss Pick”	AMNY	October 2012
Solo Performer/Playwright Finalist	New York New Works Theatre Festival	October, 2016

Sold Out Additional Performance	United Solo Festival	November 2014
The Perpetual You Inner Beauty Honoree	The Perpetual You	January 2016
Lower East Side Chronicles Playwright Finalist	Metropolitan Playhouse	March 2017
Caleb Reese Festival of New Plays Finalist	Pheonix Theatre	October 2016
Artist Honoree	Yale New Haven Smilow Gallery	December 2016

SELECTED MULTIMEDIA PRESENTATIONS (full list of 80+ nationwide venues available upon request)

- TEDx Talks: TEDx Syracuse (New York, April 2016) and TEDx VCU (Virginia, February, 2017)
- Keynote Speaker: Pacific Rim Intl Disability Conference, Honolulu, Hawaii, April, 2016
- Keynote Speaker: International School of Social Work Conference, Columbus, Ohio March 2018
- “Creative Collaborations in Patient Care” American College of Surgeons Clinical Congress, Washington DC, January, 2016
- Performance Artist/Presenter: “Media, Messaging and Mental Health”, Mental Health America Conference, Washington DC., June, 2016/17
- “Mixed Media & Narrative Healing,” Transformative Language Arts Conference, Kansas City, MO, September, 2014
- Creative Hands-On Workshop: “Detourism: You’re On the Road” International Youth Leadership Conference, Rhode Island, April, 2016
- “Art, Meaning, and Faith-Based Resiliency” Columbia University, Jewish Orthodox Feminist Alliance, New York, January 2016
- Keynote Performance: First Annual Benefit for Eating Recovery Center Foundation, Denver, CO, 2014
- Transformative Language Arts Network Annual Conference, Kansas City, MO, 2014
- National Student Leadership Diversity Convention NYC, October 2016
- Mental Health America Annual Conference, Alexandria, VA, June, 2016
- 40th Anniversary New England Educational Opportunity Association “Milestones” Conference, MA, 2016
- 5 Wound and Ostomy Continence Nurses Society Annual National and Regional Conferences, 2013-2016
- Keynote Speaker, “Take Back the Night” Pima Community College, April 2017
- Co-creator of medical/dramatherapy workshops with Adam Blatner, M.D.
- Mental Health Mindset: Student Presentation/Workshop for 40+ middle/high schools and colleges nationwide
- Storytelling Facilitation for Science and Medicine with StoryCollider (NY) Before the Abstract (D.C.) 2016
- Three-Day Integrative Wellness Retreat (PTSD & Creativity) Canyon Ranch (Lennox, MA) 2017

PLAYWRIGHT (full list available upon request)

The Sky is Blue: Short Play Finalist (Manhattan Repertory Theatre, May 2016)
Our First Family Dinner (Short Play Published in Eddy Theatre Directory, UK, 2016)
Co-Creator: The Greeks Are Trying to Tell Us Something (Eugene O’Neill Center, December 2016)
LEFTOVERS: Multimedia Drama with original score in development with director Susan Einhorn
Factory Treasures: Two One-Act Plays (Thespis Theatre Festival, New York July 2017)
IMPRINTS: Full Length Drama, original music (Hampshire College, MA & Producers Club, NY, 2016)
Resilience and the Human Spirit: Multimedia Arts Immersion Salon, Beechwood Arts (CT, 2015)
Playwright & Librettists Week: National Theater Institute (Eugene O’Neill Theater Center, 2016-2017)

Fibers: Oral History Play w/music (Hampshire College, Amherst, MA, March 2016 & Beechwood Arts, Westport CT, 2017)

Gutless & Grateful: A Musical Feast, A One-Woman show performed nationally at 100+ venues

Writer, Director, Performer, Composer, Producer

- Toured as a mental health and sexual assault program to over 40 colleges nationwide, National Conference for Sexual Education Grant Honoree
- Headlined international conferences as a three-component trauma presentation and workshop, and three international keynotes
- Featured on TEDx, Huffington Post, NBC, CBS and Washington Post
- Tony-Award Winning Composer William Finn's "Cabaret Series", Barrington Stage Co., MA, 2013
- Presented for nurses, clinical staff and healthcare professionals in nine National Conferences,
- Full show, and excerpts of original songs and monologues licensed to students to perform as academic projects and competitions in six states
- Featured in five international performing arts festivals
- **Monologues:** NYC Playwrights (Finalist), International Women's Artist Salon, ONAir Radio
- **Intrusion:** Original Solo Performance, Theatre Artist Workshop Fringe Festival, CT, 2016
- Published with **PerformerStuff** and **Eddy Theatre Company**

THEATRE (full list available upon request)

Played lead or supporting roles in over 50 regional musical theatre and dramatic productions, including *Agnes of God*, *Agnes*, Pound Ridge Theatre, Company, NY

Anne Frank: The Diary of a Young Girl, *Anne Frank*, Pound Ridge Theatre, Company, NY

Fiddler on the Roof, *Tzeitl*, Center Stage Players, CT

Oliver!, *Nancy*, Curtain Call, Stamford, CT

Company, *Marta*, Darien Arts Center, CT

Playboy of the Western World, *Pegeen*, Fairfield Warde Players, CT

Les Miserables, *Eponine*, Island Lake Arts Center, PA

The Sound of Music, *Maria*, PA Players, CT

Into The Woods, *Baker's Wife*, Center Stage, CT

PERFORMANCE/COMPOSER & LIBRETTIST WORKS (selected)

- *Our Time Cabaret*, *Featured Soloist*, The Catskills, NY
- *A Night at the Palace*, *Featured Soloist*, Palace Theatre, Stamford, CT
- *This is ME: Original Compositions*, Denver Health Children's Hospital, CO
- *Jazz Vocalist*, various jazz venues throughout CT
- *International Artist Women Salon*, New York, NY
- *Fringe Festival* Theatre Artist Workshop, Norwalk, CT
- *StoryCollider* (Mistakes Were Made) Union Hall, Brooklyn, NY
- *Your Time to Shine*, *Featured Soloist*, The Bijou Theatre, Bridgeport, CT
- *Amateur Night at the Apollo*, *Soloist*, Apollo Theatre, Harlem, NY
- *Original Songs for Children*, Columbia Presbyterian Hospital, NY, Denver Children's Hospital

Writing/Publications: Staff Critic for BroadwayWorld, Huffington Post Columnist, Freelance writing including Backstage, Stage32, Prisonist, The Solo Performer, The TEDx Experience

Regular Contributor to over 70 online and print publications including XO Jane, Washington Post, Backstage, Elite Daily, Miss Millennia, and The Mighty (full list of articles available), Author of memoir, “My Beautiful Detour”, meeting timely deadlines, writing, research, Medium “Top Mental Health” and “Top Creativity” contributor, editor of #LoveMyDetour online publication

Visual Art: Mixed media displayed in over 50 juried exhibitions, galleries, museums, public venues

Residency: Playwright/Artist/Composer at Art Kibbutz, Governor’s Island, NY, 2016, involved educational outreach, arts advocacy, presentations, fundraising, volunteering and public speaking

Media: Guest on over 40 podcasts for insights on business, leadership, creativity, and arts management

TEACHING ARTIST EXPERIENCE

Girls’ Leadership: Arts programming with girls, and their primary influencers – parents, teachers, and caregivers – to create sustainable impact. Put social and emotional learning (SEL) at the foundation of all leadership development.

“Detourism” Workshops for Students: Created and taught intensive curriculum, theatre arts, creative therapies and acting for high schools students and public performance. Mentored small groups and individuals, and offered critical feedback of their work. Remained flexible and patient with students. Responsible and self-motivated, handled all financial aspects. As a result of small group workshops, 70% of students increased their grades by two letters.

Mental Health, Sexual Assault and Leadership Program for Students: Devised mental health curriculum and three-component performance program taken to over 50 colleges, created own program, publicity, coordinated with administration and colleges. Approached crisis management and challenges calmly, creatively and proactively. Helped foster peer support to assist students in personal growth.

ACTSmart Theatre Playback Troupe: Trained student Playback theatre troupes grades 6-12) Amherst, MA, 2014. Supported professor in instructing for youth and leading daily "ice-breakers" and warm-up exercises.

Wildwood Elementary School Arts Integration Teacher: Created 10-week lesson plan for students through arts integration studies at Hampshire College. Wrote narrative evaluations, Worked privately with children with behavioral problems and special needs. Created specialized plan for these students. Created and executed lesson plans, which integrated both art and drama. Worked with students for final two weeks on creating and performing a final showcase, integrating spoken presentations and theatrical skits inspired by their artwork.

Greens Farms Nursery School: Worked with 3-4 years olds, communicated with parents, designed flyers and outlined curriculum. Designed music program and created chocolate making art workshop, special events

Acting and Presence Teaching Assistant: Hampshire College: Guided students through practical directing assignments and public performance. Graded and evaluated students based on work and participation. Designed specialized warm ups. Engaged in teaching pre-existing curriculum, Provided constructive criticism.

Beth El Hebrew School Teacher: Organized trips relevant to subject, special functions and exhibitions. Participated in regular meetings, trainings and workshops. Interacted with other teachers and staff members to enhance effectiveness of program. Promoted creativity, self-expression and ability to generate unique ideas amongst children. Directed school-wide talent show and student-written skits for school assemblies. Regularly attended staff meetings at administrative offices.

GUTLESS & GRATEFUL for High School Students: Facilitated pre/post-show workshops, and the corresponding talkbacks for my one-woman autobiographical musical, Gutless & Grateful which the students will be seeing. I created the curriculum for the workshops and while the show is the same, the audience and subject matter changes, so the lesson must adjust according to event and organization. Designed curriculum, lessons and projects to incorporate arts education, leadership skills and academic areas requested by school. Collaborated with students to develop artistic and leadership qualities. Communicated with teachers and administrative staff, and documented work done. Reviewed and managed progress of individual students in class.

GUTLESS & GRATEFUL *licensed to students*: I licensed my one-woman musical for students across the country to perform as their academic projects. I provide them with six weeks of instruction, guidance, and mentorship, as well as the script, audio tracks, publicity materials and musical score. I have been flown out to these colleges to facilitate an educational playwright talkback after the performance, and then write a Huffington Post article about the experience, which the student can also add to their portfolio. Led exercises and group activities that promoted a deeper appreciation of the productions.

Art Kibbutz Artist in Residence: I was paired with three other teaching artists and multidisciplinary performers to lead workshops for visitors on Governors Island, including children and families. We worked together for two months creating performances, workshops and talkbacks. At the end of the residency, the artists put together a performance and educational talkback for visiting schools, organizations and visitors on social justice, religion, mental health and arts education. The experience increased community involvement and awareness.

Private and Group Art Classes: Show Me Your heART Workshops, Westport Continuing Education: Created eight-week arts curriculum for adults in mixed media art. Taught artist founders of local community school. Provided workshops in lesson planning and classroom management.

Private Coaching, Consulting, Lifestyle Strategist : Constructing 12-week curriculum for individuals aiming to incorporate creativity into their business, corporation, daily practice, recovery, and mindset. Corporate, non-profit, individual, referrals available.

Performing Arts Center of CT: I was responsible for a group of 10-12 campers ages eight to twelve. I planned the drama and dance curriculum for the day which usually amounted to four hours of teaching. I facilitated drama workshops and developed choreography that I co-created with the participants based on different themes the camp explored each week.

YOUTH TO YOUTH LEADERSHIP CONFERENCE: We explored the archetypal heroes journey as a way to devise theatre and skits to show how we can use this structure for storytelling and navigating obstacles and “hero’s challenges” in our own lives. This was also the subject of my TEDx Talk on February 25th 2017 at Virginia Commonwealth University.

MIDDLE SCHOOL ASSISTANT DIRECTOR/DANCE CAPTAIN: Performed extensive literary research for mainstage productions. Worked with students and professor in class, performance and rehearsals, worked with students to design choreography for musicals. Collaborated with co-teachers on theatre curriculum with a literacy focus.

Gutless & Grateful: Post Traumatic Gifts Performance: Created educational theatre, created inclusive community through activities and role modeling. Facilitated conversations about equity and inclusion, used cross-cultural skills. Developed specialized programs for LGBT communities, disabilities, military, and survivors of sexual assault. Eligible for sexual assault education grant, fundraising strategies, instructing, leadership

JCC Centerstage Summer Camp: Graphic Design for programs and publicity materials. Educated apprentices about the basics of design, layout, illustration, and critical thinking. Assisted in developing a marketing plan for arts extracurricular activities. Organized, cataloged, and maintained student databases

Education and Theatre Consultant: Created professional development opportunities for clients; Seminar: Using drama in the classroom to teach varying curriculums. Orchestrated creative critical thinking games in after school settings. Instructed students with learning disabilities on literacy skills.

Volunteer Teaching: *Selected:* Make Art Monthly (Coastal Arts Guild), Common Ground (Fairfield County Cultural Alliance), Biology Teaching Assistant, Dr. Andrew Bednarik, Fairfield County School District, CT, Mercaz Hebrew High School, Bridgeport CT School District

AFFILIATIONS/COMMUNITY ACTIVISM MEMBERSHIPS

Theater Artist Workshop League of Connecticut; International Center for Women Playwrights; Coastal Arts Guild; Fairfield County Cultural Alliance; Ridgefield Arts Guild; League of New England Storytellers (LANES); League of Professional Theatre Women Regional Associate Member, New York Gotham Writer's Workshop Member, Artemis Theatricals (as composer/lyricist), Founder of #LoveMyDetour, inspiring individuals to flourish not in spite of, but because of obstacles, Founder of the Online Community "Fearless Ostomates Thriving Together," "Federation of Chronic Illness Bloggers"

ARTS ADMINISTRATION/ OTHER SKILLS

Marketing: Social media, creating newsletters, one-sheets, flyers, press releases, targeted campaigns, outlining strategies, business consulting

Computer Skills: Editing software, website/blog administration and graphic design, PowerPoint, Wordpress, Google Docs, MS Word, Excel, Garageband, CRM Task Management, Photoshop, Finale, Final Draft, organizing databases

Communication: Fundraising, securing corporate sponsorships, audience development, detail-oriented with excellent organizational, interpersonal and writing skills, experience in community relations, works well in team environment as empathetic collaborator, professional experience, experience with grant-writing and working with non-profit organizations, professional public speaking (including two TEDx Talks in 2016) and multimedia presentations

Management: Tour coordination, casting, producing, booking, working with third parties, creating contracts, meeting deadlines, experience in community organizing, team building and group dynamics

Writing/Research: Literary management, strong typing skills, conducting interviews, creating invoices, contracts, freelance writing, creating curriculum and lesson plans, strong background in research, Huffington Post Columnist

Leadership: Unbridled passion for teaching, coaching and mentoring others through arts education, Ability to work independently, be flexible, and manage multiple priorities, Experienced at establishing a safe environment for learning, and guiding students to full-scale productions, Committed to being a positive role model (See references: <https://amyoes.com/references/>)

Education/Specialized Areas: Creative Pedagogy, Arts Integration, Global Education & Diversity, Devising and facilitating Arts Education workshops, panels and seminars, Managing Disabilities, Coping with Trauma and PTSD, Working with At-Risk Youth, Playback Theatre, Theatre of the Oppressed, Arts Integration, Social Justice, Women's Issues, Learning and Developmental Disabilities, and "Thinking Like an Artist"

Misc. Theatre Skills: Highly skilled in multiple theatre arts disciplines including devising theatre, acting, improvisation, playwriting, movement, voice and theatre production. Experience with Casting, Set Design, Musical Composition, long-form storytelling, physical theatre, Theatre of the Oppressed

AUTHOR, GLOBAL SPEAKER, ACTRESS, ARTS ENTREPRENEUR, DETOURIST-OF-MANY-TRADES AND LOVER OF STORIES

"I learned that the human spirit feeds off of hope, and hope is fuel we can cultivate ourselves. Ultimately, I learned that with resourcefulness, creativity, and unwavering curiosity, we can transform any adversity into personal growth and a resilience that is uniquely ours."



Amy Oestreicher is a PTSD peer-to-peer specialist, artist, author, writer for The Huffington Post, speaker for **TEDx** and **RAINN**, health advocate, award-winning actress, and playwright. As a survivor and “thrivor” of multiple traumas, Amy eagerly shares the gifts of life’s “beautiful detours” her educational programming, **writing, mixed media art, performance** and **inspirational speaking**. Amy has headlined international conferences on leadership, entrepreneurship, women’s rights, mental health, disability, creativity, and **domestic violence prevention**. She is a [SheSource Expert](#), a "Top Mental Health" writer for Medium, and a regular lifestyle, wellness, and arts contributor for over 70 notable online and print publications, and her story has appeared on NBC’s TODAY, CBS, Cosmopolitan, Seventeen Magazine, Washington Post, Good Housekeeping, MSNBC, among others.

To celebrate her own “beautiful detour”, Amy created the [#LoveMyDetour](#) campaign, to help others cope in the face of unexpected events. Her passion for inclusion, equity and amplifying marginalized voices has earned her various honors, including a scholarship from the Association for Applied and Therapeutic Humor Professionals, the first annual SHERocks Herstory National Performing Artist Honoree, a United Way Community Helper award, and a National Sexual Education Grant honor. To creatively engage student advocacy efforts, Amy developed a trauma-informed program combining mental health education, sexual assault prevention, and Broadway Theatre for [college campuses](#), organizations and conferences. She has designed a creative curriculum for "Detourist Resiliency," an outreach program taken to schools, hospitals and at-risk youth. She also has launched Detourist peer-led chapters on college campuses, Detourist creative arts workshops, and an online community to creatively fight stigma in society through storytelling. “Detourism” is also the subject of her TEDx Talk and upcoming book, [My Beautiful Detour](#), available December 2017.

As the 2014 Eastern Regional Recipient of Convatec’s [Great Comebacks Award](#) and WEGO Health 2016 “Health Activist Hero” Finalist, Amy is a passionate voice in the ostomy community, founding the online community Fearless Ostomates, speaking for National and Regional WOCN conferences, and writing for the official print publication of the [UOAA](#). Her presentations on alternative medicine, and patient advocacy and healthcare have also been accepted to international conferences on patient care, internal medicine, medical trauma and therapeutic humor in hospitals. She has devised workshops for the Transformative Language Arts Network National Conference, the Eating Recovery Foundation, the 40th Anniversary New England Educational Opportunity Association *Milestones* Conference, the Annual National Mental Health America Conference, 2016 *American College of Surgeons Clinical Congress*, and others. She was the 2016 keynote speaker for the Hawaii Pacific Rim International Conference on Diversity and Disability. and will be the featured keynote speaker at the 2018 *International School of Social Work Conference* in Ohio.

As a playwright, Amy has received awards and accolades for engaging her audiences in dynamic conversation on trauma’s effects on society, including Women Around Town’s “Women to Celebrate” 2014, BroadwayWorld "Best Theatre Debut," and Bistro Awards "New York Top Pick." Amy has written, directed and starred in a one-woman musical about her life, [Gutless & Grateful](#), touring theatres, schools, festivals, conventions and organizations since it’s 2012 New York debut. Gutless & Grateful is currently

being licensed to students across the country for academic projects and competitions. Amy spent Fall of 2015 participating as a playwright and performance artist in the National Musical Theatre Institute at the world-renowned Eugene O'Neill Theater Center, where she helped to develop the full-length multimedia ensemble piece, *The Greeks Are Trying to Tell Us Something*, and was a writer, actress, composer and set designer for "Playwrights and Librettists" – a festival of 27 30-minute plays in five days. Her original, full-length drama, *Imprints*, exploring the physical and psychological impact of trauma, premiered at the Producer's Club in 2016, and is currently in development for a full New York production as *Flicker and a Firestarter*. Her short plays have been published by the Eddy Theatre Company and finalists in Manhattan Repertory Theatre's Short Play Festival, as well as NYC Playwright's Women in the Age of Trump.

Amy's collaboration with Beechwood Arts on the immersion salon, "Resilience and the Power of the Human Spirit", has traveled around the world to health and arts facilities as a public installation, incorporating her monologues, art, writing and recipes to express the life-altering detours and ultimately the invaluable gifts of her resilient journey. Amy is also an active artist and teacher in the Jewish community, being honored by United Way in 2005 for her music programs at Hollander House, completing artist residencies at Art Kibbutz, and delivering "Hope, Resilience & Biblical Women" keynotes for synagogues and religious schools. After studying Theatre of the Oppressed in her studies at Hampshire College, she helped to train ACTSmart, a Playback Theatre troupe in Amherst, MA. She is also a passionate arts education advocate, a successful [mixed media visual artist](#), a continuing education studio arts teacher, and an active member of the League of Professional Theatre Women, League for Advancement of New England Storytellers, Fairfield County Cultural Alliance, Theatre Artist Workshop, and several art guilds throughout Connecticut and New York.

Amy is currently developing a multimedia performance project incorporate her original music compositions with the oral histories of her grandmother, a holocaust survivor with musical director David Brunetti. She is also working on a full-length play with music, LEFTOVERS with director and dramaturge Susan Einhorn, based on her life after the surgical ICU. She is leading mixed media creativity workshops to promote creativity as a [mindset](#), an essential [survival](#) skill. Amy also offers creative coaching and consulting services help others navigate their own "life detours," and prides herself most on ending each night with a [gratitude](#) list. Amy is most recently gave her second TEDx Talk this year at Virginia Commonwealth University on February 25th, 2017.

Artist Statement:

My art is honest, visceral, vulnerable and involuntary. I'm a scavenger, telling stories through mixed media art, movement, music, and text to make reimagined meaning from catastrophe. I'm a "Detourist," embracing unexpected routes as opportunities for creative growth, and the opportunity to build a culture based on empathy and inclusion. Literally reassembling the fragments of my life, after decade of life-shattering trauma, pushed me to create a roadmap where there was none, reframing my own narrative as I begun to reassemble the broken shards of the life I once knew, as a sculptor would reassemble broken glass into a breathtaking mosaic. I learned that resilience comes from the hope that as artists, we must create ourselves, out of these dismembered parts of our lives. Through transforming the aftermath of trauma into art, we create our own unique masterpiece, cultivating a bold, new identity that is uniquely ours...yet, this transformation draws us together in a universal narrative. I create to find the commonality, as well as the distinctiveness, in all of our "life detours."

Testimonials/References

"Amy led 19 senior theatre majors through a 1-hour workshop, in which she reprised a monologue from her performance in order to demonstrate what she terms 'life's beautiful detours.' Her own honesty about

her difficult life journey inspired students to share problems they had experienced. I felt tensions and competitiveness leave the room as the students began to move through each other's journeys. Amy's seemingly unlimited energy and enthusiasm is infectious."

– *Talya Kingston, Professor of Theatre, Hampshire College*

"You are what every campus needs right now. If we had more people with your desire to get the student body talking, a lot of issues could be brought to light."

– *Aaron Ferguson, Disability Counselor, Hampshire College*

"I have worked with Amy for several months and truly have seen her aim to make a difference in the college community come to fruition and take form. Combining mental health, sexual assault prevention and Broadway Theatre as a way to address the gap between mental health resources and students, Amy is a force of so much that is good."

– *Josh Rivedal, Executive Director, i'Mpossible Project; Speaker on Mental Health*

"Amy Oestreicher not only shows us the power of the purest kind of perseverance, but she does so in song and dance, telling her astonishing story of surviving a daunting and lengthy medical nightmares without allowing her challenge to strip her of her dreams. She brings to life the transformative power of music, theater, dance, and storytelling along with many other arts to educate and inspire our souls as to what is possible. It was a privilege to have her perform her breathtaking one-woman show at the Power of Words conference."

– *Caryn Mirriam-Goldberg, Kansas Poet Laureate '09-13, founder: Transformative Language Art (Goddard College)*

"She delivered a moving talk and performance at the JOFA conference, and I am confident that that her efforts paid off. We are so grateful for the experience, passion, and enthusiasm she brought to us. Her strength, story and resilience have surely moved and empowered the members of our community."

- *Dr. Sharon Weiss-Greenberg, Jewish Orthodox Feminist Alliance Conference*

"One part moving testament to human indomitability, the other a thoroughly satisfying evening of song. While each element is strong enough to stand on its own, combined they illuminate and enhance each other. Rarely have I seen narration and song so artfully meshed, and Oestreicher's likeability, good humor, interpretive skill, and manifest commitment to what she is saying and singing make us not only understand her story, but also feel it on a very deep level."

-*Roy Sander, critic for BistroAwards.com*

"She is, at once, one of the most independent and one of the most collaborative people I know. She is an inspirational figure to be sure, but her creativity expands well beyond her story."

– *David Friedman, international film and theatre composer, vocal arranger*

"Amy has continued to inspire and surprise me, our patrons and other artists through her consummate, ever-flowing creativity, incredible message of strength and resilience, her overwhelming joy and love of life against great odds and her dedication and passion to her creative work. If I were reading this letter, I would think this was hyperbole, but I would be mistaken. She is a force of so much that is good in a person and an artist. She knows what she wants to say, yet is open to input to shape her output and to collaboration with many art forms. In her case, it is a benefit that she is so prolific in her writing, her art and her music. They all inform the work she is doing and it makes her an empathetic collaborator."

– *Jeanine Esposito, Founder, Beechwood Arts*