

CARINA ZHANG

+1 401-868-7699

carina.zhang.art@gmail.com

carina-zhang-art.com

EDUCATION

New York University
MA Art Therapy | 2026

**Rhode Island School of Design
(RISD) BFA Illustration** | 2024

Brown University
Psychology Courses | 2023

LANGUAGE

English (fluent), Mandarin (native)

Professional Experience

Art Therapy Intern *Apex for Youth*

Sept 2024-present New York, NY

- Provide individual and group art therapy sessions for youth ranging from elementary to high school age
- Provide support and intervention for youth affected by trauma, neurodivergent individuals, at-risk youth with suicidal behavior, and survivors of abuse.
- Develop and lead therapy groups for LGBTQA+ youth integrating art and kiki ballroom interventions
- Collaborate with various professionals to help immigrant youth and their families navigate complex challenges including racism, poverty, and acculturative stressors
- Support mentoring programs and community education

Art Therapy Intern *New York University, ArtWell Residency*

Oct 2024-present New York, NY

- Assist art therapy sessions for people living with Parkinson's disease and multiple sclerosis
- Collect concrete data measuring the correlation between change in participants' upper-limb dexterity and participant's scores on the General Self-Efficacy (GSE) scale
- Conduct mixed-method research on the effect of art making on participants' motor skills and psychological wellbeing

Homeschool Art Teacher

May 2023-present Remote

- Design and implemented individualized art curriculums based on students' unique strengths and goals
- Implement knowledge and skills in art therapy, guide various art projects helping students cope with loneliness and social isolation experienced from the homeschool lifestyle
- Encouraged and integrated community-based art projects, promoting students' social connections

Healthcare Designer *GoInvo*

Aug-Sept 2024, Jul- Sept 2023 Remote; Boston, MA

- Collaborated with Centers for Medicare & Medicaid Services on infographics illustrating care transition challenges in the healthcare system
- Designed healthcaremottos.com to communicate the fundamental values, and ethical considerations that underpin the United States healthcare system
- Co-lead projects using conceptual design, research, and prototypes to create healthcare digital services
- Prototyped AI Pearl, a health assistant that helps people assess and monitor their health at home to provide timely care for patients

Art Teacher *Art Creativity Global*

Aug-Sept 2024 Remote

- Collaborated with RISD professor to strengthen students' visual thinking and technical skills
- Guided students to develop professional visual communication in various illustration fields
- Enhanced students' critical and interpretive skills through observation and critique sessions

Teaching Assistant *Rhode Island School of Design*

Sept 2021 - May 2024 Providence, RI

- Assisted instructors in providing support and feedback to students
- Researched and developed course content with professors
- Organized RISD museum and Nature Lab visits

Art Teacher *ViaX*

Sept - Dec 2023 Remote

- Assisted students in developing strong illustration portfolios through rigorous research projects
- Designed various class activities to strengthen students' skills in creative problem-solving
- Collaborated with RISD professor to expand students' capacity for creative communication by developing a bilingual art learning environment

Trauma Screening Instrument Designer *Boston Medical Center*

Sept 2022 - Sept 2023 Remote

- Designed picture-book-styled trauma screening cards to help children aged 4-8 years talk about traumatic experiences and related symptoms to their therapists

Picture Book Designer *Jimei Cultural Technology CO.*

June 2022-Aug 2022 Remote

- Conducted research on visual communications and storytelling beneficial for children with different developmental needs
- Designed illustrations and packaging for children's picture books facilitating cognitive development & language learning

Curator *Algaed Academy*

June -Aug 2021 Beijing, China

- Co-curate the *Remote Landing 2021 Graduation Show*
- Led the exhibition information group and communicated with artists and institutions worldwide

Mental Health Graphic Designer *Liberate: My OCD Fighter*

June-Aug 2021 Remote

- Developed, designed, and published a variety of illustrations for social media posts, blog banners, and magazines for promoting audiences' self-care and mental well-being
- Conducted media research to make mental wellness knowledge more accessible and understandable
- Led projects to advocate for a balance between the seriousness of the topic and de-stigmatize the public impressions of psychological disorders

Artist at Pediatric Ward *Beijing Capital Institute of Pediatrics*

June-Aug 2020 Beijing, China

- Visited children with leukemia with gifts from their wish lists
- Made art with children and their families to help them combat pain and welcome an optimistic attitude

Art and Language Teacher

June - Aug 2019 Siem Reap, Cambodia

Building Future Opportunity Kbalromeas School

- Taught English, Mandarin, and drawing courses to orphans aged 6 - 18 in Cambodia's countryside to support their development and future employment

Media Presentations

Provided interviews for the following videos segments and journal publications:

2024	Transitioning from Professional Illustration to Art Therapy	SHARE
2024	Illustration Contest Winner Artist Talk	Southern China Daily Post
2024	Illustrators of the Future Winner Interview	Phoenix Publishing House
2024	Illustration Contest Winner Artist Talk	China Xinhua News
2023	Artist Talk	Art Portfolio Information Bureau

Academic Research & Presentations

Ongoing	Measuring Health Outcomes from Group Art Therapy through Tablet Drawings <i>Technology's Quantification of Self-Efficacy from Art Therapy</i> New York University Intervention Team Researcher
Aug 2024	Taste of AI: Critical Discussion Around Art, AI, and Our Relationships with Digital Culture Massachusetts Institute of Technology Guest Speaker
May 2023	Drawing as a Tool for Fostering Children's Learning of Object Names Brown University Author
April 2023	Art Therapy within the Indigenous Communities Rhode Island School of Design Presenter
May 2022	Striking Chords II: Music in Ukiyo-e Prints Rhode Island School of Design Co-Author, Virtual Exhibition Curator

Exhibitions

AATA Member Art Exhibition	Online 2024 Group Exhibition	Omni Art Expo	Online 2022	Group Exhibition
Wonder House Illustration Senior Exhibition	Providence, RI 2024 Group Exhibition	ESSERE International Young Artist Exhibition	Online 2022	Group Exhibition
Society of Illustrators Scholarship Exhibition	New York City, NY 2023 Group Exhibition	Borderless - Joan Miro Co-Exhibition	Shenzhen, China 2022	Group Exhibition
RISD BFA Illustration Junior Exhibition	Providence, RI 2023 Group Exhibition	YAM Open Exhibition	Shanghai, China 2022	Group Exhibition
Island of Light	New York City, NY 2022 Group Exhibition	The Feat	Shanghai, China 2022	Group Exhibition
Clear in the Forest	Providence, RI 2023 Group Exhibition	Lift-off Film Festival	Online 2022	Group Exhibition

Art Publications

The Globe & Mail	Spring 2024	DigitalCommons@RISD	Spring 2023
Chinese Visual Arts Annual	2022-2023 issue	VISIONS Magazine	Fall 2021 issue
Volume.1 magazine	Winter 2021	Spires Intercollegiate Arts and Literary Magazine	Spring 2021 issue

Affiliations

American Art Therapy Association Society of Illustrators

Honors & Awards

NYU Global Citizen Scholarship Award	2024	International College Student's Hand Writing Art and Design Competition	2022
		Goldmedal Artist	
Honors Student at the Rhode Island School of Design	2020-2024	The Third International Trend Cultural Design Competition	2022
		Silver Award & Bronze Award	
World Illustration Awards	2023 & 2022	The Third +86 International Food Design Competition	2022
Winner in the editorial and self-promotion categories		Jury's Recommendation Award	
Society of Illustrators Scholarship Awards	2023	United Design Alliance International Design Competitions	2022
Nancy Lee Rhodes Roberts Scholarship Award		Bronze Award	
Society of Illustrators Los Angeles	2023	International Contemporary Youth Art Design Competition	2022
Winner of the self-promotion category		Granted Honors Artist & Silver Award	
Illustrators of the Future	2023	North American Applied Art and Design Competition	2022
Finalist with multiple fictional works		Multiple entries won Silver and Bronze Award	
CGDA Visual Communication Design Award	2023	The Second Asian Wave Art Award	2022
Multiple entries won Excellence Awards		Excellence Award	
art-D Award	2023	CADA Design Award	2022
Excellence Award		Third Prize	
Asian New Generation Top 100 Designer	2022	The Third London Chinese Art Exchange Award	2022
Finalist artist with multiple entries		Silvermedal Artist	
Hiii Illustration Competition	2022 & 2021	Hong Kong Contemporary Design Awards	2022
Finalist artist with multiple entries		Bronze Award	
International Council of Visual Arts Awards	2022	Creative China the16th National Design Arts Award	2022
Finalist with multiple entries		Excellence Awards*2	
C-IDEA Design Award	2022	Singapore Art Design Competition	2022
New Star Award		Bronze Prize	
Ijungle Illustration Award	2022	Chinese Visual Arts Annual	2022
New Talent Award		Silver Awards*2	
G-Cross Creative Award	2022		
Bronze National Finals with multiple entries			

References Available Upon Request.