



Ewa Kurzawa

Contact me:

+48 739 045 551

eewakurzawa@gmail.com



In short:

I'm 30, Polish and I've just moved to London. I'm an **art therapist and socio-therapist, trained in crisis intervention, drama & applied theatre workshop facilitator, yin yoga and yoga & mindfulness for children teacher.** I've mainly worked for NGOs in Warsaw, designing and running workshops for groups or providing therapeutic support for individuals.

In my work, I combine many creative disciplines and use them based on the therapeutic goal of clients. **I work primarily with people from disadvantaged communities or those exposed to social exclusion. I have experience of working with people of all ages.** I regularly attend psychological supervision sessions.

Work Experience:

ART THERAPIST, SOCIAL PROJECT CREATOR, YOGA TEACHER

Local Activity Center to Support Kids and Families SZANSA Warsaw Targówek,
tazansa.pl
2017 - 2022

My main responsibilities included creating, planning and facilitating cycles of art therapeutic workshops for people of any age. For example, I've created a program of psychoeducational workshops for schools, that provided the students with basic knowledge on mental health and helped them develop important social skills. I've also created art therapeutic projects for seniors. I've run support groups for young adults and regularly taught yoga yin classes.

ART THERAPIST, CRISIS INTERVENTION

Foundation For Freedom, Warsaw
fundacjadlawolnosci.org
2020-2022

Once a week I was going to the Refugee Camp in Dębak to provide support for children and parents in a refugee crisis. I ran creative, multicultural workshops. I also facilitated multicultural and anti-discriminatory workshops in schools.

FREELANCE CREATIVE WORKSHOP FACILITATOR

2021-2022

I've tailored workshops and activities for businesses, such as multicultural craft workshops, team building, soft skills and communication trainings.

Education:

2011-2016 Master's Degree; *Cultural Studies, University of Warsaw*

2018-2020 Art Therapy, *Academy of Special Education, Warsaw*

2020-2022 Drama & Applied Theater School, *Drama Way, Warsaw*

2020-2022 Socioterapy Course, *TeWo, Warsaw*

2020 Yin Yoga Teacher Training, *Arhanta Yoga*

2020 Yoga and Mindfulness for Children Teacher Training, *Rainbow Yoga*

2021-2022 Psychology of Crisis and Crisis Intervention, *SWPS University of Social Sciences and Humanities, Warsaw*

2022-2026 Psychotherapy School, *Intra, Warsaw*



I cooperate with *Theater Węgajty*, an alternative theatre group that creates performances focused on current political, social and ecological matters. There, I experience what the democratic creative process is. I've made art performances and taken part in unique carolling expeditions.

Theatre:

Theater Węgajty since 2016 I have regularly been performing there, and I have been taking part in carolling expeditions and workshops.

Baza Theater I completed 2 years of psychological acting course, and I acted in two shows.

I take great pleasure in constant learning and development and regularly participate in many workshops and training courses. The most important and inspiring were Nonviolent Communication workshops, and I constantly try to include this approach in my work, which I've found very beneficial.

I have lived in the UK before and have settlement status.