

TAMARALIZ RIVERA-HYDE

MA · LPC-Associate · ATR-P · Nonprofit Founder · PhD Student

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LPC-Associate License #102501 · Under the clinical supervision of Andrea Davis, LPC-AT-S, ATR-BC

PROFESSIONAL SUMMARY

Provisional Registered Art Therapist and LPC-Associate with 10+ years bridging expressive arts, somatic healing, and psychoeducation across clinical, community, and crisis settings. Founder of a 501(c)(3) nonprofit and creator of the Spiritual Arts Model (SAM), a 12-session psychoeducational framework I am developing for formal evaluation through doctoral research at UTEP. Bilingual practitioner (English/Spanish) with a track record of designing culturally congruent programs for underserved border communities, trauma survivors, adolescents, and adults navigating co-occurring challenges.

RESEARCH INTERESTS

Spirituality, the creative arts, and mental health; arts-based, somatic, and contemplative interventions for stress, anxiety, and well-being in underserved and border communities.

EDUCATION

PhD Student, Interdisciplinary Health Sciences

Fall 2026 – Present

University of Texas at El Paso (UTEP) · El Paso, TX

- Research focus: development and evaluation of the Spiritual Arts Model (SAM).

Master of Arts, Art Therapy

Georgia College & State University (GCSU)

Bachelor of Arts, Fine Arts

Escuela de Artes Plásticas

LICENSURE & CERTIFICATIONS

Licensure: Licensed Professional Counselor Associate (LPC-Associate), Texas License #102501, Texas State Board of Examiners of Professional Counselors, effective May 27, 2026. Practicing under the clinical supervision of Andrea Davis, LPC-AT-S, ATR-BC, Davis Art Therapy and Counseling.

Credential: Provisional Registered Art Therapist (ATR-P).

Certification: Certified in Trauma-Informed Art Therapy (CTIA).

Training: Advanced Motivational Interviewing (AMI).

PROFESSIONAL EXPERIENCE

Art Therapist (Independent Contractor)

Sept 2026 – Present

El Paso Psychiatric Center (Texas HHSC state hospital) · via Centered, PLLC · El Paso, TX

- Provide therapeutic art therapy group services in a state psychiatric hospital setting.
- Collaborate with the treatment team, consult with staff, and contribute to program development and patient engagement.
- Maintain clinical documentation and safety compliance in accordance with facility and contract requirements.

Founder & Executive Director

2015 – Present

Creative Souls Studio for Sacred Arts Healing Inc. · El Paso, TX · 501(c)(3) Public Charity · EIN 33-4834501

- Founded and built a 501(c)(3) nonprofit psychoeducational organization from the ground up, securing grant funding (VELA 2022, MCAD 2023), establishing community partnerships, and achieving IRS public charity status.
- Created the Spiritual Arts Model (SAM), a 12-session psychoeducational journey integrating somatic, expressive, and contemplative practices.
- Designed and led grant-funded community programs offering art therapy, spiritual healing, and creative empowerment to survivors, youth, and underserved populations across the El Paso–Juárez border region.
- Organized workshops, retreats, and collaborative events rooted in creativity, cultural wisdom, and collective renewal, including a featured workshop at EPCC and coverage in Apple Polishing Magazine.

- Managed program operations: partner relations, grant writing, evaluation processes, compliance filings (990-N), and community outreach across healthcare, education, and nonprofit sectors.
- Established partnerships with NAMI El Paso, Wholistic Mercado, Cafecito/Bodega Loya, Sun City Co-op, and EPCC.

Private Practice Art Therapist

2025 – Present

Haverhill Mental Health Services · Remote

- Facilitate spiritually rooted, somatic-informed individual art therapy for trauma survivors, adolescents, and adults navigating grief, identity, and emotional dysregulation.
- Integrate mind-body practices, ancestral wisdom, and expressive arts modalities to support emotional healing and authentic self-reconnection.
- Develop customized treatment plans that honor both the clinical evidence base and each client's personal, cultural, and spiritual identity.

Behavioral Health Specialist, Border Crisis Response

2021

Vigther Medical Group · El Paso, TX

- Delivered trauma stabilization and crisis mental health services to refugees and asylum seekers in high-stress humanitarian environments at the U.S.–Mexico border.
- Applied culturally respectful art therapy and somatic interventions to promote safety, dignity, grounding, and emotional regulation in acute distress situations.
- Coordinated with legal, medical, and case-management teams to deliver integrated, trauma-informed care within a multi-agency humanitarian operation.

Art Therapist

2019

Sequoyah Adolescent Treatment Center · Albuquerque, NM

- Provided individual and group art therapy in a secure inpatient psychiatric setting for adolescents with acute emotional, behavioral, and trauma-related challenges.
- Facilitated expressive arts sessions targeting identity development, emotion regulation, self-worth, and trauma processing within a strengths-based, trauma-informed framework.
- Contributed to interdisciplinary treatment planning alongside psychiatrists, nurses, and licensed social workers.

Art Therapist

2019

Albuquerque Health Services · Albuquerque, NM

- Supported adults facing co-occurring substance use disorder, chronic mental illness, trauma histories, and housing instability through evidence-informed creative therapeutic interventions.
- Utilized visual art and expressive modalities to rebuild self-connection, self-efficacy, and pathways toward community reintegration.

PRESENTATIONS & WORKSHOPS

- Delivered Spiritual Arts Model (SAM) framework workshops across six El Paso organizations, including NAMI El Paso, EPCC, and the SGI Buddhist Center, reaching 300+ cumulative participants.

SELECTED ACHIEVEMENTS & RECOGNITION

- Founded and led a 501(c)(3) nonprofit mental wellness organization serving the El Paso–Juárez border community, securing two state-level grants within the first two years of operations.
- Developed SAM, a community-originated therapeutic framework, now the focus of doctoral research at UTEP.
- Featured in Apple Polishing Magazine for community-based arts and healing work.
- Delivered trauma stabilization and mental health services at the U.S.–Mexico border during a national refugee crisis.
- Selected as Entrepreneurial Lead for the NSF I-Corps customer discovery program alongside UTEP's G Studio.