

Claire Sheridan

www.IgniteYourWrite.com
craig@igniteyourwrite.com

Sheridan is a US-based writing group facilitator, coach, writer, and eclectic practitioner of listening and storytelling. She enjoys debate about such critical existential concerns as the best gluten-free cookie recipe. If she's indoors, it is most likely because she's coaching, working on her latest novel, or perhaps because someone rang the dinner bell.

Select Experience:

Owner & Facilitator Ignite Your Write Workshops www.IgniteYourWrite.com	United States 2022-Present
<ul style="list-style-type: none">• Gather, test, and refine writing group curricula to support long-form work• Lead multiple weekly writing groups• Coaching & editing services• Design and maintenance of website and newsletter• Core skills: group facilitation, listening, time management	
Principal: Freelance & Consulting Claire of All Trades	United States 2015-Present
<ul style="list-style-type: none">• Writer & Editor• Writing Group Facilitator (2021 Amherst Writers & Artists method certified)• Criminal Justice Consultant: Arizona DCRR Victim Services Vicarious Trauma (2018-2020)• Dialogue Facilitator for Washington & Oregon Departments of Corrections (2011-2020)• Yoga Instructor (Yoga Alliance RYT-200, YACEP, Yoga Nidra Certification)• Construction & Landscaping Projects (Arizona, Colorado, Florida, Washington)• Field Researcher: Police Foundation Tucson Crime Hot Spots Pilot Study (04/2017-06/2017)• Core skills: time management, mindfulness, assessing client needs, communication with multiple entities across multiple time zones	
Southern Arizona Legal Aid, Inc. Communications Coordinator	Tucson, AZ 2019-2020
<ul style="list-style-type: none">• Office of Victims of Crime (OVC) Federal Grant Project Coordinator• Rebranding & communications planning for community outreach & internal staff communication• Core skills: project management, program development, planning	
The Tucson Dog Magazine Staff Writer & Associate Editor	Tucson, AZ 2017-2019
<ul style="list-style-type: none">• Generated human interest story concepts, assigned stories to other writers• Edited stories & ensured deadline adherence• Oversaw magazine rebranding efforts & re-design of magazine layout (2018)• Core skills: community liaise, communicating with diverse groups, time management, design, story development	
Oregon Department of Corrections Facilitator: Facilitated Dialogue Program (FDP)	Salem, OR 2011-2020
<ul style="list-style-type: none">• Facilitated sexual assault, incest, homicide, & DUI assault cases• Travel to Oregon for direct work with crime victims & incarcerated offenders• Assess viability & safety of face-to-face meetings between victim & offender• Assist participants in emotion-processing & articulating needs through the preparation phase• Report to Advisory Committee regarding victim & offender• Core skills: mindful listening, communication coaching, assist others to mediate thought & emotion	

Sheridan Justice Services, LLC. Lynnwood, WA
 Owner: Legal Services/Criminal Justice Consulting 2012-2014

- Criminal Justice Consultant
- Family law Guardian ad Litem, Snohomish County Superior Court (2012-2013)
- Home studies, interviews, parent/child observations, presented recommendations to the Court
- Victim/offender dialogue facilitator for Washington State Department of Corrections
- Core skills: research, attention to detail, self-direction, time management, critical analysis, present data to support recommendations

Providence Regional Medical Center: Everett, WA
 Intervention Center for Assault & Abuse 2008-2015
 Crisis Intervention Specialist/Victim Advocate

- 24-hour in-person response to 4 county hospital Emergency Rooms & telephone crisis hotline
- De-escalation, active listening, & mindfulness
- Supported victims through law enforcement reporting process
- Communicated & coordinated with investigative agencies
- Collaborated with law enforcement, Forensic Nurse Examiners, ER medical staff, & Child Protective Services
- Served over 1,200 clients; 2,400+ telephone crisis line responses
- Assisted in 2011 Program Accreditation preparations; responsible for ongoing OCVA data entry
- Core skills: organization, anticipating others' needs, improving practice through introspection, creative problem-solving

Crime Victims Assistance Center Binghamton, NY
 Rape Crisis Counselor/Victim Advocate 2002-2004

- Served as a victim advocate at hospitals and law enforcement interviews
- Answered 24-hour crisis hotline, provided crisis intervention services, and emergency referrals
- Logged 590 hours in 2003, while a full-time undergraduate student
- Core skills: empathic listening, learning about communication styles

Select Education, Training & Professional Activities:

- Certified Writing Group Facilitator: Amherst Writers & Artists (02/21)
- Certified Yoga Nidra Instructor: California College of Ayurveda (06/17)
- Certified Yoga Instructor, RYT-200: Awakened Life School of Yoga—Bali (04/15)
- Washington Department of Corrections Facilitated Dialogue Training (2013)
- Private Investigation Certificate: University of Washington (05/12)
- Volunteer CASA (Court Appointed Special Advocate): Family Law CASA—Seattle (2011-13)
- Mental Health First Aid Certified (08/2011)
- Oregon Department of Corrections Facilitated Dialogue Training (07/11)
- Motivational Interviewing Training (03/11)
- Organizational Approach to Trauma Informed Care Training (02/11)
- Member: The National Center for Crisis Management (2011)
- Certified Guardian ad Litem: King County Washington Bar Association (02/11)
- Healthcare Provider CPR Certified (2008-12)
- Suicide Prevention Training (06/08 & 06/09)
- Conflict Management & Negotiation Training (05/08)
- General Contractor's Construction Apprentice: Residential & Commercial (2007-08)
- Research Assistant: Psychology Department, Univ. of CO & CO Department of Corrections (2006-07)
- Training Academy Graduate: Colorado Department of Corrections (02/07)
- PhD Student & Department Excellence Fellow: Rutgers University School of Criminal Justice (2005-06)
- MS: Criminal Justice Administration: Villanova University (2005)
- Teaching Assistant: Graterford Prison Program, Villanova University (2004-05)
- BA: Psychology cum laude: Binghamton University (2004)
- Rape Crisis Counselor/Victim Advocate: Crime Victim's Assistance Center (2002-04)
- Research Assistant: Neuropsychology Laboratory, Binghamton University (2003-04)
- Certified Bicycle Mechanic: United Bicycle Institute (1999)

creative writing
journalism
rapport-building
interviewing
group facilitation
animal husbandry & rescue
foreign & domestic travel

Other Interests:
food as medicine
ethnic cuisine
construction & landscaping
design
health & wellness
alternative medicine
religion & mythology

mind/body connection
Ayurveda
outdoor sustainability
marine life
trauma-informed care
mediation
vicarious trauma