

VITA

Emily Stordahl

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Summary Statement

I was diagnosed with Parkinson's Disease in June 2015.

I retired from my professional career as a **School Counselor** in June 2014. Below, I have outlined my education, work history, and volunteer work related to Parkinson's advocacy since April 2019.

Since my diagnosis, I have remained active in maintaining my health through **exercise, diet, medication, and creative pursuits**, including painting and drawing.

Parkinson's Advocacy & Volunteer Work

Involvement with **Northwest Parkinson's Foundation, American Parkinson's Disease Association, and PENN Medicine Neurology Department's Living Well at Home series**:

- **February 2024** – Co-led a 4-week remote workshop, *Expressive Arts and Brain Health*, for **PENN Medicine Neurology Department's "Living Well at Home"** series.
- **May & August 2021** – Facilitated "*Connect Through Art*" workshop for the **NW chapter of the American Parkinson's Disease Association**.
- **April 2019** – Co-led organization of a Health Forum, *HOPE Conference*, with the **Northwest Parkinson's Foundation, Olympia, WA** (Volunteer).
- **April 2020** – Participated in the **Northwest Parkinson's Foundation April Artists Gallery for Parkinson's Awareness Month** (Volunteer).

Credentials

- **Licensed Professional Mental Health Counselor (LMHC)** – Washington State (License #00008147 – Inactive)
- **Registered Art Therapist (ATR)** – Retired

Professional Memberships

- **American Art Therapy Association**
 - **Chapter Affiliation:** Pennsylvania Art Therapy Association
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Education

- **Post-Master Certification in School Counseling** – Oregon State University, August 2005
 - **Master of Arts in Art Therapy Counseling** – Marylhurst University, June 1999
 - **Bachelor of Arts in Human Services & Art** – Western Washington University, December 1988
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Professional Experience

School Counselor

Lebanon Community School District, Lebanon, OR
August 2005 – June 2014 (Retired)

Mental Health Counselor / Art Therapist

Easter Seals Children's Guild Therapy Center, Salem, OR
September 1999 – February 2003

(Professional and educational experience prior to 1999 available upon request.)
