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## HEATHER L. CORWIN, PHD, MFA

Oak Park, IL

(818) 298-1828 | me.heatherc@gmail.com | HeatherC.com

<https://www.linkedin.com/in/dr-heather-corwin-6367276/>

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### EDUCATION

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#### **Doctorate of Philosophy in Clinical Psychology, December 2014**

The Chicago School of Professional Psychology at Los Angeles, Los Angeles, California

*Concentration in Somatic Psychology*

*Dissertation: The Relationship between Emotional Intelligence and Sanford Meisner Actor Training*

#### **Certified Rolfer®, 2005**

Rolf Institute, Boulder, Colorado

#### **Master of Fine Arts in Actor Training, 2004**

Florida State University/Asolo Conservatory, Tallahassee, Florida

#### **Esthetician License (Skin Care Therapist), 2000**

Lorraine's Academy, St. Petersburg, Florida

*Valedictorian*

#### **Bachelor of Fine Arts in Theatre, 1993**

Millikin University, Decatur, Illinois

Semester at Queen Mary of Westfield College, London, United Kingdom

*Dance Minor*

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### PROFESSIONAL EXPERIENCE

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#### **Roosevelt University, Chicago, Illinois**

##### **MA Fast Track Director Program, Movement Faculty**

Summers 2019, 2022

Instruct graduate students in movement styles and approaches to apply when working with middle school and high school students. Approaches include Viewpoints, Feldenkrais, devised monologues, mime, psychological gesture, rock star, organized play, and qualities.

#### **Northern Illinois University, DeKalb, Illinois**

##### **Head of Movement for Actor Training, Assistant Professor**

2015 – June 2018

Instruct graduate and undergraduate students in advanced movement, acting styles, awareness of behavior, with a foundation of strengthening and conditioning. Maximum class size of 20. Foster awareness, curiosity, and bold choices. Engage students through motivational approaches expanded through psychology degree while promoting personal health.

- Mentor students through teaching assistantships, graduate and undergraduate
- PI Academy, Awarded Industry Mentor for Research Expansion
- Serve as Movement Coach on many productions through the 11+ show season
- National Recruitment for undergraduate theatre students
- Research Rookie Mentor for undergraduate students; Nominated to be the *Undergraduate Research and Artistry Day Faculty Member of the Year*; USOAR Student Advisor for research

- Committee Service: Research & Artistry Grants, Wellness, Curriculum, Recruitment, Production Selection, BA Theatre Studies, BFA Acting/Performance, Subcommittee Academic Equity Gaps
- Create independent study curriculum for students to formulate and execute studies to then publish
- Faculty advisor for Student Advisory Council
- Create and utilize Blackboard for supplementary course materials and up-to-date grading
- Introduce curriculum through a variety of movement for actor training methods including Viewpoints, Feldenkrais, Alexander, Grotowski, Meyerhold, Laban, Selver, and Leqoc

**Pasadena City College, Pasadena, California**

**Adjunct Assistant Professor**

2011 – 2015

Instructs students from diverse backgrounds and cultures in Advanced Acting, Intermediate Acting, and Principles of Acting as well as Theatre History with a minimum class size of 28. Tailor instruction to meet unique needs of learners and encompass strengths and challenges. Employs strategies gained through psychology degree to better understand learning styles and personal struggles and implement techniques to motivate and connect with students.

- Adjust lessons to meet students on their level and cater to their abilities while challenging them to excel.
- Develop supplementary course material via Blackboard and Canvas to reinforce content and concepts.
- Organize all aspects of stage productions and original student works to involve students in hands-on experiences to apply their knowledge, skills, and passion for acting.

**Azusa Pacific University, Azusa, California**

**Adjunct Assistant Professor, Movement, Acting, and Voice**

2011 – 2014

Extends student knowledge of actor training through provision of beginning to advanced courses that incorporate levels of complex application of techniques; encourages students to self-evaluate and facilitates analysis of problems to identify multiple solutions. Average class size ranges from 12 to 15 students.

- Incorporate poetry, silent repetition, action, personal awareness, monologues, and actor training theories of 20<sup>th</sup> and 21<sup>st</sup> century innovators into curriculum for more well-rounded study and exposure to different facets of performing.
- Introduce fundamentals of Viewpoints, Meisner, Meyerhold, Rolf, mask work, and Grotowski.
- Devise strategic curricula for beginning, intermediate, and advanced movement and voice courses.
- Create complementary course material via Sakai (online platform) to support class ideas and theories.

**Private Studio – BodybyHeather and HeatherC.com, California and Illinois**

**Owner/Wellness & Movement Specialist/Acting Coach**

1993 – Present

Applies massage therapy and Rolfing techniques to improve alignment, flexibility, and adaptability in clients of all ages with a wide range of physical challenges and limitations. Also, coaches students in acting to prepare for auditions for graduate school, theatre, television, and movies. Consults with 15 to 20 clients per week; acquires clientele through referrals, word of mouth, and engaging website.

- Successfully assisted breast cancer survivor in overcoming significant surgery that limited movement to return to active participation in volleyball within 20 sessions.
- Evaluate structure and function of client to create personalized plan to improvement and facilitate progress toward goals. Incorporates breathing techniques and stretching that client can perform independently at home.
- Recommend additional strategies for support including talk therapy, physical wellness techniques, and personal reflection.
- Serve as coach or consultant to facilitate increased understanding of manners, hierarchy, relationships, awareness, use of space, and body language to expand abilities and skills.

**Ashland University, Ashland, Ohio**

**Assistant Professor**

2005 – 2007

Taught four acting, movement, and voice courses per semester with an average class size of 16 students. Courses included Movement, Advanced Movement, Voice and Articulation, Acting for Non-Majors, Beginning Acting, Advanced Acting Techniques and Methods, Scene Study, and Theater Aesthetics. Focused on student participation and providing individual attention to foster hands-on learning and application of concepts. Directed two productions.

- Design all aspects of an overseas immersion class from inception and curriculum development through execution and travel. Spent three weeks in London, United Kingdom, with 15 students; attended a variety of stage productions, analyzed performances, and interacted with theatre professionals from multiple areas of the industry.
- Advise students on class selection and coordination of schedule that aligned with their goals and interests. Engaged in regular communication to monitor progress and address questions or concerns.
- Act as faculty advisor for Trapdoor Theater Group.
- Assessor of Student Development for the Department of Theater.
- Participate in search committee for Theatre Design tenure track position opening.
- Spearhead workshops on Auditioning, Choosing Audition Material, and the Actors' Equity Association to increase student opportunities and career preparation.
- Artistic Director of Drop of a Hat Players, a traveling Broadway review choir. Selected material, ran rehearsals, scheduled and advertised performances, and arranged all transportation.
- Direct productions of "Five Women Wearing the Same Dress" and "My Cup Ranneth Over."
- Orchestrate postcard recruitment campaign in collaboration with the admissions office to attract potential students from across the state of Ohio and promote the theatre department.
- Serve as KCACTF respondent on several regional productions
- Irene Ryan acting coach to prepare candidates to compete at KCACTF with award winning results

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**MASTER CLASS TEACHING EXPERIENCE**

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**University of Tennessee, Knoxville, Tennessee**

**Lecturer, Life Skills: Surviving Graduate School**

October 2023

Enhance resilience in student approaches to academic challenges including interpersonal engagement, boundaries, conflict resolution, repair, mental health skills, trust, active listening, and empathy.

**Modern Sex Therapy Institutes, West Palm Beach, Florida**

**Lecturer, Somatic Psychology Instruction**

2023, Online

Engage in somatic practices to expand approaches with clients regarding intimacy, awareness, and building trust. Skills include breathwork, sensory awareness, nonverbal exploration, and articulation of experiences.

**Commonwealth Shakespeare Company, Boston, Massachusetts**

**Lecturer, Mental Health for Young Actors**

June 2022, Remote

Engage in grounding, calming, and centering practices to expand approaches with managing anxiety and challenges when performing. Skills include breathwork, cultivating resources, movement practices, and emotional regulation engagement.

**Variant Actors Lab, Los Angeles, California**

**Guest Artist, Acting Through Behavior**

June/October 2010, August/September 2011

Silent scenes without spoken language were explored to focus on creating intense moments through physical actions.

**Stephens College, Columbia, Missouri**

**Guest Artist, Head of Movement Training for Summer Theatre Institute**

May/June 2010

Guided actors through activities that encouraged storytelling through body movements, increased stamina, and improved ensemble teamwork. Collaborated with instructors leading acting, dance, and stage combat classes which culminated in performances.

- Enhanced character study through application of Virginia Satir's family constellation work.

**Hood College, Frederick, Maryland**

**Guest Artist, Movement for Actors**

February 2005

Introduced Laban effort actions; exercises in silent repetition, mirroring, and body awareness; and conducted drum circle to explore effects of rhythm on performance.

- Performed stage reading of "Vagina Monologues: The Woman Who Loves to Make Vaginas Happy."

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**PROFESSIONAL ACTING**

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*Theatre, Representative List*

**Everybody Say 'Cheese!'** (by G. Marshall), Gail, S. Zuckerman, Falcon Theatre

**Hay Fever**, Myra Arundel, G. Lazier, Asolo Theatre Festival

**Burial at Thebes**, Antigone, L. Colombi, Ensemble Theatre at Cleveland Playhouse

**Way of the World**, Mincing, N. Aryton, Asolo Festival Theatre

**Love's Labours Lost**, Katherine, K. Mitchell, American Stage

**As You Like It**, Phoebe, J. Jackson, Nashville Shakespeare Festival

**Bright Ideas**, Lynzie; Mrs. Heath, Lbaradour, Mentieth, Malcolm, c. desai, International City Theatre

**Life x3**, Sonia, G. Lazier, Banyan Theatre Company

**Ferdinand the Bull**, Cochina, R. Castro, MainStreet Theatre Company

**Scaredycats**, Trina Duffy, D. Clayton, Fremont Center Theatre

**W;t**, Susie u/s (performed)/Med. Intern, T. Olsen, Tennessee Repertory Theatre

**Macbeth**, Witch 3, T. McCalister, Nashville Shakespeare Festival

**The Conservationalist**, Addie, G. Lazier, Cook Theatre

**Rita (Opera)**, Vespa Girl, A. Hutchinson, Chicago Opera Theater

**Angry Gods & Lost Marbles**, Dora, J. Slowiak, P. Lacy, Ashland Studio Theatre

**The Road to Ruin**, Mrs. Polly Ledger, E. Thomas, Asolo Theatre Festival

**Selkies**, Black Hair, S. Copland, Nashville Children's Theatre

**The Shadowy Third**, Charlotte, D. Clayton, Wicked Lit.

*Television*

**Grey's Anatomy**, Casey's Mom, Co-Star, Rob Corn, ABC

**29<sup>th</sup> & 31<sup>st</sup> CMA Awards**, TelePrompTer Stand-in, Deaton/Flanigen, Gaylord Entertainment

*Film/Industrial/Commercial*

**Love in the Time of Monsters**, Deputy Patricia, Three Beard Productions, Independent Feature  
**The Rabbi**, Principal/Sarah Cohen, Stephen Yake, Independent Feature  
**Solitaire**, Principal/Helena Bachman, Chris Summurf, Independent Film  
**A Great Meeting**, Principal/Brenda, Jeff Wolf, ImageMaker  
**Sunday School Favorites**, Principal/Counselor Katie, Ben Ryan, Vision Tree Productions  
**Toyota**, Principal  
**ANA Airlines**, Featured

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**PROFESSIONAL DIRECTING, PRODUCTION & STAGE MANAGING**

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*Directing*

**Capes: Superheroes & Villains (World Premier)**, NIU Diversions Studio, DeKalb, IL  
**Lysistrata: The Sex Strike**, PCC New Little Theatre, Pasadena, CA  
**Hecuba**, PCC Sexson Auditorium, Pasadena, CA  
**Silent Voices**, PCC Little Theatre, Pasadena, CA  
**Richard II**, Assistant Director to Sheldon Patinkin, Columbia College, Chicago, IL  
**Five Women...Same Dress**, Studio Theater, Ashland University, Ashland, OH  
**My Cup Ranneth Over**, Studio Theater, Ashland University, Ashland, OH  
**Chapter Two**, Director/Founder, Foundation Theater, Nashville, TN  
**You Can't Trust the Male**, Pipe Dreams Studio, Decatur, IL  
**Captain Neato-Man**, Chopin Theater, Chicago, IL

*Production*

**Confessions of an Arab Woman (World Premier)**, Production Consultant, Dorie Theatre, LA, CA  
**Empathy Training Videos**, Producer/Videographer, Changing Children's Worlds Foundation, Geneva, IL  
**Measure for Measure**, Choreographer, Northern Illinois University, DeKalb, IL  
**Eurydice**, Movement Coach, Northern Illinois University, DeKalb, IL  
**Blithe Spirit**, Movement Coach, Northern Illinois University, DeKalb, IL  
**King Ubu**, Movement Coach, Northern Illinois University, DeKalb, IL  
**Burial at Thebes**, Choreographer, Ensemble Theater, Cleveland Playhouse, Cleveland, OH  
**Women Into Light**, Movement Coach, Northern Illinois University, DeKalb, IL  
**Who's Afraid of Virginia Woolf**, Movement Coach, Northern Illinois University, DeKalb, IL  
**Community School of the Arts Children's Choir**, Movement Coach, NIU, DeKalb, IL  
**The Normal Heart**, Movement Coach, Northern Illinois University, DeKalb, IL  
**A Midsummer Night's Dream**, Shakespearean Text Coach, Pasadena City College, Los Angeles, CA  
**Twelfth Night**, Shakespearean Text Coach, Azusa Pacific University, Los Angeles, CA  
**Philadelphia Story**, Movement Coach, Actors' Co-Op, Los Angeles, CA  
**A Piece of Tin**, Victorian Style/Movement Coach, Lyric Theater, Los Angeles, CA  
**Lovely Sunday...Creve Coeur**, Movement Coach, Lyric Theater, Los Angeles, CA  
**Out of the Blue**, Movement Coach, Northern Illinois University, DeKalb, IL  
**Joined at the Head**, Producer/Founder, Foundation Theater, Nashville, TN  
**Proof**, Vocal Coach, Studio Theatre, Ashland, OH  
**Romeo and Juliet**, Vocal Coach, Studio Theatre, Ashland, OH  
**Glass Menagerie**, Light Board Operator, Mockingbird Public Theatre, Nashville, TN

**Dr. Faustus**, Administrative Coordinator/Wardrobe, Oak Park Festival Theatre, Chicago, IL  
**Macbeth**, Make-up Designer, Albert Taylor Theater, Decatur, IL  
**George M.**, Sound Designer, Kirkland Fine Arts Center, IL  
**The Black Hole**, Sound Board Operator, Mary Archie Theater, Chicago, IL  
**On the Town**, Head Piece Designer, Albert Taylor Theater, Decatur, IL  
**Miss Firecracker Contest**, Jewelry Designer and Hand Sewing, Albert Taylor Theater, IL  
**Kismet**, Hat Designer and Stitcher, Albert Taylor Theater, Decatur, IL

*Stage Managing*

**The Land of Imagination**, Open Door Theater Company, Chicago, IL  
**Overruled**, Bailiwick Directors Festival, Chicago, IL  
**Agnes of God**, Albert Taylor Theater, Decatur, IL  
**Webb City, The Musical**, Assistant Stage Manager, Ruth Eckerd Hall, Mahaffey Theater, FL  
**Twelfth Night**, Assistant Stage Manager, Nashville Shakespeare Festival, Nashville, TN  
**A Doll's House**, Assistant Stage Manager, Mockingbird Public/Nashville Shakespeare, TN  
**The Weir**, Assistant Stage Manager, Cook Theater at Asolo Festival, FL  
**The Years**, Assistant Stage Manager, Cook Theater at Asolo Festival, FL  
**Bobby Gould in Hell**, Stage Manager (fill-in), Center Theater, Chicago, IL

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**PROFESSIONAL PUBLICATIONS & PRESENTATIONS**

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Corwin, H. "Trust: The Bedrock of Relationships." *Structure, Function, and Integration: The Journal of the Rolf Institute*, March 2020: 78-82. Print.

Corwin, H. Editor in Chief, *The Players Journal*. Affiliated with ATHE. June 2017 to June 2018.

Corwin, H. Co-Editor, *The Players Journal*. Affiliated with ATHE. June 2016 to June 2017.

Corwin, H. "The Power of Words: Borrowing Psychology for Bodywork." *Structural Integration: The Journal of the Rolf Institute*, July 2018: 22-27. Print.

Corwin, H. "Shakespeare's Spectacle: Actor, Architecture, Audience, and Imagination." Panelist at ATHE, Las Vegas, August 2017.

Corwin, H. "Shakespeare's Spectacle: Actor, Architecture, Audience, and Imagination." Panelist at ATHE, Las Vegas, August 2017.

Corwin, H. "Marketing Your Acting Program." Panelist at ATHE, Las Vegas, August 2017.

Corwin, H. "Planning an Effective Course Syllabus." Fall Teaching Effectiveness Institute, August 2017.

Corwin, H. "Inside funding at NIU: The ins and outs of application." Workshop for colleagues at NIU's PI Academy, September 30, 2016.

Corwin, H. "Melding Interdisciplinary Fields: Performing Arts, Bodywork, Psychology, and Teaching." *Structural Integration: The Journal of the Rolf Institute*, March 2017: 39-42. Print.

Corwin, H. "Silent Repetition Exercise." Pedagogy adjudicated at ATHE, Chicago, August 2016.

- Arnold, D., Cominis, M., Malone, S., and Corwin, H. "Labor of Love: The Life Long Process of Auditioning." Panelist at ATHE, Chicago, in August 2016.
- Corwin, H., Malone, S., and Shanks, G.J. "Part-time Performing – Community College Acting – The Laboring Student." Panelist at ATHE, Chicago, August 2016.
- Corwin, H. "Empathy Through Action: Behavior, Performance, and Why it Matters." Invited by the Interdisciplinary Theatre Studies Department at University of Wisconsin, Madison. April 15, 2016.
- Corwin, H. "The Interwoven Characteristics of Emotional Intelligence and Sanford Meisner Actor Training." *The International Journal of Transformative Emotional Intelligence: Research, Theory, and Practice* (4). 2016: 21-30. Print.
- Corwin, H. "Research Basics: Definitions, Methods, and Where to Begin." *Structural Integration: The Journal of the Rolf Institute*, 44 (2). June 2016: 14-16. Print.
- Corwin, H., and Payne, M. "Performing, Creativity, and the Body: An Interview with Director Monica Payne." *Structural Integration: The Journal of the Rolf Institute*. March 2015: 26-30. Print.
- Corwin, H. "Empathy and Applied Empathy through the Lens of Rolfing® SI and Actor Training." *Structural Integration: The Journal of the Rolf Institute*. March 2015: 30-32. Print.
- Corwin, H. "A Secure Attachment Base is Ideal to be a Great Learner." *Journal of Prenatal and Perinatal Psychology and Health*. 27.1 Fall (2012):308-316. Print.
- Corwin, H. "Evolving the Actor's Neutral Body." *Structural Integration: The Journal of the Rolf Institute*. June 2012: 37-40. Print.
- Corwin, H. "Attachment Theory and the Therapeutic Relationship." *Structural Integration: The Journal of the Rolf Institute*. October 2015: 24-26.
- Corwin, H. "Sensory Awareness and Feline Play." *Structural Integration: The Journal of the Rolf Institute*. November 2015: 22-25.
- Peer Reviewer. *Psychology of Aesthetics, Creativity, and the Arts*. American Psychology Association. 2023.
- Peer Reviewer. *Journal of Bodywork & Movement Therapies*. Elsevier. 2016.
- Peer Reviewer. *Integrative Cancer Therapies*. Sage Publications, Thomson Reuters. 2015.
- Invited to 2015 Illinois High School Theatre Festival to teach workshops, "Manly Man, Sexy Woman" and "Find Your Inner Friendly Monster"
- Invited to 2015 Michigan Thespian Festival teach workshops, "Manly Man, Sexy Woman" & "Music as your Partner"
- Veteran's Day 2012: Panelist at Caltech to discuss staged reading of *Spark*

M. Egingon, P. Delorey, & H. Corwin. "Building Movement and Voice Bridges." V.A.S.T.A. conference presenter, New Orleans, July 2007.

Invited to Manatee Community College in Florida to present workshop "An Actor's Life: How to Promote Yourself," November 2006

Instructed two classes at Ohio-wide high school theater conference on acting and movement 2006

Ashland University. Invited by the Head of Athletic Training Program to coach a class of physical therapist students to "see" the body in motion using applied kinesiology. Facilitated a demonstration of Rolfing.

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### PROFESSIONAL AFFILIATIONS

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**International Somatic Movement and Therapy Association (ISMETA),**

Master Movement Educator and Master Therapist

**Emotional Intelligence Research Institute,** Faculty Membership

**Screen Actors' Guild (SAG)/American Federation of Television and Radio Association (AFTRA)**

**Actors' Equity Association (AEA),** Elected Cleveland Equity Liaison 2007

**American Psychological Association**

**Omicron Delta Kappa Honors Fraternity**

**Alpha Psi Omega Theater Fraternity**

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### CERTIFICATIONS

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**Certified Vinyasa Yoga Instructor,** 2008: Shiva Rea, Venice, California

**Associated Bodywork and Massage Professional,** present

**Certified in Rolfing® Structural Integration,** present

**Licensed Professional Counselor,** Illinois

**Licensed Clinical Psychologist,** in process, California

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### PROFESSIONAL TRAINING

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**Meisner Intensive,** led by Monica Payne of Steppenwolf West, Los Angeles, California

**Viewpoints Intensive,** led by Alexandria Billings of Steppenwolf West, Los Angeles, California

**Shakespeare and Company Training Program**

**Cold Reading Workshop,** led by director Dana-Zeller Alexis (New York), Nashville, Tennessee

**Amie Farrell's Variant Actor's Lab,** led by guest artists, Los Angeles, California

**Antaeus Academy: Classics,** led by Jeanie Hackett, Los Angeles, California

**Postpartum Support International,** Portland, Oregon

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### AWARDS & HONORS

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**2017 Faculty Member of the Year Nominee,** Undergraduate Research Mentor

**2017 Interdisciplinary Challenge Grant,** CVPA Awarded \$5,000 for Research Support

**2017 University Honors Scholar Program Academic Research Fellowship,** Mentor 2 students over the summer who receive \$4,500 each; mentor receives \$500 each



**2016 NIU's Research and Innovations Grant**, Awarded \$2,500 for study support of *Performing Arts and EI Longitudinal study*, PI: Heather Corwin

**2016 College of Visual and Performing Arts Grant**, Awarded \$500 for study support of *Performing Arts and EI Longitudinal study*, PI: Heather Corwin

**PI Academy External Mentorship Program NIU**, Mentor awarded for 2017-2018

**2006 Regional Winner – Classical Acting Award Coach**, National Partners in American Theater, Kennedy Center's American College Theater Festival

**1998 Ingram Industries Artistic Fellowship**

**2000 RUTHIE Acting Grant**

**1998 Tennessee Arts Commission Grant Recipient for Acting**

**Ovation Voter for Los Angeles Stage Alliance**

**Full Scholarship plus Stipend**, Florida State University/Asolo Conservatory

**Best Supporting Actress Nominee**, Nashville's First Night Theatre Awards, 1997

**Most Promising Actress Award**, Nashville's First Night Theatre Awards, 1996

**Most Promising Actress Nominee**, Nashville's First Night Theatre Awards, 1995

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### CLASSES TAUGHT GRADUATE AND UNDERGRADUATE

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Movement  
Movement Styles  
Advanced Movement  
Movement for Directors  
Devised Theatre  
Voice and Articulation  
Acting for Non-Majors  
Acting Styles  
Greeks, Restoration, Comedy, Shakespeare, Commedia Dell'arte  
Beginning Acting  
Advanced Acting Techniques and Methods  
Principles of Acting  
Scene Study  
Theater Aesthetics  
Theatre History  
Capstone Projects

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### SERVICE & COMMITTEES

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Recruitment for undergraduate students  
Research & Artistry Grants  
Wellness Committee  
Curriculum Creation and Oversight  
Production Selection  
BA Theatre Studies  
BFA Acting/Performance  
Subcommittee Academic Equity Gaps  
Create Curriculum for Movement and Actor training  
Faculty Advisor for Student Research Activities, Mentoring  
Faculty Advisor for Theatre Groups  
Assessor for Student Development