

Christine E. Bowden, MS, CPT, ERYT-500*

Christine Bowden

Height: 5'6

Residence: Colorado Springs, CO

Willing to work as a local hire

EDUCATION

Masters in Practical Eco-Theology: Conservation and Ecological Sustainability *Methodist Theological School of Ohio*

Masters of Fine Arts in Dance Pedagogy and Choreography

Sam Houston State University, Huntsville, OH

- ❖ 27 credits towards MFA
- ❖ Summa Cum Laude

Masters of Criminal Justice & Psychological Law

- ❖ Dichotomy study of criminal deviance and mental health crisis in subjects
- ❖ Criminal profiling and criminal investigation

Bachelors of Science in Dance Education & Choreography

Bowling Green State University, Bowling Green, OH

- ❖ Graduated Cum Laude
 - ❖ BGSU Honors Student
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ACTING/PERFORMANCE RELEVANT WORK EXPERIENCE

Studying under **Steve Austin**

May 2024-Present

- ★ Weekly camera nights, audition and self taping, script memorization, callbacks and filming

- ★ Teleprompter, commercial, film and TV scene work
- ★ *Listen, Feel, Respond* technique

Pueblo Holistic Wellness Center and Entertainment

October-November 2024

- ★ Directed by Casey Prutch
- ★ Role of Asami Yamazaki and Undead

“Koolaid In Ur Cup” Music Video- by SPAYCE HUNI

September 14, 2024

- ★ Cult follower
- ★ Mob feature

“Reclaiming Hope” Music Video-Journeying with Sex Traffic Survivors
August 2024

- ★ Directed by Sues Hess
- ★ Role of Victim’s Advocate
- ★ Collaboration with SANCTUS REAL

Stunt Athlete & Stage Combat and Stunt Coordinator

January 2007-Present

- ★ BGSU Professional Dance Company
- ★ SHSU Professional Dance Company

Independent Film “Rusty Nail” Directed by Evan Alderson

July 28-30, 2024

- ★ Background club patron
- ★ Debut feature

CWorx Actor by SonderWorx

July 2024-Present

- ★ Perpetrator Lead Actor

- ★ Rape and DV Victim Lead Actor

“Night Terrors” Directed by Artists Anonymous

July-October, 2024

- ★ Stage Manager for all rehearsals and show runs
- ★ Coordinator for cast and call sheets
- ★ Blocking and stage directions

“Cyrano de Bergerac” Directed by Ben Bodnar

August 16-17, 2024

- ★ Supporting Role- Jodelet
- ★ Supporting Role- Lise
- ★ Supporting Role- Sentinel

Denver Museum of History Collaboration

July & August, 2024

- ★ Lead Role- Amache Prowers
- ★ Lead Role- Indigenous Q&A Forum
- ★ Collaboration with Red Rocks Community College Director of Dance/Theatre

“Little Hands” Directed by Maria Koop and Audrey Rivero

July 7, 2024

- ★ Supporting Role of Savannah
- ★ Produced by Sean Linderman

Sketch’a’Palooza

June 19-29, 2024

- ★ Music Video Supporting Role as a Yoga Student
- ★ Featured in local comedy/parody festival

“The Pool” Written & Directed by Jennifer Carass

June 23, 2024

- ★ Role “Person # 3”-psychological bully

Stunt Athlete and Stunt Double Choreography

January 2014-Present

- ★ Combat and fight-scene work

CERT Crisis Actor & Coordinator

February 2015-March 2020

- ★ Lead roles as natural disaster victims
- ★ Lead roles as terrorist incident victims
- ★ Instructed actors on how to portray deviant behaviors and ROE in combat settings
- ★ Lead roles as medical crisis victims
- ★ Lead roles in fatalities
- ★ Provided real-world combat experience from profiling behaviors, hostage (language usage) and crisis intervention.

UNIQUE PROFESSIONAL TALENT SKILLS AND TRAITS

- ★ Professional tribal and indigenous actress
 - Representation from both Shawnee and Cherokee affiliations
 - ★ Stunt and combat athlete
 - ★ Crew experience-stage manager and lighting designer/programmer
 - ★ Fluent in Russian and French for TV and Film
 - ★ Army combat veteran of 12 years
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USAT Military Triathlon Endurance Athlete & Stunt Athlete

Coached by USAT Level III Team MPI Coach Mark Sortino

DSCC

Yoga Therapist, Pilates Instructor, and Dance Choreographer

Firefly Yoga International

Certified Trauma Informed Yoga Instructor

Regional & National Dance Choreographer/Artistic Director

2011-Present

PROFESSIONAL CREW EXPERIENCE

Stage Manager “Night Terrors”

July 2024-October 2024

- ★ Managed actor call sheets
- ★ Coordinated with venue director
- ★ Rehearsal calls

Stage Lighting Designer & Programmer

September 2016-January 2022

- ★ BGSU Theatre Dept
- ★ SHSU Theatre Dept
- ★ The Naz- Grove City, OH

Stage Manager “Christmas Carol”

September 2004-December 2006

Veteran Outreach Yoga Therapist ERYT-300hr

Defense Supply Center Columbus (DSCC) March 2016-February 2017

- ❖ Facilitated trauma sensitive yoga classes for armed forces personnel and dependents
- ❖ Spearheaded wounded warrior caretaker programs for healing and stress reduction
- ❖ Empowered participants acquire mindfulness and safety skills to use outside of class

Writer/Blogger

Fire Fly Yoga International December 2015-Present

- ❖ Launched a trauma-sensitive community protocol for Ohio area combat veterans

- ❖ Instituted a yoga trauma recovery system for retired and active duty military personnel

Certified Trauma-Sensitive Yoga Facilitator

Fire Fly Yoga International December 2015-Present

- ❖ Implemented trauma-sensitive yoga programs for U.S. Armed Forces Base

Certified Yoga Therapist and Trauma-Sensitive Yoga Instructor

Om2Ohm April 2015-September 2015

- ❖ Pioneered an all-female veterans trauma support group
- ❖ Promoted community healing by holding weekly yoga and recovery classes for local police, EMS, and fire department first responders

Yoga Instructor RYT-200hr

Crowtown Yoga Studio April 2015-August 2015

- ❖ Introduced meditation and yoga practices to Coshocton County residents
- ❖ Facilitated meditation and spiritualism workshops

Yoga Instructor RYT-200hr

Life Power Yoga-Lifetime February 2015-April 2016

- ❖ Cultivated diversity in yoga philosophy with experience in Ashtanga, Vinyasa, Yin, and Hatha yoga
- ❖ Fostered guided meditation and gentle yoga practice for the Pataskala and Southeast Columbus communities
- ❖ Strengthened trauma sensitive yoga classes for police officers and EMS
- ❖ Introduced yoga for healing classes geared towards individuals struggling with anxiety, depression, and/or PTSD

PROFESSIONAL HEALTH AND WELLNESS WORK EXPERIENCE

Shape America Regional Dance Choreographer (Midwest Division)

- ❖ Facilitated master dance, meditation, yoga, and clinical presentation classes for northwestern Ohio
- ❖ Collaborated with other field professionals to provide a meditation and mindful nutrition program to professional educators within school systems

GRADUATE RESEARCH AND PRACTICUM EXPERIENCE

Graduate Student Practicum

Sam Houston State University, Huntsville, TX January 2008-May 2008

Dance Choreography and Performance

- ❖ Social stigma presented by group constructs associated with sexual assault victims

Supervisor: Jennifer Pontius

Graduate Student Dance Choreographer/Director

Sam Houston State University August 2007-May 2008

- ❖ Directed artistic contemporary production associated with military and war-time constructs

Supervisor: Hilary Banks

UNDERGRADUATE PRACTICUM EXPERIENCE

Research Intern

Bowling Green State University Bowling Green, OH January 2007-May 2007

- ❖ Psychosocial implications on individuals with drug and substance abuse
- ❖ Responsibilities: Weekly summary analysis of assigned readings; practical applications and alternative treatment options; final creation of an evidence-based intervention for mental health agencies

Practicum Student

Bowling Green State University Bowling Green, OH August 2006-December 2006

- ❖ Integration of Dionysian Theory of Unknowingness and Dance
 - ❖ Responsibilities: Development of dance phrases complimentary to research findings of the following constructs: unknowingness, rational choice theory, chaos, and epistemology
- Supervisor:** Tammyan Starr

CONFERENCE PRESENTATIONS

Shape America's OAHPERD Regional Conference

Bowden, C.

December 2016 December 2015

Shape America's OAHPERD Regional Conference

- ❖ Lecture presentation and experiential activity on meditation, pranayama, and yoga foundations for trauma-recovery

Bowden, C. *December 2014* Shape America's OAHPERD Regional Conference

- ❖ Ashtanga Yoga Master Class for dance, fitness, and physical education professionals

Bowden, C. *April 2014* AAHPERD National Convention St. Louis, MO

- ❖ Zumba Toning Master Class for dance, physical education, fitness, and sports medicine educators

Bowden, C. *April 2014* AAHPERD National Convention St. Louis, MO

- ❖ Master Pilates Class for dance, physical education, fitness, and sports medicine students and clinical educators

Bowden, C. *December 2013* *Mind-Body Connectivity: The Integration of Performing Arts in Individuals with Chronic Depression and Acute Anxiety Disorders*

- ❖ Regional lecture presentation in conjunction with OAHPERD Midwest District Conference

Bowden, C. *December, 2013* Interactive presentation with contemporary dance movement for school, physical education, dance, and sports medicine educators

Bowden, C. *The Integration of Dance, Physical Activity, and Body Movement in Students with Mental Health Disabilities* June 2013

- ❖ Dual presentation with lecture and movement exploration in conjunction with AAHPERD Southwest District's Regional Conference. Conference Theme: "It Takes a Village to Move a Child in Schools."

Bowden, C. *Witness Testimony: A Sociopsychological Analysis of Trauma-Influenced Memory Regression* March 2013 Fordham University New York, NY

- ❖ Speaking panel conducted at Fordham University for the Graduate English Association and Remembering, Forgetting, Imaging: The Practices of Memory Conference.

Bowden, C. *Dying in Blue. December 2012* ❖ Training lecture for law enforcement, fire department and military personnel. Invited observer and presenter in conjunction with Chief Ralph Portier and Groveport Police

Department.

Bowden, C. *AAHPERD: Moving Mountains One Step at a Time. February 2011* ❖ Presented and participated in committee and conference discussions. Represented Mid-

West District National Dance Association.

POSTER PRESENTATIONS

Bowden, C. *Mind-Body Connectivity: The Integration of Performing Arts in Individuals with*

Depression and Anxiety Disorders.

❖ Poster presentation at AAHPERD's National Convention. Charlotte, NC.

JOURNAL REVIEWS

Bowden, C. *Journal of Forensic Social Work.*

❖ Peer journal review on manuscript. **Bowden, C.** *Journal of Forensic Social Work.*

❖ Peer journal review.