PAMELA YVONNE UNDERWOOD MA, BFA
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EDUCATION

2012 ~Veriditas Certified Labyrinth Facilitator, Grace Cathedral, San Francisco, CA
2006 ~Expressive Arts Certificate, Sky Mountain Expressive Arts Institute, Escondido, CA
2003 ~ Paulo Mattioni Drum Circle Facilitator Training
2000-2003 ~MA Expressive Arts Therapy, European Graduate School, Saas Fee, Switzerland
1999-2002 ~Expressive Arts Facilitation, Expressive Arts Institute of San Diego, CA
1997 ~ B.F.A. Painting & Printmaking, University of Texas at Arlington

SELECTED SOLO SHOWS

2026 ~Gifts of the Mother Tree, Pamela Underwood, 2 Create Gallery, Ramona, CA
2018 ~ Pamela Underwood Retrospective, Martha Swift Gallery, San Diego, CA
2011 ~ Image as Companion (solo exhibit) Fallbrook House of Arts, Fallbrook, CA
2010 ~ Image as Companion (solo exhibit) The Ink Spot Writing Center Gallery, San Diego, CA
2001 ~History is Fiction of Our Own Making (performance),Sushi Performance & Visual Arts Gallery, San Diego, CA
~History is Fiction of Our Own Making (performance), Celebrate Dance Festival, SD, CA
1993 ~Models for Rebirth (exhibit), The Writing Center, San Diego, CA
1991 ~Dear Granddaddy; Healing Incest Through the Arts (performance) Sushi Performance & Visual Arts Gallery, San Diego, CA
1991-1992 ~Avant Guard Dogs (public art installation), Sushi Performance & Visual Arts Gallery, San Diego, CA Grant partially funded by the National Endowment of the Arts

SELECTED GROUP SHOWS

2024-Present ~Dell Children's Hospital Fundraiser, Giver Gallery Exhibition, West Chelsea Contemporary Gallery, Austin, TX
2016-2018 ~2CREATE Gallery, Ramona, CA
2017 ~Recovering the Artist, San Diego,CA
~Nasty Women Exhibit, San Diego, CA
2016 ~Recovering the Artist, San Diego, CA
2011 ~Fire & Rebirth, Elfin Forest Interpretive Center, Pamela Underwood and James Hubbell, Escondido, CA
~Icons & Reliquaries, Highland Valley Studio, Ramona, CA
2005 ~ Altered Visions (exhibit), Ray @ Night, Expressive Arts Institute, San Diego, CA
~Ray @ Night, Love House (installation) Expressive Arts Institute, San Diego, CA
2004 ~Fire Survivor Show, Firehouse Museum (exhibit) Synergy Foundation, San Diego, CA
2003 ~ Imprint of Women, Ray @ Night, Expressive Arts Institute, San Diego, CA
2002 ~ Loose Ends of the Tapestry; History Is Fiction of Our Own Making, Sushi Performance & Visual Arts Gallery, San Diego, CA
2001 ~ ISIS Group Show (exhibit), Ray @ Night, Expressive Arts Institute, San Diego, CA
2000 ~IEATA Conference Group Visual Art Show, San Francisco, CA
~Dream Journeys (exhibit), ASD Millennial Dream Art Exhibition, Washington, D.C.
1999 ~Hyde Gallery Group Show, Grossmont College, El Cajon, CA
1998 ~Hyde Gallery Group Show, Grossmont College, El Cajon, CA
1997 ~Wild Women, Women Caucus for the Arts Juried Show, Sushi Performance & Visual Arts Gallery, San Diego, CA
1996 ~Body of Work, Robin Brailsford Gallery, San Ysidro, CA
~Underwood & Weeke, Santa Ysabel Gallery, Santa Ysabel, CA
~Women's Caucus for the Arts Group Show, SD Coalition for Equality, San Diego, CA

AWARDS & GRANTS

2011 ~*Vagina Monologues* Community Service Award, University of CA San Marcos
2008 ~San Diego Long Term Fire Recovery, Community Service Awards
~Free Women's Fire Survivor Expressive Arts Weekly Support Group, November 2007-October 2008, co-facilitator Kat Kirby, Poway, CA
1991 ~ NEA Grant with Sushi Performance and Visual Art, 6th Annual Street Sites, *Avant Guard Dogs,* San Diego, CA

PUBLISHED WORK

2011 ~The Nomad Who Never Left Home, Cloth, Paper, Scissors Studios Magazine Winter 2011, Interweave Press, Loveland, CO
~*How to Create & Maintain a Sense of Safety during the Bodywriting® Retreat for Women,* limited edition text, VDM Publishers, Germany (Jan 2010)
2008 ~In the Shadow of the Witch Creek Fire*, Vision Magazine*, San Diego, CA (Oct 2008)
2004 ~ Ghost House (poem), Granma Helen (acrylic painting), *Headwaters: Appalachian Journal of Expressive Arts Therapy*, Appalachian State University, Boone, NC
2003 ~The Body Print (essay), Trees Like Lace, Boulders Like Jewels (lithograph)Headwaters: Appalachian Journal of Expressive Arts Therapy, Appalachian State University, Boone, NC

BIBLIOGRAPHY

2004 ~Corrie Vaus, The Bodywriting Story, Channel 4 San Diego Insider, San Diego, CA
~Marcia Manna, Form & Function, San Diego Union Tribune (March 6, 2003)
~Candice Reed, Artist Uses Body-Printing Process to Help Women Heal, North County Times, San Diego, CA (March 6, 2003)
2000 ~Donna Otter, Body Prints, The Publication (March 2000), San Diego, CA
1993 ~Daly, Glenn, Body Prints, Memory Bleeds, The Reader, San Diego, CA (Dec 16, 1993)
1991 ~Jarmusch, Ann, Street-Sides '91 Tries Going Off Site, San Diego Tribune (March, 1991)
~Pincus, Robert L., Sushi Art Hits the Streets for Sixth Time, San Diego Union (March 8, 1991)

TEACHING EXPERIENCE, GROUP & RETREAT FACILITATION

1994-Present ~Sole Proprietor of Pamela Underwood Expressive Arts Studios, Austin, Texas
1994-Present ~Bodywriting® Retreats for Women and Couples, founder/facilitator, Austin, Texas
~The Image Quest Group, Founder/facilitator, Escondido & Poway, CA 2010
~Pamela Underwood Studios Certified Expressive Arts Group Facilitator Training, Poway, CA
2013-2025 ~Taos Art Retreat for Women, founder/facilitator, Mabel Dodge Luhan House, Taos, NM
2004-2018 ~Image Quest Sojourn ™ visual journaling, founder/facilitator
2004-2007 ~*Training Therapist* for Expressive Arts Therapy Students, Expressive Arts Institute, SD, CA
~Elizabeth Hospice Group Facilitator, *Volunteers; Journaling Workshop,* Escondido, CA
~Expressive Arts Therapy Facilitator (450 hours), Elizabeth Hospice, Escondido, CA
~Expressive Arts Therapy Facilitator (450 hours), Horton Elementary Magnet School for Humanities through Visual & Performing Arts, San Diego, CA
1997-2000 ~Artist in Res, UCSM Center for Women's Study, San Marcos, CA
~ What is Expressive Arts?, Artist in Residence, Horton Elementary Magnet School for Humanities through the Visual & Performing Arts, San Diego, CA
1997 ~The California Arts Project; Open Institute, San Diego State University, Visual Arts Team; Teaching teachers how to teach creativity in the classroom

SPEAKING ENGAGEMENTS/ GUEST FACILITATOR

2017 ~ Women to Women, Image Quest Sojourn Lecture, Sun City, TX
2016 ~ *Living With Images as Companions*, The Art Center, Ramona, CA
2015 ~ PEO guest speaker, Austin TX
2011 ~*Fire and Rebirth*, Elfin Forest Interpretive Center, Escondido, CA
~ *Living with Images as Companions*, Fallbrook House of the Arts, Fallbrook, CA
2010 ~ *Living with Images as Companions*, Ink Spot Writing Center Gallery, San Diego, CA
2008 ~ *The Intuitive Collage*, Business Women Association Retreat, San Diego, CA
~ *Bodywriting Retreats for Women* (lecture), University of CA San Marcos; Body & Identity
~ *Earth, Fire, Air, Water Community Dance*, Special Friends (Alzheimer Caregiver) Georgetown, Texas
2007 ~*The Trees Are Watching Us*, co-facilitated w/Dr. Laura Mitchell, International Expressive Arts Therapy Conference, Appalachian State University, Boone, North Carolina
2006 ~ *Living with Images as Companions*, Sky Mountain Expressive Arts Institute, Escondido, CA
2005 ~ *Visual Journaling*, co-facilitated w/Terrilynn Quick, University of CA San Marcos; Process Art
~*Intro to Expressive Arts*, Brain Injury Foundation, Mesa College, San Diego, CA
2003 ~ *The Intuitive Collage*, PEO, Escondido, CA
~ Clinical Retreat/Team Building; clergy, administrative& social workers, Expressive Arts Facilitator, Elizabeth Hospice, Escondido, CA
2001 ~ *September 12th, 2001; Day of Healing*, Elizabeth Hospice Escondido, CA

COMMUNITY SERVICE

2016-2018 ~Expressive Arts Alumni Association, Leadership Team, San Diego, CA
2015-2018 ~The Art Center Ramona, Board of Directors, Ramona, CA
2008 ~The Imprint of Women II, Curator/Organizer, University of California San Marcos, CA
~Free Women's Fire Survivor Expressive Arts Weekly Support Group,
~November 2007-October 2008, co-facilitator Kat Kirby, Poway, CA
2001-2015 ~Seasonal Community Labyrinth Walks with Expressive Arts, Pamela Underwood Expressive Arts Studios, Poway, CA
2003 ~ Imprint of Women. Curator/Organizer, Expressive Arts Institute San Diego
2002-2007 ~Minstrels of Story Playback Theatre Troupe, San Diego, CA
2002 ~Raising the Flags of Hope & Inspiration, Port of San Diego Cancer Survivor's Park
1996-2000 ~Grossmont College Art Council – Board Member, El Cajon, CA
1997 ~Whispers National Juried Show, Association for Adult Survivors of Child Abuse (ASCA), Coordinating Curator/Judge, Spruce Street Forum Gallery, San Diego, CA,
~Day of Healing, Panel Speaker, National Conference for ASCA, San Diego, CA

MEMBERSHIPS

2011-Present ~The International Labyrinth Society
~Expressive Arts Group Facilitators Association
2002-Present ~International Expressive Arts Therapy Association