

ARTS EDUCATION

2006 – 2010	Bachelor of Arts with Highest Distinction in Studio Art University of Virginia, Charlottesville, VA	GPA: 3.98
	<ul style="list-style-type: none">• Concentration in Printmaking	

CERTIFICATES

2023	Fundamentals of Graphic Design certificate California Institute of the Arts, Coursera
------	--

AWARDS + HONORS

2015	University of Virginia Student Council Arts Fund Grant recipient
2014	University of Virginia School of Nursing Reflective and Creative Writing Award
2010	Michel Prize in Printmaking, University of Virginia
2009	University of Virginia Creative Arts Award

PROJECTS

2014 – present	Sketching Silver: Portraits and Stories of Older Adults, multiple locations <ul style="list-style-type: none">• Made drawings of older adults while interviewing them about their life stories• Collected portraits and stories in preparation for a book
2014 – 2016	Medicine Cabinet, Charlottesville, VA <ul style="list-style-type: none">• Led a collaborative reflection on self-care through the use of note cards for participants to record their “prescriptions” for self-care; note cards were then stored in a mirrored medicine cabinet and online• Collected responses in preparation for a book
2012 – 2020	Project STELLA: Creativity at the End of Life, online <ul style="list-style-type: none">• Initiated anthology of writing and other media pertaining to moments of creativity that occurred in relation to the end of life• Collected responses on a blog: projectstella.org
2016	Compassionate Care Mural Project, School of Nursing, University of Virginia <ul style="list-style-type: none">• Designed and led collaborative project with healthcare professionals and students to create a mural composed of tiles representing compassionate care• Brought arts materials to hospital units and academic spaces for healthcare professionals to take part in the project• Organized art exhibit and celebration of mural project completion
2011 – 2016	Arts Fusion: Creative Arts and Dementia Care <ul style="list-style-type: none">• Designed program for people with dementia integrating various art forms to promote quality of life, creative expression, and communication

- Created a handbook of creative arts strategies and exercises for people with dementia and their care partners

2009 – 2010

Shared Doings and Sayings: Art and Dementia Care, Charlottesville, VA

- Facilitated arts sessions for persons with dementia at four retirement communities
- Published a book of artwork and stories from the art sessions to illustrate the lived experiences of older adults with dementia

EXHIBITS

2013	The End of Language, Ruffin Hall Gallery, University of Virginia, Charlottesville, VA
2010	Shared Doings and Sayings, Dean's Gallery, School of Architecture, University of Virginia, Charlottesville, VA
2010	Together Gathering, Ruffin Hall Gallery, University of Virginia, Charlottesville, VA
2009	Seeing in All Directions, BozArt Gallery, Charlottesville, VA

BOOKS + PUBLICATIONS (self-published unless otherwise noted)

2024	<i>A Dog and a Dogwood</i> [Byron G. Hensley; Lauren Catlett (illus.)]
2022	<i>I Think I Will Be a Tree</i> [Byron G. Hensley; Lauren Catlett (illus.)]
2016	<i>Little Star</i> [Carmelita Estrellita; Lauren Catlett (Ed.)]
2016	<i>Arts Fusion Handbook</i> , Alzheimer's Association Central and Western Virginia Chapter [Lauren Catlett + Sharon Celsor-Hughes (Eds.)]
2014	"Drawing Dying Hands" [Lauren Catlett] in <i>The Intima: Journal of Narrative Medicine</i>
2013	<i>abc</i> [Lauren Catlett]
2013	<i>Self Help</i> [Lauren Catlett]
2010	<i>Shared Doings and Sayings</i> [Lauren Catlett (Ed.)]

PRESENTATIONS

2018	"On the Other Side of Suffering: Using Art and Narrative to Facilitate the Expression and Experience of Spirituality in a Transgender Woman," Poster Presentation, Annual Assembly of Hospice and Palliative Care, Boston, MA
2017	"My Little Star: Remembering Carmelita," Book Presentation, Virginia Festival of the Book, Charlottesville, VA
2016	"HeArt of Medicine: Arts-Based Interprofessional Workshops to Enhance End-of-Life Care Education for Medical and Nursing Students," Poster Presentation, Southern Gerontological Society Annual Conference, Charlottesville, VA
2015	"Arts Fusion: The Power of Creativity in Dementia Care," Podium Presentation, Southern Gerontological Society Annual Conference, Williamsburg, VA
2015	"Creative Expression through Art for Patients and Families," Haney Inter-professional Conference: Compassionate Care at the End of Life, University of Virginia, Charlottesville, VA
2010	"Healing Arts: In the Hospital, In the Hands," Medical Center Hour, University of Virginia, School of Medicine, Charlottesville, VA

PROFESSIONAL EXPERIENCE

2011 – 2016	Creative Arts Manager
-------------	-----------------------

Alzheimer's Association Central and Western Virginia Chapter, Charlottesville, VA

- Developed program offering creative activities for persons with dementia
- Educated caregivers about person-centered dementia care practices
- Co-created arts and dementia care resource guide for caregivers

2010 – 2014

Intergenerational Program Coordinator

Jefferson Area Board for Aging, Charlottesville, VA

- Developed intergenerational program for children and older adults
- Established connections with community resources and organizations

TEACHING

2012 – 2016;

Life Drawing Workshop Instructor

2022 – 2023

University of Virginia, Charlottesville, VA

- Developed and led life drawing workshop for nursing and medical students

2012 – 2013;

Guest Instructor

2015 – 2016

University of Virginia, Charlottesville, VA

- Lectured in the College of Arts and Sciences, the School of Nursing, and the School of Medicine on topics related to aging and creative arts in healthcare

VOLUNTEERING

2017 – 2019

Volunteer

Active Day of Exton Adult Day Center, Exton, PA

- Led art programs for older adults with physical and cognitive disabilities

2014 – 2016

HeArt of Medicine Team Leader

University of Virginia, Charlottesville, VA

- Planned and implemented arts-based educational workshop series to enhance end-of-life care knowledge and comfort level among medical and nursing students

2014 – 2016

Volunteer

Jefferson Area Board for Aging, Charlottesville, VA

- Led art programs for older adults with physical and cognitive disabilities

2013 – 2016

Volunteer, Journeys Program

Hospice of the Piedmont, Charlottesville, VA

- Assisted with therapeutic art activities for children grieving the loss of a loved one
- Designed a logo for the program

SKILLS

Drawing, portraiture, book design, graphic design, logo design, printmaking, painting (water-based media)

Proficient with InDesign, Photoshop