

Biography:

Mia Ulmer, MS, ATR

Mia Ulmer, MS, ATR, is a Registered Art Therapist and full-time Behavioral Care Program Therapist I for Prisma Health's Adolescent Recovery Center in Columbia, SC, where she provides group art therapy, utilization review, and discharge planning for adolescents suffering from depression, anxiety and substance use disorders. Ms. Ulmer contracts as an Art Therapist facilitating art therapy groups for adults at Prisma Health's Day Treatment Center, and serves as an Adjunct Professor in the Department of Art at Claflin University. In addition, Ms. Ulmer recreationally teaches painting classes as an Art Instructor at Studio Cellar in Columbia, SC. Ms. Ulmer earned her MS in Art Therapy from The Florida State University in August of 2017, and a BA in Studio Art with a minor in Psychology from Claflin University in 2015.

Ms. Ulmer has served as secretary on the Board of Directors for The Hive Community Circle since March of 2018, and is an active member in the American Art Therapy Association (AATA) and Alpha Kappa Alpha Sorority, Inc. Ms. Ulmer has a passion in translating skills and techniques learned as an art therapist in a behavioral health setting to more traditional, real-world applications. Ms. Ulmer was a speaker at the South Carolina Department of Corrections 4th Annual Behavioral Health Conference, a panelist speaker for the 2018 Rise & ReDefine Women's Empowerment Conference, a Career Day speaker at several middle and elementary schools, and most recently led a painting workshop for survivors of sexual assault and intimate partner violence at the 2019 SC Survivors Summit. Ms. Ulmer was featured for her work as an alumna in the 2019 Arts @ FSU Magazine. In addition, Ms. Ulmer was recently asked to serve as an Art Therapist facilitating a six-week art therapy group for breast cancer survivors at Lexington Medical Center.

As a visual artist, art is Ms. Ulmer's method of communicating and inspiring an audience much broader than her community and self. Her artwork speaks volumes about her character, individuality, personality, and purpose. She strives to communicate through her artwork the beauty of liberty, movement, relationships, objects, and self-discovery. While in college at Claflin University, Ms. Ulmer placed in numerous art competitions and was consistently recognized for her artistic talent. Her "Picasso" pastel drawing won 1st place in the Drawing Amateur Division at the 2013 SC State Fair. Her "Picasso" drawing was also awarded "Best in Show" in Claflin University's 2013 Student Show & Senior Exhibition. In April of 2013, Ms. Ulmer was awarded "Most Outstanding Sophomore Art Student" by the Claflin University Art Department. In 2012, Ms. Ulmer was awarded a certificate recognizing her art achievements by the Claflin University Art Department. In 2011, Ms. Ulmer received a Silver Key and was awarded one of the 16 "Best in the State Scholastic Art Portfolio Awards" at the 2011 Scholastic

Art and Writing Competition. In 2010, Ms. Ulmer was the 6th Congressional District Art Competition winner for Congressman James Clyburn. Her winning piece, a self-portrait, was displayed for a year on Capitol Hill in the corridor that connects the Capitol building with the U.S. House of Representatives offices. Also in 2010, she was interviewed by WLTX for her many art accomplishments, and participated in the Pre-College Studio Residency Program at Maryland Institute College of Art on a full scholarship.

After becoming both, a Board-Certified Art Therapist and Licensed Professional Counselor, Ms. Ulmer has plans to open a private practice to serve marginalized and vulnerable populations in need of a creative outlet for self-expression. M. Ulmer is the proud mother of a rescue toy-Yorkie named Carmen, who recently turned 3 years old. In her spare time, Mia enjoys dressing her dog in pretty outfits, painting, volunteering, self-care activities, and spending time with her family and friends.