

N.C. Dashash PhDc

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PROFESSIONAL EXPERIENCE

- 1975- Present: Professional Fine Artist & Teacher
- 2004- Present: Clinical Art Therapist: 1- Releasing A Negative Emotion as a form of Art through Meditation, Mental Imagery & Visualization. 2- Shifting & Transforming the same Emotion to a New Positive Emotion, and Recognizing it as a form of Art through Meditation, Mental Imagery & Visualization.
- 1998, Founder and Director of the Center for Iranian Modern Arts (CIMA), New York, Activities include: Visual Art Exhibitions, Poetry Reading, Forums and Discussions on Art and Culture, Art Classes for adult and children, Group trips to Museums and Galleries, and Slide Shows on the early development of Modern Arts to Post Modernism.

MUSEUM EXHIBITIONS:

- 1997, HTEL, Heckstcher Museum 38th Annual Art Exhibition, *Award of Excellence*, New York
- 1995, Queens Museum, Annual Juried Exhibition, New York
- 1995, Pacific Asia Museum, Pasadena, California

MOST RECENT EXHIBITIONS:

- 2005, The Workmen's Circle Gallery, Los Angeles
- 2004, Maryland Federation Of Art, A National Juried Exhibition, *Juror Selected Award Winner*, Maryland

- 2002, Celebrity Center, World Contemporary Art, The Third Annual International Fine Arts Competition & Exhibition, *Best of Show Award*, Los Angeles
- 2001, Center for Iranian Study, Washington, DC
- 2000, Eagle Rock, Veiling/Unveiling, Los Angeles
- 2000, Maison Francaise, Columbia University, New York
- 1999, CIMA Art Center, New York
- 1999, CIMA Art Center, Summer Show, New York
- 1998, Workmen's Circle Gallery, Los Angeles
- 1997, Skirball Cultural Center, Los Angeles
- 1996, Gallery 24, New York
- 1995, Gorky Gallery, New York

OBJECTIVE

My objective is to provide and develop the connection of art and psychology for optimum healing of mind/body/spirit. Through my extensive experience in art and art education, and study and practice the psychology of emotions, I believe that a particular negative emotion, that is causing stress, changes not by willpower, and not by determination, but by "Mental Imagery," and "Expressive Art."

Mental imagery has effectively proven that can change the emotional and physical imbalances and has a direct relation between illness and psychological state of mind. Art and Mental Imagery combined create an amazing powerful tool to release negative emotions and consequently creating a healthy *body and mind*.

My objective is about transformation through recognizing and letting go. I address pent up feelings and emotions that have been unable to reach from past such as anger, fear, hate, sorrow, sadness, depression, resentment, rage, dormant childhood emotions and even emotion felt in the mother's womb. These negative emotions are psychological and have deep roots for some known or unknown reasons. Also negative emotions created by thoughts that are kept inside such as, doubt, worry, dwell, and conflict. I also address detrimental behaviors such as smoking, over eating, and alcoholism.

EDUCATION

- 1973, New York University, Masters of Fine Arts in Art Education & Creative Arts, New York
- 1980, New York University, Doctoral Degree Services I, II, & III, New York
- 1985, Art and Politics, Queens College, Certificate, New York
- 1987, Technology Skills, Photoshop, Illustrator, Microsoft Office & Internet Tools, Tech Institute, New York
- 1990, Art & Behavioral Pattern, Study Group, Columbia University, New York
- 1997, Aging & Art, Picasso, Independent Study, New York
- 1998, Political Cartoons of Ardeshir Mohasses, Group Study, CIMA Art Center, New York
- 1999, Poetry and Healing, Group Study, CIMA Art Center, New York
- 2002, EMF, Balancing Technique, Basic I, Certificate, Los Angeles
- 2002, EMF, Balancing Technique, Level II, Certificate, Los Angeles
- 2003, Self-Hypnotherapy, Ben Raffi, Los Angeles
- 2003, Art Therapy, Barbara Ganim, Los Angeles
- 2003, Power of Mind over Body, Ben Raffi, Los Angeles
- 2004, Clinical Hypnotherapy, Success Trak, Professional Training Institute, Dr. Bruce Kaloski, Certificate, Huntington, CA
- 2004, Millionaire Mind Seminar, Harv T. Ecker, Los Angeles
- 2005, How to Be A Consultant, Paul Mladjenovic, Certificate, Los Angeles
- 2005. The Better Memory program, Dr. Dharma S. Khalsa, Certificate, Los Angeles
- 2005, How To Write Your Pitch, Katherine Sands, Certificate, Los Angeles
- 2005, Publish Your Book & Qualify Yourself as an Expert, Bobbi McKenna, Certificate, Los Angeles
- 2005, How to Learn anything Faster & Better, Howard Berg, Certificate, Los Angeles
- 2005, Become A Freelance Writer, Jim Martyka, Certificate, Los Angeles
- 2005, Activate Your Ability to Be A Healer, Eric Pearl, Certificate, Los Angeles

TEACHING EXPERIENCE

- 1980-1985, New York University, Etching and Photo-Etching, Continuing Education.
- 1984-1987, City College of New York, beginner and advanced Drawing Workshop.
- 1988-1993, Jamaica Community Center, New York.
- 1990-1993, Jamaica High School, after school art classes, New York.
- 1993-2000, Gallery 24, private art lessons, New York.
- 1995-1996, Columbia University, Creativity and Exile, A series of lectures and workshop on Art and Exile. Hosted by the Department of Middle East.
- 1998-2000, Center for Iranian Modern Art, Fine Art, and Digital Art classes for adults and children, New York.
- 2001-present, Private Fine Arts and Digital Art Lessons, Los Angeles.
- 2002-present, HeArt Project selected Educational Centers and High Schools, Los Angeles.
- 2004-present, The Power of Concentrated Art Through Emotional Freedom

BIBLIOGRAPHY

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- Chopra, Deepak, M.D., *"The Seven Spiritual Laws of Success,"* Amber-Allen Publishing, 1993
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- Eker, T. Harv, *"Secrets of the Millionaire Mind,"* HarperBusiness, 2005
- Eisenberg, David, M.D. *"Encounters With QI,"* Penguin Books, 1987
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- Ford, W. Kenneth, *"The Quantum World,"* Harvard University Press, 2004
- Ganim, Barbara, *"The Healing Power of Art,"* Sounds True, 2003
- Gribbin, John, *"How The Brain Works,"* DK Publishing, 2002
- Gribbin, John, *"Quantum Physics,"* DK Publishing, 2002
- Hawkins, R. David, M.D., Ph.D. *"Power Vs. Force,"* Hay House, 2002
- Hicks, Esther & Jerry, *"Ask and It Is Given,"* Hay House, 2004
- Hochswender, Woody, *"The Buddha In Your Mirror,"* Middleway Press, 2001
- Korn, Joey, *"Dowsing: A Path To Enlightenment,"* Joey Korn, 1997
- Merivale, Philippa, *"Healing with Color,"* Element Books, 1998
- Newton, Michael, Ph.D., *"Life Between Lives,"* Llewellyn Publications, 2004
- Parker, Barry, *"Albert Einstein's Vision,"* Prometheus Books, 2004
- Raffi, Ben, *"Miracles Within,"* Miracles Publishing, 2005
- Robbins, Anthony, *"Awaken the Giant Within,"* Simon & Schuster, 1991
- Simonton, Carl, M.D., & Simonton, Stephanie, *"Getting Well Again,"* Bantam Books, 1992
- Singh Khalsa, Dharma, M.D., *"Brain Longevity,"* Warner Books, 1997

- Thoreau, Henry David, "Cape Cod," The Peninsula Press, 2002
- Thoreau, Henry David, "Walden," Shambhala Publications, 2004
- Yepsen, B. Roger, JR., "How To Boost Your Brain Power," Rodale Press, 1987
- Van Fleet, K. James, "Hidden Power," Prentice Hall, 1987
- Waren, Rick, "The Purpose Driven," Zondervan, 2002
- Webster, Richard, "The Art Of Dowsing," Castle Books, 2001
- Wayne, W. Dyer, Dr., "Manifest Your Destiny," Harper Paperbacks, 1997
- Wayne, W. Dyer, Dr., "Power of Intention," Hay House, 2002