

Linh H Nguyen

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Professional Experience

Official Lecturer | Department of Psychology, USSH - VNU HCM | September 2025 - Present

Teaching, supervising and providing research consultation to university students while supporting international projects.

Contract Lecturer | Department of Languages & Psychology, Hoa Sen University | September 2025 - Present

Teaching Introduction to Art Therapy to bachelor students.

Art Therapist, Founder | Maitri VN, Vietnam | September 2020 - Present

Providing art therapy to individuals in need and marginalized communities. Conducting mental health workshops, training and retreats for organizations, companies and NGOs. Providing training and short courses on Trauma-informed Art Therapy.

Book Author and Illustrator | Oct 2016 - Present

Published 10 books with well-known publishers, including Kim Dong, Women's Publishing House, Tri Viet First News, and Phuong Nam. Collaborated with UNICEF. One book was reprinted 11 times, selling 39,000 copies, with rights sold in the Philippines.

Social Emotional Learning (SEL) Teacher | Skyline International School | July 2023 - May 2024

Providing weekly SEL lesson and practice to over 300 students from K1-12 in Hoi An City, Quang Nam Province.

Guest Lecturer | Ho Chi Minh City University of Technology (HUTECH) | April & May 2023

Teaching foundational knowledge and basic skills in integrating art into psychotherapy and coaching to 71 students aged 20+.

Contract Consultant | UNDP Vietnam | April 2022

Presenting on mental health and trauma-informed leadership in the workplace to 65 employees and staff of UNDP Vietnam.

Contract Workshop Facilitator | CARE International, Vietnam | April 2021 - April 2022 | Virtual & in-person.

Providing training on emotional regulation skills and self-care practices to 360 female entrepreneurs from rural regions of Vietnam.

Art Therapist (Part-time) | Children's Education Foundation, Hoi An | 2021-2022

Providing individual and group art therapy services to 12 female middle and high school students from impoverished backgrounds, sponsored by an CEF, an Australian charity foundation.

Contract Art Therapist | World Vision in Vietnam | July - November 2021

Providing individual and group art therapy to 30 individuals affected by human trafficking, either as victims themselves or through a family member, focusing on building group connections, psycho-education on grief and developing coping skills.

Art Therapist (Part-time) | Hearing and Beyond Center, Hoi An | 2021

Providing 8-week group art therapy services to 15 deaf & hard of hearing students aged 8 to 18.

Art Therapy Intern | New York Creative Arts Therapists, USA Sep 2019 - May 2020

Providing individual and group art therapy services to children, adolescents and adults.

Art Therapy Intern | Safe At Home Foundation, Margaret's Place at Hostos-Lincoln Academy of Science, Bronx, NY | 2018 - 2019

Providing individual and group art therapy services to adolescents K6-12.

Education

Master of Professional Studies in Art Therapy | School of Visual Arts 2018-2020 (NY, USA). Graduated

Bachelor of Architecture | Korea National Univ. of Arts 2010-2015 (Seoul, South Korea). Graduated

Research Experience

Research Camp: Approaching new qualitative methods in interdisciplinary research - From the perspectives, experiences and insights of experts in multiple fields | Thai Binh Duong University, Nha Trang, Vietnam Dec 8-9/2023

Qualitative Research Thesis (Master's Degree) | School of Visual Arts (NY, USA) 2018 - 2020
Conducted a qualitative study on *Acculturative experiences of Vietnamese sojourning mental health practitioners who studied in Western countries and returned to Vietnam to practice* through interviews and transcription method.

Book Release

- **The Sexual Trauma Workbook for Teen Girls: A Guide to Recovery from Sexual Assault and Abuse for Teens** | Translator | Women's Publishing House 2016
- **What Can I Do For Our Community?** and **What Can I Do To Protect Mother Earth? - Career Orientation** | Author & Illustrator | Tri Viet Firstnews 2016
- **Child Abuse Prevention Handbook for Children (age 6-12)** | Author & Illustrator | Kim Dong Publishing House 2017
- **Families in Various Forms - A diversity of family models** | Author & Illustrator | Phuong Nam Books 2017
- **Girl's Handbook - Leader of Change & Girl's Handbook - Leader of Change** | Translator & Editor | Women's Publishing House 2017
- **Oh, That's Explains! - All about LGBTIQ+** | Main author | Women's Publishing House 2017
- **Injury Prevention Handbook for Children (age 6-12)** | Co-author & Illustrator | Kim Dong Publishing House 2018
- **Bully Prevention Handbook for Children (age 6-12)** | Author & Illustrator | Kim Dong Publishing House 2022

Awards And Scholarships

- **Third Prize for Vietnam National Books Award** | 2023
- **Fulbright Scholarship** for Master's Degree, administered by The U.S. State Department's Bureau of Educational & Cultural Affairs | 2018-2020
- **Third Place Award for Best Books** by Women's Publishing House | 2019
- **Art Major Asian Scholarship** granted by Ministry of Culture, Sports and Tourism of Republic of Korea | 2010-2015

Coursework & Certifications

- **Certified Complex Trauma Professional**, Janina Fisher 2024
- **Traumatic Grief: Neuroscience-Based Therapy Tools**, Kate Truitt
- **Somatic Experiencing**, Intermediate by SE International 2023
- **Overview of Addiction and Recovery**, Ann Marie Collins HUTECH 2023
- **Trauma & Art-based Methods For Integrating Traumatic Experience**, Olga Nguyen HUTECH 2023
- **Social Emotional Learning**, Emory University, Level 1 2023
- **Self-Compassion for Shame in Psychotherapy**, 2023
- **Internal Family Systems**, Level 1 by IFS Institute 2022
- **Dynamic Attachment Repatterning Experience**, Level 3
- **Somatic Embodiment & Regulation Strategies**, Level 1, 2 & 3 by Linda Thai 2021
- **Trauma-sensitive Mindfulness**, by David A. Treleaven 2021
- **Certificate Program in Traumatic Stress Studies**, PESI 2021
- **Non-violent Communication**, 2021
- **Mindful Self-Compassion Training**, Naropa University, USA 2020
- **Training on Gender Diversity & Affirmative Counseling for LGBTQA Children, Adolescents & Adults - HUTECH 2020**
- **Fly By Light Training to Work with Marginalized Adolescents**, Washington DC, USA 2019
- **Sivananda Yoga Teacher Training Course 200hrs**, 2017

Press Release & Links

IN ENGLISH

Guest Speaker at World Art Therapy Conferences | 2023
<https://www.artstherapies.org/course/world-art-therapy-conference>

Article: Befriending Emotions with Art Therapy
<https://baodanang.vn/english/society/202112/befriending-emotions-with-art-therapy-3898633/>

Article: Vietnamese Art Therapist Helps Minorities Find Healing in Times of Crisis
<https://tuoitrenews.vn/news/features/20210814/vietnamese-art-therapist-helps-minorities-find-healing-in-times-of-crisis/62572.html>