

CAITLIN LUSHINGTON

THEATRE PRACTITIONER & EDUCATOR

EDUCATION

MASTER OF FINE ARTS | 2023

The Royal Central School of
Speech and Drama
Actor Training & Coaching

B.A IN DRAMA | 2013

University of California, Irvine
Honors in Acting & Directing

ADDITIONAL TRAINING

Mental Health First Aid | 2023

Yoga Refuge 200-hr Yoga Teacher
Training | 2021

Theatrical Intimacy Education: Best
Practices, Consent in the Acting
Classroom | 2020 - 2021

Mindfulness for Youth-Serving
Professionals | 2019

Frantic Assembly Int'l Summer
Intensive | 2019

Third Rail Repertory Mentorship |
2015 - 2016

British American Dramatic
Academy | 2012

Circle in the Square Summer
Conservatory | 2010

CONTACT

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www.caitlinlushington.com

SELECTION OF PERFORMANCE EXPERIENCE

ENSO THEATRE ENSEMBLE

- Beatrice | "Much Ado" by Shakespeare, adapted by Caitlin Lushington, Madeline Shier & Helena Fisher-Welsh | dir. Ray Nokes-Borge | 2019

READERS THEATRE REPERTORY

- Annelise | "Let It Fang" written & dir. David Berkson | 2019
- Governess | "The Turn of the Screw" by Henry James | dir. David Berkson | 2017

SPECULATIVE DRAMA

- Rosalind | "As You Like It" by Shakespeare | dir. Michael O'Neil | 2018

THIRD RAIL REPERTORY MENTORSHIP COMPANY

- Josie | "The Skriker" by Caryl Churchill | dir. Chelsea Burwasser | 2015

RANDALL THEATRE

- Martha | "The Secret Garden" | 2016

ASHLAND NEW PLAYS FESTIVAL

- Jean | "Irreversible" by Jack Karp | dir. Cate Davis | 2014

SAN FRANCISCO FRINGE FESTIVAL

- Salome | "Luna Noctiluca" written & dir. Brooke Silva & Scott Dare | 2013

UNIVERSITY OF CALIFORNIA, IRVINE

- Celimene | "The Misanthrope" by Moliere, transl. by Robert Cohen | dir. Keith Fowler | 2011
- Party Piece | "Mercury Fur" by Philip Ridley | dir. Michelle Mauer | 2011
- Sabina | "The Unbearable Lightness of Being" by Milan Kundera | dir. Shannon Ferrante | 2013
- Sagot | "Picasso at the Lapin Agile" by Steve Martin | dir. Grant Markin | 2012
- The Woman | "Bash" by Neil LaBute | dir. Chris Deacon | 2009
- Ensemble | "The Complete History of America, Abridged" by Adam Long, Austin Tichenor, and Reed Martin | dir. Michelle Mauer | 2012

References Available Upon Request

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SELECTION OF DIRECTING EXPERIENCE

THE ROYAL CENTRAL SCHOOL OF SPEECH & DRAMA

- "promiscuous/cities" by Lachlan Philpott | Assistant Director to Alyson Campbell | 2022

ENSO THEATRE ENSEMBLE

- "Much Ado" | Writer, Actor, Movement Director | 2019
- "Care of Trees" by E. Hunter Spreen | Director | 2018
- "The Romeo & Juliet Project" | Writer, Director | 2017
- "Pride & Prejudice: An Adaptation" | Writer, Director | 2016

SHAKING THE TREE THEATRE

- "Macbeth" by William Shakespeare | Assistant Director to Samantha Van Der Merwe | 2018

UTAH SHAKESPEARE FESTIVAL

- "King John" by William Shakespeare | Assistant Director to Robynn Rodriguez | 2013
- "Peter & the Starcatcher" | Assistant Director to Brian Vaughn | 2013

SELECTION OF TEACHING EXPERIENCE

UNIVERSITY OF PORTLAND | 2024

- Befriending Burnout & Sustaining Love for Your Creative Work

ROSE BRUFORD COLLEGE | 2022 - 2023

- 10-week class "Performing the Self"
- Grind No More: Cultivating Rest & Love in Actor Training (3 workshops)
- Co-facilitated B.A. acting students' showcase of devised works

TIGARD HIGH SCHOOL | 2023 - 2024

- Frantic Assembly Devising (Workshop Series)
- Consent & Intimacy Coaching, "The Book of Will"
- Consent & Intimacy Coaching, "Head Over Heels"

SELECTION OF OTHER EXPERIENCE

FOUNDER & ARTISTIC/MANAGING DIRECTOR

Enso Theatre Ensemble | Nov 2015 - Present

References Available Upon Request

ADDITIONAL SKILLS

Great with kids
Dance / movement: basic ballet, jazz, modern
Tumbling: Cartwheels, handstands
Red-nose clown
Accents: RP
Filming & video editing

PERSONAL SKILLS

Reflective listening
Asks questions for clarity
Organized
Creative problem-solving
Mindfulness & compassion

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