

CAITLIN LUSHINGTON

THEATRE EDUCATOR & PRACTITIONER

EDUCATION

MASTER OF FINE ARTS | 2023

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

B.A IN DRAMA | 2013

University of California, Irvine
Honors in Acting
Honors in Directing

RESEARCH

“Grind No More: Cultivating
Rest & Love in Actor Training” |
MFA Thesis

This thesis explores socio-cultural contributors to student burnout in actor training, I also argued for the integration of a 'love ethic' in higher education actor training as a response to the pervasiveness of student burnout.

AWARDS

Nominated Best Director for
“The Romeo & Juliet Project”
Broadway World
Phi Beta Kappa | UC Irvine
Magna cum Laude | UC Irvine
Chancellor's Award | UC Irvine
Dean's Honors List | UC Irvine
Excellence in Academic Writing
for essay, “Becoming Mindful
of the Gap”

TEACHING & COACHING

ROSE BRUFORD COLLEGE | 2022 - 2023

- 10-week class "Performing the Self"
 - Taught devising techniques to support students' creation of solo performances, working from personal material of their choice.
 - Students also learned how to safely work with personal experiences in their work.
- Grind No More: Cultivating Rest & Love in Actor Training (3 workshops)
 - Three 'restshops' undertaken as part of my MFA research, exploring student burnout in actor training.
- Co-facilitated B.A. acting students' showcase of devised works

THE ACTORS CONSERVATORY | 2023 - 2024

- Faculty: “Professional Orientation” (Fall 2024)
- Befriending Burnout & Sustaining Love for Your Creative Work (Workshop | 2023)

ROYAL CENTRAL SCHOOL OF SPEECH & DRAMA | 2022

- Introduction to Viewpoints Technique workshop for M.A. acting students

UNIVERSITY OF PORTLAND | 2024

- Befriending Burnout & Sustaining Love for Your Creative Work

LEWIS & CLARK COLLEGE | 2024

- Befriending Burnout & Sustaining Love for Your Creative Work

TIGARD HIGH SCHOOL | 2023 - 2024

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

OREGON STATE THESPIAN FESTIVAL | 2024

- Befriending Burnout & Sustaining Love for Your Creative Work
 - For high school theatre teachers
- Frantic Assembly Devising Workshops
 - For high school students

CAITLIN COACHES | 2022 - PRESENT

- Coaching for actors, creatives & educators offered online and in-person

SHAKING THE TREE THEATRE | 2017 - 2018

- Beginning Acting classes for ages 5 - 8 using "Treasure Forest" by Cat Bordhi as source material for devising performance

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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

PERSONAL SKILLS

Reflective listening

Asks questions for clarity

Organized

Creative problem-solving

Mindfulness & compassion

CONTACT

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E: caitlinlushington@gmail.com

www.caitlinlushington.com

TEACHING (CONTINUED)

CHILDREN'S ADVOCACY CENTER | 2015

- Intro to Acting workshops for disadvantaged kids ages 6 - 18

ENSO THEATRE ENSEMBLE | 2016 - 2020

- Taught workshops ages 13 - 18
 - Mindfulness & Meditation
 - Shakespeare Text Analysis
 - Mindful Audition Techniques
 - The Business of Show Biz
- Taught classes ages 13 - 18
 - The Director's Notebook, IB
 - Viewpoints & Composition
 - Shakespeare Text Analysis & Performance
 - Frantic Assembly devising techniques
- Taught children's acting class ages 2 - 6

OREGON CONSERVATORY OF PERFORMING ARTS | 2014 - 2015

- Intermediate Acting for ages 13 - 18 using my adaptation of "Pride & Prejudice" by Jane Austen

CASTRO VALLEY DRAMATIC ARTS ACADEMY | 2009 - 2018

- Shakespeare Text Analysis ages 15 - 20
 - Viewpoints & Character Lead Points
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DIRECTING

THE ROYAL CENTRAL SCHOOL OF SPEECH & DRAMA

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

ROSE BRUFORD COLLEGE

- "Somewhere in England" by Steve Dykes | Assistant Director to Steve Dykes | 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

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DIRECTING (CONTINUED)

THIRD RAIL REPERTORY THEATRE

- "Or" by Liz Duffy Adams | Assistant Director to Philip Cuomo | 2015

UTAH SHAKESPEARE FESTIVAL

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

UNIVERSITY OF CALIFORNIA, IRVINE

- "Gruesome Playground Injuries" by Rajiv Joseph | Director | 2013
 - "Macbeth" by William Shakespeare | Director | 2011
 - "Talking With" by Jane Martin | Director | 2010
 - "The Crucible" by Arthur Miller | Assistant Director to Beth Lopes | 2011
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ACTING

ENSO THEATRE ENSEMBLE

- Beatrice | "Much Ado" adapted from Shakespeare's "Much Ado About Nothing" by Caitlin Lushington, Madeline Shier & Helena Fisher-Welsh | dir. Ray Nokes-Borge | 2019

SPECULATIVE DRAMA

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

THIRD RAIL REPERTORY MENTORSHIP COMPANY

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

SAN FRANCISCO FRINGE FESTIVAL

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

ASHLAND NEW PLAYS FESTIVAL

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

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

PROFESSIONAL SKILLS

Online Learning Environments
(Brightspace)
Teaching & curriculum building
SEO
Copywriting
Video editing & filming
FinalCut Pro X
Canva
Wordpress, Weebly &
Squarespace
Square
Quickbooks

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References Available Upon Request

ACTING (CONTINUED)

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

ARTISTIC/MANAGING DIRECTOR | 2015 - PRESENT

Enso Theatre Ensemble

- Co-Founder with Jordan Mackey
- Producer of 9 professional productions
- Director/Movement-Director of 4 professional productions
- Creates curriculum for classes
- Mentor for Student Director Mentorship program
- Manages day-to-day company operations

OTHER EXPERIENCE

RESOUND NW | 2024

- Studio Administrator & Facilities Manager

TEA BARISTA, SALES, & WORKSHOP LEADER

- Cup of Tea | 2023
- The Tea Heaven | 2023
- Bird & Blend Tea Co. | 2022 - 2023

ENSO THEATRE ENSEMBLE | 2015 - PRESENT

- Managing Director
 - Marketing, Grant Writing, Bookkeeping

FOURANDHALF INC. | 2018 - 2021; 2023

- Marketing Manager & Website Developer