

Caitlin Lushington

September 2024

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EDUCATION

Royal Central School of Speech & Drama, London, UK

MFA in Actor Training & Coaching, December 2023

Awarded with Distinction

Studied with Anne Bogart (Viewpoints), Jay Paul Skelton (Overlie's Viewpoints), Oleg Mirochnikov (Vahktangov), Funlola Olufunwa (Michael Chekhov), Steve Hudson (Meyerhold), Siiri Scott, Andrei Biziorek (Demidov), Laura Weston (Laban), Helen Iskander (Lecoq), Mel Churcher (Screen Acting), Ian Morgan (Grotowski), Kristine Landon-Smith (Intracultural Acting), Adam Wallis (Fitzmaurice Voice)

University of California, Irvine

BA in Drama, June 2013

Honors in Acting; Honors in Directing

Magna Cum Laude, Phi Beta Kappa, Chancellor's Award, Dean's Honors List

Studied with Robert Cohen, Keith Fowler, Phil Thompson, Cynthia Bassham

Additional Education & Training

Self-Taping Audition Technique, The Actors Conservatory | 2024

Theatre Communications Group: *Theatre for Activism: Charge Up* | 2023

Me & White Supremacy Discussion Group | 2020

Mental Health First Aid | 2023

Yoga Refuge 200-hr Teacher Training | 2021

Theatrical Intimacy Education: Best Practices, Consent in the Acting Classroom | 2020-21

Mindfulness for Youth-Serving Professionals | 2019

Frantic Assembly International Summer Intensive | 2019

Third Rail Repertory Mentorship | 2015 - 2016

British American Dramatic Academy | 2012

Circle in the Square Summer Conservatory | 2010

TEACHING EXPERIENCE

Faculty Positions

The Actors Conservatory | Portland OR

Professional Orientation | 2024

I teach diverse skillsets crucial to navigating the theatre industry with resilience and clarity, including marketing & networking, nervous system regulation, goal-setting, and disrupting harmful narratives from systems of dominance.

Instructor & Visiting Lecturer Positions

The Actors Conservatory | Portland, OR

Beginning Acting | 2024

Rose Bruford College | London, UK

Performing the Self | 2022

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.

Tigard High School | Tigard, OR

Frantic Assembly Devising Technique | 2019, 2023, 2024

Consent & Intimacy Coaching, *The Book of Will* | 2023

Consent & Intimacy Coaching, *Head Over Heels* | 2024

Oregon Conservatory of Performing Arts | Medford, OR

Intermediate Acting for Teens | 2014 - 2015

Scene-study using my adaptation of *Pride & Prejudice* by Jane Austen

Northwest Children's Theatre | Portland, OR

Beginning Acting | 2017

For ages 7 - 13 culminating in a performance of *Alice in Wonderland*

Castro Valley Dramatic Arts Academy | Castro Valley, CA

Shakespeare Text Analysis for Teens | 2009 - 2018

Viewpoints & Character Lead Points for Teens | 2009 - 2018

Shaking The Tree Theatre | Portland, OR

Beginning Acting | 2017-18

Devising with ages 5-8 using *Treasure Forest* by Cat Bordhi as source material

Enso Theatre Ensemble | Portland, OR

Theatre For Kids! | 2016 - 2020

Dynamic class for ages 2-6 using my character *The Word Elf*

Coaching & Workshops

Rose Bruford College | London, UK

What Actors Need to Know About Their Nervous System | 2024

Workshop exploring why rest can feel scary or challenging for actors, understood through the lens of our nervous system.

Grind No More: Cultivating Rest & Love in Actor Training | 2023

Three 'restshops' undertaken as part of my MFA research, exploring student burnout in actor training

The Actors Conservatory | Portland, OR

Befriending Burnout & Sustaining Love for your Creative Work | 2023 - 2024

This 'restshop' built on my MFA research and offered cultural context for burnout alongside strategies for resilience & wellbeing.

Royal Central School of Speech & Drama | London, UK
Introduction to Viewpoints Technique for MA actors | 2023

University of Portland | Portland, OR
Befriending Burnout & Sustaining Love for your Creative Work | 2024

Lewis & Clark College | Portland, OR
Befriending Burnout & Sustaining Love for your Creative Work | 2024

Oregon State Thespian Festival | Salem, OR
Befriending Burnout & Sustaining Love for Your Creative Work | 2024
A 'restshop' for high school theatre teachers, examining the contributions & strategies for navigating burnout amongst theatre educators
Frantic Assembly Devising Technique for Teens | 2024

Enso Theatre Ensemble | Portland, OR
Mindfulness & Meditation | 2017
Shakespeare Text Analysis & Performance | 2017
Taught for Cleveland & Wilson High School students
Mindful Audition Technique | 2018
Explored integrating mindfulness practices & philosophy into audition approaches
The Business of Show Biz | 2017
Taught for Cleveland High School students
The Director's Notebook, IB | 2018
Taught for Cleveland High School students
Viewpoints & Composition | 2019
Taught for Cleveland High School students
Frantic Assembly Devising Technique | 2019
Taught for Cleveland High School students

Children's Advocacy Center | Medford, OR
Introduction to Acting | 2015
Workshops for disadvantaged & traumatized children ages 6 - 18

Caitlin Coaches | Portland, OR | www.caitlinlushington.com
Coaching for actors, creatives & educators | 2022 - PRESENT

LEADERSHIP EXPERIENCE

Co-Founder & Artistic/Managing Director | 2015 - 2021
Enso Theatre Ensemble
Produced 9 professional productions
Director or Movement/Director of 4 professional productions
Created curriculum for classes
Developed & served as mentor for Student Director Mentorship
Managed day-to-day operations

DIRECTING EXPERIENCE

<i>promiscuous / cities*</i> Lachlan Philpott	Royal Central School of Speech & Drama
<i>Somewhere in England*</i> Steve Dykes	Royal Central School of Speech & Drama
<i>Much Ado**</i> Shakespeare w/ensemble adaptations	Enso Theatre Ensemble
<i>Care of Trees</i> E. Hunter Spreen	Enso Theatre Ensemble
<i>The Romeo & Juliet Project</i> William Shakespeare	Enso Theatre Ensemble
<i>Pride & Prejudice: An Adaptation</i> Caitlin Lushington	Enso Theatre Ensemble
<i>Macbeth*</i> William Shakespeare	Shaking the Tree Theatre
<i>Or*</i> Liz Duffy Adams	Third Rail Repertory Theatre
<i>King John*</i> William Shakespeare	Utah Shakespeare Festival
<i>Peter & the Starcatcher*</i> Rick Elice	Utah Shakespeare Festival
<i>Gruesome Playground Injuries</i> Rajiv Joseph	University of California, Irvine
<i>Macbeth</i> William Shakespeare	University of California, Irvine
<i>Talking With</i> Jane Martin	University of California, Irvine
<i>The Crucible*</i> Arthur Miller	University of California, Irvine

*Assistant Director

**Movement Director

ACTING EXPERIENCE

<i>Much Ado</i>	Beatrice	Enso Theatre Ensemble	Ray Nokes-Borge
<i>As You Like It</i>	Rosalind	Speculative Drama	Michael O'Neil
<i>The Skriker</i>	Josie	Third Rail Rep. Mentorship	Chelsea Burwasser
<i>Luna Noctiluca</i>	Salome	San Francisco Fringe Festival	Brooke Silva/Scott Dare
<i>Irreversible</i>	Jean	Ashland New Plays Festival	Cate Davis
<i>Let It Fang</i>	Annelise	Readers Theatre Repertory	David Berkson
<i>The Turn of the Screw</i>	Governess	Readers Theatre Repertory	David Berkson
<i>The Misanthrope</i>	Celimene	University of California, Irvine	Keith Fowler
<i>Mercury Fur</i>	Party Piece	University of California, Irvine	Michelle Mauer
<i>The Unbearable Lightness...</i>	Sabina	University of California, Irvine	Shannon Ferrante
<i>Picasso at the Lapin Agile</i>	Sagot	University of California, Irvine	Grant Markin
<i>Bash</i>	Woman	University of California, Irvine	Chris Deacon
<i>The Complete History of America, Abridged</i>	Ensemble	University of California, Irvine	Michelle Mauer

RESEARCH

Grind No More: Cultivating Rest & Love in Actor Training | MFA Thesis | 2023

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

Breath is a Bridge: Uniting the Physical & Vocal Viewpoints | 2023

This presentation, given at the Royal Central School of Speech & Drama, argues that breath could be the tenth viewpoint amongst Anne Bogart's nine viewpoints, as articulated in her text *The Viewpoints Book*. Through the use of pranayama yogic techniques, breath can be used to help students integrate the physical and vocal viewpoints.

Gaming the Play: How Role-Playing Games (RPGs) can have a Role in Actor Training | 2023

This research explores the ways aspects of table-top role-playing games may be used to support inclusivity and accessibility in higher education actor training. It calls for future research to

examine the popularity of TTRPGs in mainstream media as a growing market for actors entering the professional field.

GRANTS & AWARDS

- 2020 Oregon Cultural Trust CARES Grant | Enso Theatre Ensemble (ETE)
- 2019 Mary Brand Award | Operating; Student Director Mentorship | ETE
- 2018 Regional Arts & Cultural Council | *Care of Trees* | ETE
- 2017 Multnomah County Cultural Coalition | *The Romeo & Juliet Project* | ETE
- 2017 Broadway World | Nominated Best Director for *The Romeo & Juliet Project*