

# Sheila McNellis Asato

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## PROFESSIONAL EXPERIENCE

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- Current**
- Monkey Bridge Arts** (1994 - Present) **Director and founder** - MBA is a Center dedicated to the growth, transformation and healing through the arts, dreaming and creative spirituality
  - University of Minnesota, Center for Spirituality and Healing** – Lecturer, 2012 - Present
  - American School in Japan (Tokyo) – Artist-in-Residence, Summer Passport Program** (2013 - Present)
  - Minnesota Center for the Book Arts** (2011 - Present) **Faculty** – Teach courses on the creative process, design, color theory, drawing and Japanese paper arts, as well as facilitator of the Japan America Arts Forum.
  - Pathways** (2010 - Present) **Embodied Imagination Coach** - A health crisis resource center for people facing illness and caregivers
  - Shepell-FGI** (2000 - Present) **Cross-Cultural Trainer** - Providing customized training in cross-cultural psychology and communication
  - Brookfield Global Relocation Services** (2013 - present) Cross-cultural training – Japan consultant
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- Past**
- Minnesota State Arts Board – Advisory panel member** for Partners in Art program (2014)
  - Penny George Institute for Health and Healing, Abbott Northwestern Hospital**, (2007 - 2014), **Visual Arts Program Coordinator, Healing Arts Program and Adult Educator**– The Art of Healing program provides arts-based wellness intervention, education and supports the healing environment on an inpatient and out patient basis. Curate & hang exhibitions , facilitate healing arts groups for patients & staff and teach course on Healing collage<sup>sm</sup>, dreams, creativity and healing.
  - Association of Foreign Wives of Japanese, Board member** (2012 – 2014)
  - Wayside House** (2010 - 2012) **Embodied Imagination Coach** – Residential treatment center for women in recovery from addictions
  - International Association for the Study of Dreams** (2006 - 2009) **Board Member** - IASD is a non-profit, international, multidisciplinary organization dedicated to the pure and applied investigation of dreams and dreaming
  - Minnesota Jung Association** (2002 - 2005) **Board Member** and **Art Instructor**
  - Edina Art Center** (2000 - 2005) **Art Faculty** - Adult classes & workshops on drawing, watercolor, design & dreaming
  - Chiba Community College Program** (1992) **Art Instructor** - Color drawing for seniors new to art
  - Horie Community Center** (1991 - 1999) **Art Instructor** - Adult classes in drawing, watercolor, design and creative process.
  - Pacific Rim College** (1991-1993) **Art Faculty** – Graphic design program for Japanese and foreign students
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- EDUCATION**
- MN Center for Book Arts**, Book Arts, Core & Advanced Certificates, 2016
  - International Society for Embodied Imagination**, Embodiment Coach Certification, 2010
  - Saint Mary's University of MN**, M.A., Human Development with a focus on the role of the unconscious in arts, dreams & healing, 2006
  - Kokusai Kyoiku Gakuin**, Advanced studies in Japanese, 1991
  - Middlebury College**, Intensive Japanese Summer School Japanese Language, 1980 & 1983
  - Gustavus Adolphus College**, B.A. with Honors, Fine Arts and East Asian Studies, 1982
  - Boston Museum of Fine Arts School**, Japanese & Western approaches to watercolor and life drawing, 1981
  - Kansai University of Foreign Studies**, Japanese language and culture, 1979 - 1980

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<b>AWARDS</b>	2010	<b>Art on Park Award</b> , St. Mary's University of Minnesota
	2006	<b>International Student Research Award</b> , International Association for the Study of Dreams, Healing Collage <sup>sm</sup>
	1996,'93 & '91	<b>Honorable Mention</b> , Urayasu City Exhibition, Japan
	1995	<b>First Prize</b> , Sai's Exhibition, Urayasu, Japan
	1994	<b>Special Honorable Mention</b> , Urayasu City Exhibition, Japan
	1992	<b>Juror's Award</b> , WARM Annual Exhibition, MN, USA
	1991	<b>First Prize</b> , UFRA Logo Competition, Japan
	1991	<b>London Arts Council Award</b> , Responses Exhibition, London, UK
	1981 & 1982	<b>Academic Assistantship</b> , Gustavus Adolphus College, MN, USA

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## GUEST SPEAKER, WORKSHOP FACILITATOR & CONSULTANT

### CORPORATIONS

3M  
Cargill  
Donaldson Company  
EcoLab  
General Mills  
GMAC Financial Services  
Medtronic  
Nestle Corporation  
Raymond James  
St. Jude Medical  
Valspar Corporation  
Micron

### COMMUNITY ORGANIZATIONS

106 Summit Avenue Club  
Association of Global New Thought  
Employment Action Center  
Friendship Village  
Grief Project  
Holistic Nurses Association,  
Integrative Healers Consortium  
Institute for Tarotpy and Dreams (California)  
Minnesota Jung Association  
Minnesota Opera  
Minnesota Historical Society  
Rotary Club, South Metro Club, Bloomington, MN  
Restore 2008 Event - Aveda Institute  
Pathways, A Holistic Health Crisis Resource Center  
The Woman's Club of Minneapolis  
Unity Church in Golden Valley, MN  
Wooly Mammoth Men's Group  
WARM Fresh Art Program  
Wet Paint Art Supplies

### SCHOOLS

Cretin Derham High School, St. Paul, MN, USA  
Edina Public Schools, Girls Academy and Gifted Education, MN, USA  
Maple Grove High School – Japanese language program, MN, USA  
Metro University, St. Paul, MN, USA  
Osseo High School - English and Japanese programs, MN, USA  
St. Louis Park High School - English program  
University of Minnesota, Center for Spirituality and Healing, USA  
Visitation High School, St. Paul, MNI

### INTERNATIONAL

American School in Japan (ASIJ), Tokyo, Japan  
Association of Foreign Wives of Japanese, Japan  
Aum, Kyoto, Japan  
Chiba International Women's Forum, Japan  
Chiba Vocational Arts High School, Japan  
College Women's Association of Japan  
Foreign Nurses Association, Tokyo, Japan  
Gallery Umi, Narita City, Japan  
Hokubu Elementary School, Urayasu, Japan  
International Association for the Study of Dreams, Denmark, Canada & USA  
Kashiwa Community Center, Kashiwa, Japan  
Maihama Elementary School, Urayasu, Japan  
Murase Music School, Urayasu, Japan  
Nekozane Mini Book Gallery & Café, Urayasu, Japan  
Ozu Paper – Presidential Classroom Program in Tokyo, Japan  
Seikei University, Tokyo, Japan  
SWET – Society of Writers, Editors and Translators, Osaka, Japan  
Tokyo Urban Club, Japan  
Tomioka Community Center, Urayasu, Japan  
UIFA Lecture Series, Urayasu, Japan  
Unicorn Center, Tokyo, Japan  
Urayasu City Library, Urayasu, Japan

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## EXHIBITIONS

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### SOLO EXHIBITIONS

- 2013 **Urayasu Public Library**, 30<sup>th</sup> Anniversary Celebration, Urayasu, Japan
- 2011 **Institute for Health and Healing – Abbott Hospital**, Dreamscapes (Watercolor), Minneapolis, MN, USA
- 2011 **Institute for Health and Healing – Abbott Hospital**, Dreaming after Crisis (Photography), Minneapolis, MN, USA
- 2011 **Gallery Umi**, Narita, Japan
- 2010 **The Bookhouse** in Dinkytown, Mpls, MN, USA
- 2009 **St. Mary's University**, Mpls, MN, USA
- 2000 **FAIR School Gallery** Crystal, MN, USA
- 1997 **Nagoya City Hotel Gallery** Nagoya, Japan
- 1994 **Ozu Gallery** Tokyo, Japan
- 1992 **Tom Gallery** Narita City, Japan
- 1991 **Gallery Tanaka** Urayasu City, Japan
- 1989 **Hogarth Club** London, UK
- 1979 **Derham Hall** St. Paul, MN, USA
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### JURIED & INVITATIONAL EXHIBITIONS

- 2012 **Shin Jidai – Contemporary Japanese Book & Paper Arts**, MN Center for Book Arts, Mpls, MN, USA
- Sailing on a Sea of Dreams** – International Association for the Study of Dreams, Berkeley, CA, USA
- PSIBER Dreaming 2012 – The Eleventh Dimension**, IASD Psiber Drem Conference, Online Exhibition
- 2011 **PSIBER Dreaming 2011 – Perspectives on Lucid Dreaming**, IASD PSIBER Dream Conference, Online Exhibition  
<http://dreamtalk.hypermart.net/pdcartgallery2011/index.html>
- 2009 **Alumni Invitation Exhibition**, Hillstrom Museum, Gustavus Adolphus College, St. Peter, MN, USA
- IASD Dream Art Exhibition** Chicago, IL, USA
- 2000, '01, '02, '03 '04, '05
- Faculty Exhibition**, Edina Art Center, Edina, MN, USA
- 2000 **Pictures at an Exhibition Orchestra Hall with MN Orchestra**, USA
- IASD Dream Art Exhibition** Washington, D.C., USA
- Out of the Last Century**, Gustavus Adolphus College, MN, USA
- 1995 **The World's Women on-line**, Museum of Women in the Arts, D.C
- UN Conference on Women**, Beijing, China
- 1994 **Ohara International Watercolor Exhibit**, Chiba Prefecture, Japan
- 1992 **WARM Exhibition**, Minneapolis College of Art and Design Gallery MN, USA
- 1983 **Mentors & Protégés**, WARM Gallery, MN, USA
- 1982 **Kyoto Suimei Exhibition**, Kyoto Museum of Fine Arts, Japan
- GAC Exhibition**, Schaffer Gallery, MN, USA
- 1981 **Museum School Exhibition**, Boston Museum of Fine Arts School
- Kyoto Suimei Exhibition**, Kyoto Museum of Fine Arts, Japan
- 1980 **Best 100**, Minnesota Museum of Fine Arts, USA

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## GROUP EXHIBITIONS

- 2016 **MCBA Book Arts Certificate Program Exhibition**, MN Center for Book Arts, Minneapolis, MN, USA
- 1993 **WARM Scroll Exhibition** Minneapolis, MN, USA
- 1992 **McDonald and Asato's World**, Gallery Zin Urayasu City, Japan
- 1991 **Responses**, Avenue Kobe Gallery Kobe City, Japan  
**Beauty of the Japanese Line** Hirakata City, Japan
- 1990 **Responses** Small Mansion Art Center London, UK  
**Riverside Open** Fulham Palace, London, UK
- 1982 **McNellis & Bernthal** Schaffer Gallery, St. Peter, MN, USA
- 1993, '94, '95, '96 **Horie Culture Fest** Urayasu City, Japan
- 1991, '94 & '96 **Urayasu City Exhibition** Urayasu City, Japan
- 1992 & '93 **Art Space Exhibition** Urayasu City, Japan

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## BIBLIOGRAPHY

### ART REVIEWS

- 11/2011 **Made in Slant** Sheila Asato Captures Dreams in the Book Arts, [www.madeinslant.com](http://www.madeinslant.com)
- 9/1992 **WARM News** 13th Annual Exhibition
- 4/1992 **SNU TV** Urayasu, Japan
- 5/1991 **Chiba Television Town Guide**, Chiba, Japan
- 5/30/1991 **Urayasu Times** The Spirit of Japanese Calligraphy in Painting
- 11/17/1990 **Yomiuri Daily News** Three Artists Hold Dream Exhibition
- 11/1983 **Minneapolis St. Paul Magazine** Artists as Mentors
- 11/1983 **Minneapolis Star & Tribune** Exhibition Review - Warm Mentor Protege Exhibition

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### INTERVIEWS

- Fall, 2015 **Dreamtime Magazine**, Amazing Dreamers – Interview with Sheila Asato
- 10/2012 **VoiceAmerica Radio with Dr. Marcia Emery**, Embodied Dreaming - [http://www.drmarciaemery.com/guest\\_Sheila\\_McNellis\\_Asato.htm](http://www.drmarciaemery.com/guest_Sheila_McNellis_Asato.htm)
- 5/2012 **KFAI Radio**, Minneapolis, MN - <http://www.prx.org/pieces/79516-sheila-asato-uses-art-as-trauma-therapy>
- 4/2012 **VoiceAmerica Radio with Dr. Marcia Emery**, Embodying Creativity & Healing in Dreams & Art -  
- <http://www.drmarciaemery.com>
- 9/2011 **Edina Magazine**, Sheila Asato: Dreamworker in Japan  
- <http://edinamag.com/article/edina-dream-specialist/sheila-asato-dream-worker-japan>
- 4/1994 **Urayasu News** Love Letter from Papa, Book Review and Interview
- 5/1994 **Urayasu Newspaper** Love Letter from Papa, Book Review and Interview
- 9/1993 **Community Magazine** Living in Japan
- 2/1992 **Nenkin to Jutaku Magazine** Round Table Discussion
- 3/24/1992 **Sankei Newspaper** Protege Holds Mentor's Exhibition
- 5/1992 **New Family News** Urayasu People, Asato
- 7/1992 **JJ Magazine** A Special Teacher (Pacific Rim College Arts Program)
- 2/1991 **Daiei Shopper's News** Spotlight You, Sheila Asato
- 3/24/1991 **Urayasu Newspaper** American Artist, Sheila Asato
- 4/1991 **Chiba TV** Town Guide
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## DOCUMENTARY

1991 **Artline Films** Responses Project, Japan/UK Festival, London

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## WRITING

2014 **Dreamtime Magazine**, Article on how to make your own dream journal  
2013 **Live Well Blog**, Penny George Institute for Health and Healing, Abbott Hospital  
2012 **Encyclopedia of Sleep and Dreams** edited by Deirdre Barrett and Patrick McNamara, Entry – Endometriosis Pain and Dreaming  
2011-present **AFWJ Journal**, Column – This Embodied Life, Japan  
2004 **Multiplicity for Millions: The Art & History of Rubber Stamps**, Introductory essay, Minnesota Center for Book Arts  
1995 **Article on the history of paper**, Far East Traveler Magazine, Tokyo, Japan

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## MAGAZINE COVERS

2014 **Dreamtime Magazine**, International Association for the Study of Dreams, Watercolor Meander Book  
2013 **AFWJournal**, Scratchboard Drawing

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## SKILLS

- **Facilitation & Education** - Visual arts, book arts, dreaming, creativity, dreaming, Japanese culture & language, cross-cultural psychology & communication, creative writing and depth psychology
  - **Creative Mentor** - Individualized creative work, dreaming, Healing Collage<sup>sm</sup>, and Embodied Imagination coaching
  - **Embodied Imagination Work** – Facilitation of dream exploration through the body for health and/or creative development
  - **Cross Cultural Training** - Cross-cultural psychology and communication with a specialization in Japan - US relations
  - **Bilingual** in English and Japanese
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## MEMBERSHIP

- **Minneapolis Woman's Club** - [www.womansclub.org](http://www.womansclub.org)
  - **International Association for the Study of Dreams** – [www.asdreams.org](http://www.asdreams.org)
  - **Midwest Arts in Healthcare Network** - [www.maihn.org](http://www.maihn.org)
  - **Association of Foreign Wives of Japanese** – [www.afwj.org](http://www.afwj.org)
  - **Minnesota Center for the Book Arts** – [www.mnbookarts.org](http://www.mnbookarts.org)
  - **Japan America Society of Minnesota** – [www.mn-japan.org](http://www.mn-japan.org)
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## PERSONAL

Avid reader

Lover of Japanese films and dramas

Married for three decades with two sons, a daughter-in-law and grandson

Passionate amateur dancer - Ballroom and Latin

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## DREAM RELATED TRAINING

In 2010, I completed a three-year certification program in embodied dreamwork with **Robert Bosnak and Jill Fischer** at **International Society for Embodied Imagination** in Los Angeles. In 2006, I completed an **M.A. in Human Development from St. Mary's University of Minnesota**. The focus of my graduate program was on the research, development and facilitation of imagework as a means of personal growth, spiritual development and healing. I am especially interested in the transformative role imagery in dreaming and art plays in the development of the whole person throughout the life span. In addition to my work at St. Mary's, I have **attended numerous international IASD conferences and two regional IASD conferences**, where I have studied with the top dream experts in the world. I have also studied dreaming with **Kiyomi Saotome**, a Jungian analyst and author in Japan and at the Minnesota Jung Association.

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## DREAM WORKSHOPS

2016	AFWJ Convention, Dream Theater, Tsukuba, Japan Unicorn Center, Tokyo, Japan	2007	Penny George Institute, Abbott Hospital, Mpls, MN, USA MAGNT – Minnesota Association for Global New Thought IASD Conference, Sonoma, CA
2014	Literature, dreaming & book arts, ASIJ, Tokyo, Japan IASD Conference, Berkeley, CA, USA AFWJ Convention, Hakuba, Japan Penny George Institute, Abbott Hospital, Mpls, MN, USA	2007	Dream Workshops & Retreats, Monkey Bridge Arts IASD Conference, Berkeley, CA, USA Edina Art Center
2013	Dream artist in residence, ASIJ, Tokyo, Japan IASD Regional, Tokyo, Japan Dream Artist in Residence, Visitation School, Mendota, MN	2006	IASD Regional Conference, MN, USA IASD Conference, Bridgewater, MA, USA MN Jung Association
2012	IASD Conference, Berkeley, CA, USA Hokubo Elementary School, Urayasu, Japan AFWJ Convention Workshop, Takamatsu, Japan Foreign Nurses Association, Tokyo, Japan College Women's Association of Japan, Tokyo, Japan	2005	Dream Workshops & Retreats, Monkey Bridge Arts IASD Conference, Berkeley, CA, USA Edina Art Center Girls Academy, Edina Public Schools
2011	IASD Regional Conference, Los Angeles, CA, USA Hokubo Elementary School, Urayasu, Japan Ministry of Education Arts High School, Chiba, Japan AFWJ Convention Workshop, Tokyo, Japan Foreign Nurses Association, Tokyo, Japan	2004	Minnesota Jung Association IASD Conference, Copenhagen, Denmark IASD Regional Conference, Pittsburgh, PA, USA
2010	IASD Conference, North Carolina, USA	2003	WARM Fresh Art Program
2009	IASD Conference, Chicago, USA IASD Regional Conference, Chicago, USA	2002	Girls Academy, Edina Public Schools WARM Fresh Art Program
2008	IASD Conference, Montreal, Canada	2000	WARM Fresh Art Program
		1998	Association of Foreign Wives of Japanese Conference

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## SPECIFIC METHODS

I am an artist, cross-cultural trainer and Japan specialist. In addition to graduate work in the areas of dreaming, creativity and healing, I am also an embodied imagination coach. As a result of my eclectic background, I take a broad approach to imagery in the arts and dreams, treating the creative imagination as a real place with its own unique language, customs and geography. Most imaginal experiences can never be translated into waking life, but through the body, the arts and dreaming we are able to invite the transformative energies of the imagination into the world, invigorating the creative process while enriching our lives. I believe that this helps us become more healthy and whole.

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