

# SHANNON HARRIS

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## WORK EXPERIENCE

### ENGLEWOOD MENTAL HEALTH CLINIC/CITY OF CHICAGO

#### WELLNESS FACILITATOR/EDUCATOR

2024

- Create and implement weekly community health programs for 220 active patients and clinicians
- Meet with clinicians to determine client needs
- Research and development of wellness strategy plans for Englewood community members
- Cultivate partnerships across business entities and Englewood organizations
- Offer programming to four additional City of Chicago mental health clinics

### CITY OF CHICAGO/DCASE

#### ARTS AND COMMUNITY HEALTH PILOT PROGRAM

2023-PRESENT

- Awarded scholarship to Malcolm X College for Community Health Workers Certification Program
- Completed required courses in mental health first aid and art therapy
- Obtained mental health first aider certification
- Will obtain opioid first responder training

### AFRIFUTRINITY: QUANTUM COSMIC FUTURES™

#### IMMERSIVE AUDIO SOUND BOOK

2022-PRESENT

- Create an Immersive Audio Songbook© Series reaching thousands of listeners
- Train educators to teach immersive social, emotional, learning curriculum focused on the intersection of science, nutrition, energy, and wellness using immersive learning tools and pedagogy
- Curated 5 immersive educational self development experiences for Carnegie Hall's Afrofuturism Festival
- Created a multi-genre experience based online learning experience entitled 'Activating Your Inner Avatar'
- Design multiple audio scores, sound designs, and sonic imaging to align with live pedagogies of inner awareness
- Developed original sound design and audio scoring
- Wrote original story content & performed lead role Command Pilot 020273
- Responsible for all pre/post production, editing, recording, mixing and master engineering
- Bilingual curriculum designer

### PORTABLE GRAY MAGAZINE

#### FEATURED SOUND ARTIST

2019

- - Featured in the second edition of the Gray Center for Arts and Inquiry Portable Gray Magazine entitled "Noise Nomads". Participated in an interview by Ytasha Womack called Soul Rotations: Healing Music with Shannon Harris.

### AUDIO PHARMACOLOGY™

#### WELLNESS ENTRAINER/EDUCATOR

2012-PRESENT

- Create and design mental wellness brain/body entrainment programs/code for the following companies: Connect the Mind, Brain Tap, and Made for Joy™
- Curate communal, personal, and professional wellness events for Englewood Mental Health Clinic, University of Chicago's Gray and Logan Center, Cook County Forest Preserve, City of Chicago, Adler Planetarium, Garfield Park Conservatory, Ox Bow School of the Art's, Harvey Illinois School District, Peace House - Englewood, Uplift

High School, Graves Elementary, Francis W. Parker, Catholic Charities, South Side Occupational Academy, Bakers College Prep, Golden Avatar Academy - India, Sakeri Primary School - Kenya, Mind & Body Bold Festival - San Jose, Bhakti Fest - California, and Sedona Yoga Festival - Arizona

- Participate in sound/energy therapy research and development for the Medical Sound Association and Bigelsen Academy
- Developed Audio Pharmacology™ Playshop© STEM courses for students and adults at 10 academic institutions.
- Offered clinical based sound, light, heat, and movement therapy sessions for 1200 clients
- Sound therapy instruments developer
- Owner and operator of two trademarks: Audio Pharmacology™ and Frequency As A Pharmacy™

## Education

- Western Illinois University – B.S. in Computer Science - 1996
- Berklee College of Music - Music Therapy Certification - 2020
- Malcolm X College - CHW Certificate, Mental Health First Aider Certification, Opioid First Responder Certification - 2023 - 2024

## Skills

Wellness facilitation, meditation, nutrition, sound therapy, mindfulness, Qi Gong, yoga, breath-work, conflict resolution, brain entrainment, nutrition, sound engineering, audio mixing, audio mastering, music composition/arrangement, recording engineering, field engineering, archiving, documentation, Ableton Live, Pro Tools, Adobe Suite, Sound Devices, Kontakt, HTML, Wordpress, C++, C, Cobal, Fortran, Basic, MS-DOS, analog and electronic instruments, MIDI, IMovie, Final Cut Pro, Microsoft Office Suite, Google Drive, Windows, MAC OS, Android, IOS, Unix, Linux, Sun Microsystems, HTML, Word Press

## Awards/Accomplishments

**2024:** Winner of the DCASE Arts and Community Health Worker Pilot Program, **2022:** My Immersive Audio Songbook, AfriFuTrinity:Quantum Cosmic Futures© was selected as a part of the Carnegie Hall Afrofuturism Festival, **2022:** trademarked a second proprietary clinical sound science protocol, Frequency As A Pharmacy™, **2019:** Dark Matters Series Artist Residency winner, featured performer at Fulton Recital Hall for the Gray Center for Arts and Inquiry Portable Gray Magazine, **2017:** winning Best Experimental Film at the Collected Voices Film Fest for scoring the music for the Afrofuturism short film, 'A Love letter to the Ancestors from Chicago', **2014:** trademarked/patented proprietary clinical sound science protocol Audio Pharmacology™, **2012:** appeared in the PBS documentary 'Color Blind: Rethinking Race', **2009:** received the Embassy of the United States Cultural Diplomacy Award in France, **1998:** 2nd place Chicago Metro Mix DJ competition winner