

Sheila K. Collins, PhD. is a writer, dancer, social worker, and improvisational performance artist. She currently directs the Wing and A Prayer Pittsburgh Players, an InterPlay-based performance troupe that assists human service agencies to accomplish their noble purposes in the Pittsburgh community. Sheila wrote about the power of play, dance, and the expressive arts in her book, *Stillpoint: The Dance of Selfcaring Selfhealing, a playbook for people who do caring work* and now, on her blog *Dancing With Everything* which is on her website, www.sheilakcollins.com. Her new book, *Warrior Mother: Fierce Love, Unbearable Loss and the Rituals That Heal* published by She Writes Press will be released August 28, 2013.