

Ruth Xilomen Rios

Senior Lecturer, Marital and Family Therapy/Art Therapy at Loyola Marymount University

Los Angeles, CA, US

Senior Lecturer of Marital and Family Therapy/Art Therapy

Biography

A Los Angeles native, Ruth Xilomen Rios is an Artist, Board Certified Art Therapist and Licensed Marital and Family Therapist. She is also an Art Therapy Credentialed Supervisor. She holds a Bachelor's Degree in Fine Arts from the University of California Santa Cruz, a Master's Degree in Marital and Family Therapy/Clinical Art Therapy from Loyola Marymount University, and a Master's Degree in Fine Arts from Art Center College of Design. Xilomen has worked at non-profit organizations providing bilingual field-based services to low-income communities, cultivating a specialty in trauma with children and immigrant communities. Her approach incorporates evidence-based modalities, a mind-body integrative approach, and a culturally sensitive perspective. She has worked as a teaching artist in gallery and studio settings as well as in juvenile hall, facilitated art therapy workshops in community settings, and developed new internship opportunities for undergraduate art students. Currently, she collaborates as a school-based art-therapist with Cedars-Sinai, Share & Care. She provides art therapy supervision as part-time faculty at Loyola Marymount University and serves as Chair of LMU's Active Cultural Explorations Committee. Xilomen sits on the Art Therapy Credentials Board as a director. She also sees clients in private practice and makes art. Her artwork reveals personal histories of mixed heritage, a commitment to social practice, and an interest in the role of art in education and research. Her artwork has been exhibited and published nationally and internationally.

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