

# Carla Christina Contreras – Curriculum Vitae - Film & Television

**Lee Strasberg Theatre Institute**, West Hollywood; *acting / movement / dance / fencing / singing*  
**California State University**, Long Beach - *BS, Finance*  
**Income Builders International** Graduate – 706, 906, 1206 Certified Entrepreneur

## Member:

SAG-AFTRA; Member & Local Vice President, Convention Delegate, Board of Director  
Women in Film & Television; former board member  
TN Women in Film & Media

## Co-Founder:

Actors Alliance; Nashville Film / Video Association  
Actor-Com; FilmNashville / Film-Com  
CCC's Script to Screen; Professional Actors Table Readings for Screenwriters  
Let's Talk – And see where the conversation goes

## Teaching:

Private Acting Coach  
Acting for Directors, Nashville Film Institute 2011-2013  
Directing the Actor, Nashville Film Institute 2011-2013  
Casting the Actor, Nashville Film Institute 2011-2013

## Writing:

Clint the Black Cat, Children's Book – <http://www.clinttheblackcat.com>, 2000  
The Dealership – Situation Comedy for Television – Pitching now  
Surviving Siblings – Novel, Work in Progress  
Uncle Ron's Ashes – Feature Film, Work in Progress

## Grant Awards:

TAC – Professional Artist Development Grant - 2006  
Nashville Business Incubation Center Business Plan University Grant – 2008  
TAC – Professional Artist Development Grant - 2009  
PERISCOPE: Rural Artist Development Grant 2022

## Acting Awards & Nominations:

2022 Stareable Fest L.A.; Incognita's Infamous Adventures – Nomination / Best Web Series  
2021 Orlando Film Festival; Incognita's Infamous Adventures – Winner / Best Web Series  
2018 54 Film Festival; Diamond in the Rough – Lead Actress, Winner/Runner Up  
2018 Nashville Film Festival; The Secrets Society – Best Actress, Winner  
2017 54 Film Fest; Bound and Bagged – Best Supporting Actress, Nominee  
2017 The 48 Hour Film Project; Last Ride – Best Actress, Nominee  
2016 54 Film Fest; Watch the Skies – Best Actress, Nominee  
2015 54 Film Fest; Like Father Like Son – Best Actress, Nominee  
2014 54 Film Fest; Static – Best Actress, Honorable Mention

## Other (*specific*) Training:

1963-1967 Art Linkletter Dance Studio; Jazz, Tap, Ballet  
1972-1975 Pine Junior High Pep Club; Dance & Cheer  
1975-1977 Los Alamitos High School; Drill Team  
1977-1978 Los Alamitos High School; Song Leader (Dance/Pom Pom Cheer Team)  
1985-1987 Lee Strasberg Theatre Institute; Dance & Choreography, Body Language & Scene Study  
2019 Miranda Harcourt Acting Coach (New Zealand); Movement, Feeling, Intimacy, Intuition

**Prerequisite Training for Intimacy Coordinating Completed/Registered (Paid):**

- 2022 Fit the Action to the Word: Laban's 8 Effort Actions in Choreography (June 21<sup>st</sup>)
- 2022 The In's & Out's of Riders: National Society of Intimacy Professionals (June 26<sup>th</sup>)
- 2022 Every Gesture Tells a Story: An Introduction to Physical Storytelling (June 27<sup>th</sup>)
- 2022 Dis/Connection: Subtle Shifts through Choreography (July 6<sup>th</sup>)
- 2022 Skills from the Laban/Bartenieff Movement (August 13-14<sup>th</sup>)
- 2022 Consent Forward Artist Certificate (August 12-14<sup>th</sup> NY)
- 2022 Intimacy & Improve (August 23<sup>rd</sup>)
- 2021 Foundations of Intimacy, Level 1; Intimacy Directors and Coordinators, Inc.
- 2021 Foundations of Intimacy, Level 2; Intimacy Directors and Coordinators, Inc.
- 2021 Bystander Intervention, Stop anti-Asian/American and xenophobic harassment; Hollyback!
- 2021 Bystander Intervention, Stop Police Sponsored Violence & Anti-Black Racist Harassment; Hollyback!
- 2021 101: Understanding Trans & Non-Binary Identities; Transgender Training Institute
- 2021 Supporting Trans Actors & Creatives; Transgender Training Institute

# Carla Christina Contreras

SAG-AFTRA

Height: 5'8" – Hair: Dark Brown – Eyes: Hazel – Body Type: Voluptuous/Full Figure

Talent Trek Agency: 615-279-0010

## TELEVISION

Nashville	Guest Star	LIONSGATE
Army Wives	Principal	ABC Studios / Lifetime
Following Her Heart	Co-Starring	NBC
America's Most Wanted	Co-Starring	FOX
Life Goes On (Pilot)	Principal	Warner Bros.
The Waltons	Featured-Regular	Lorimar Prods
Nightflight (Pilot)	Principal	Copeland/Zavad

## FILM

About My Father	Co-Starring	Lionsgate / Laura Terruso
The Secrets Society	Co-Starring	Paper Ghost Pictures / Motke Dapp
Why the Chicken Crossed the Road	Co-Starring	Let 'Em Fly Productions / John Hamlin
Diamonds in the Rough	Lead	Stormlight Pictures LLC / Logen Christopher
Last Ride	Lead	Strong Will Entertainment / Will Robbins
SNOW	Principal	Masters Program / Watkins Film School
Bound and Bagged	Principal	Collaborative Productions / Cody Rogers
STOLEN	Principal	Steampunk Lily Prods. / Marti King Young
A Song for Gideon	Principal	Bar Sinister Films / Scott Crain
Self Offense	Lead	7 Bridge Productions / Wendy Keeling
Summer Snow	Co-Starring	American Family Studios / Jeremy & Kendra White
Static	Lead	C7 Films / Sam Siske
Two Eggs	Principal	Winfrey Productions / Karen Carlson
Worm	Principal	Untrademarked Prods.
Loaded Behavior	Lead	Vanderbilt Film School
Stale Cake	Principal	MTSU Film Guild
Cuernos	Principal	Watkins Film Inst.
Last Call	Principal	Tempus Fugit Films
A Fathers Choice	Co-Starring	William Fain Prods.
Scare Me	Principal	Vanderbilt Film School
Seeking Mary	Principal	Watkins Film Inst.
Bittims Bites It	Principal	Watkins Film Inst.
Feds	Featured	Warner Bros.
Aids in the Latino Comm	Principal	UCLA Medical Media
Insufficient Funds	Principal	USC Graduate Films
Spaghetti Sunday	Principal	Columbia Film Institute
Arrival	Principal	UCLA Graduate Films

## WEB SERIES

Incognita's Infamous Adventures	Principal	Well Wishes Productions/Allie Sulton
Wonderboy	Principal	Steampunk Lily Prods./Marti King Young

## THEATER

Menopause Maidens	Snow White	GroundWorks Theatre / Nashville
Fairy Tale Confidential	Margaret	Nashville Theatre Company / Nashville
Till Death Does Its Part	Carlena Armani	The Mirage Hotel / Las Vegas
Plain Wrap Players	Founding Member	Comedy Improv / Hollywood
Dial M Murder Mysteries	Mistress of Murder	Dial M Mystery Productions / Burbank
All That Glitters	Sister Deception	Olio Theatre / Hollywood
Anything Goes	Reno Sweeney	Kentwood Players / Los Angeles
Sweet Charity	Helene	Kentwood Players / Los Angeles
Human Nature in E-Flat	Punk	Studio Stras / West Hollywood

## TRAINING:

Gary Austin (L.A.), Carol Fox Prescott (N.Y.), Lee Strasberg Theatre Institute (Mark Marno, Lelia Goldoni, Doug Dirkson), Bob Corff Performance Workshop (L.A.), Tracy Roberts Actors Studio (L.A.), Room for Theatre (Shakespeare) (L.A.), Bobby Hoffman (L.A.), Randal Hoey's Acting Workout (L.A.), Kathryn Daley (L.A.), Tepper-Gallegos (L.A.), Tina Van Horn, Tom Todoroff (N.Y.), Miranda Harcourt (New Zealand)

## Special Skills:

Improvisation, Singer, Dancer, Cowboy Poet, Fencing, Horseback Riding, Motorcycle Momma, Southern Belle, Jackie-of-all-Trades, Actor's Alliance Co-Founder, Women in Film & TV, Author - Clint the Black Cat®, BTS-Photographer, Intimacy Coordinator in Training.

## **What People Are Saying About Carla Christina Contreras:**

### **Acting:**

*"I have enjoyed working with Carla Christina Contreras in Nashville, Santa Fe and Los Angeles over the past few years. Carla Christina is a charismatic actor whose presence onstage is most compelling. I love watching her work."*

**Gary Austin, Acting Coach, Founder – The Groundlings – West Hollywood**

*"Carla Christina Contreras is an original thinker. She operates from the here and now and moves vigorously forward with any project she gets involved in. Her common sense and sense of humor are just two of the attributes that bring her success and satisfied clients."*

**Cheryl King, Acting Coach – New York City**

*"Carla Christina was a student of mine at an Improvisation Retreat. She was absolutely delightful to work with and is a wonderfully talented and engaging performer. I would love to work with her again sometime! And I would love to play with her on stage!!!"*

**Hilary Chaplain, Acting/Clowning Coach – New York City**

*"Her over the top comedy worked."*

**Review, Nashville Scene for Fairy Tale Confidential**

*"Carla Christina's Personality & Zeal when I first came to Nashville, TN 22 years ago inspired me to stay in Acting through The Actor's Alliance! What a "Gem of a Woman!"*

**Ann Dorman, Director at The Actor's Place at Scenic Ridge**

*"I have worked with Carla Christina in music, acting and seen her work as an author. She brings such a positive energy, along with her professionalism, to everything she tackles. At the risk of over-raving, I can't imagine any production wouldn't be made better by her participation in it."*

**Mark Aaron James, Mark Aaron James Entertainment**

*"Carla Christina is creativity itself. She is the real deal when it comes to inspiration. Her talents are incredibly vast. Her energy dynamic, her enthusiasm for life and whatever she takes on inspires all those around her. If you want something done right. Ask Carla to do it."*

**Cecilia St. King, Chi'En Productions**

*"While working with Carla Christina in a scene study class, she was the only person to make the character her own and raised the stakes to a higher level. No one else did this and the performance was so breath taking that it encouraged me even more to become an actor and achieve the level at which she was at. She made it look so easy and yet I know that takes talent and hard work."*

**Lorilynn Failor, Actress**

*"... highlights for me included the hilarious facial expressions and comic timing of Carla Christina Contreras"*

**Review, BroadwayWorld.com, Joseph Harrison for Incognita's Infamous Adventures**





May 24, 2022

To Whom It May Concern

Re: Letter of Highest Recommendation for Carla Christina Contreras / Intimacy Coordinator

I have known Carla Christina Contreras for 25 years in my capacities as President of the Nashville Film/Video Association, producer of the Watkins Independent Filmmakers Symposium, producer of the Nashville Filmmakers Conference, President of FilmNashville, founding producer of the Nashville 48 Hour Film Project, chairman of Film-Com business market for film & television, and founder of the Tennessee Entertainment Alliance. In all that time I have met no one, among the thousands I know in the region, who could be more qualified to be an Intimacy Coordinator for film, television and the stage.

I first knew of Carla Christina as an actor in the 1994 Ann-Margret film, Following Her Heart, then met her when she co-founded the Actors Alliance, pre-eminent non-profit group for actors in our region, which held numerous workshops on a wide range of topics. Carla Christina has acted in many projects, has served on the SAG-AFTRA Nashville board and as a national trustee, has been a community activist for decades, has remained remarkably neutral and sensitive to all sides in every dynamic in both film productions and in city organizations, and as a creator of her own projects, she is steeped in the intricacies of development, pre-production, principal photography, and post-production. As an actor and industry professional, she has comprehensive awareness of all the production and aesthetic elements required, and deep awareness of all the considerations, thoughts, and emotions of the actors involved in circumstances of significant sensitivities.

All the skills that Carla Christina Contreras has developed to date, along with her continuously positive personality and outlook on life in general, enable her to be the consummate Intimacy Coordinator, working with director, actors, producer, all relevant crew in a production, as well as fulfilling all paperwork involved at every phase of the process.

I could not more highly recommend anyone as an Intimacy Coordinator.

Feel free to contact me with any further questions.

Sincerely,

Andy van Roon  
310-925-3297  
film.television@gmail.com