



## **Tara Rynders, RN-BC, MFA**

Artistic Director and Founder of The  
Clinic, CNE, and Researcher

**Tara Rynders** RN-BC, MFA, BSN, BA has been a registered nurse for over sixteen years and received her MFA in Dance in 2011 from The University of Colorado at Boulder. Rynders has a bachelor's degree in Nursing, a Bachelor's degree in Spanish, and a Masters in Fine Arts in Dance with a specialization in Movement and Somatic Practices. Rynders is the founder and artistic director of The Clinic, an arts and play-based company that provides workshops, performance, and research around burnout and secondary traumatic stress. She is also an Advanced Certified Grief Recovery Specialist offering group and one on one grief recovery workshops. Rynders is extremely honored to be awarded the 2019 A Blade of Grass Fellowship, a two-time Arts in Society grant, the 2019 Colorado Regional Nightingale Luminary award, Rose Medical Center's Excellence in Nursing Award in Compassionate Care, A Hamilton Award: 1st place in the category of Arts in Resiliency presented by The National

Organization of Arts in Hospitals, and most recently the 2021 Mara Mogensen Lectureship awarded by the Oncology Nursing Foundation.

Rynders believes that her work as a nurse and performer are symbiotically intertwined and are not as different as one would think. Drawing from the intimacy and vulnerability found in her work as a registered nurse, Rynders creates authentic connections through performance that allow guests to feel seen, heard and inspired to create alongside her. She does this through large scale immersive performances in site-specific locations, with her most recent work performed in an active hospital setting. Rynders is grateful to all her collaborators who have helped to make The Clinic what it is today, she acknowledges the immense amount of privilege she has been granted as a white woman and is actively practicing ways and encouraging others to understand their bias and unlearn white supremacy. She is grateful to continue her art in the hospital setting by supporting nurses and nursing students by giving voice to the incredible work they do, and bringing awareness to compassion fatigue, secondary traumatic stress and moral injury. Rynders strives to live by the words of the pioneer nursing legend Florence Nightingale, "Live life when you have it, life is a splendid gift-there is nothing small about it." She thanks her partner and family for daily exploring this life with her and is so grateful for the gift and privilege of growing older every day.