



Psyche Knows The Way

Michael F. Shea

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Psyche Knows The Way is an intimate cabaret that spotlights Michael Shea's mental health journey through singing and psychotherapy.

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About Michael

Michael Shea is a tenor and integrative psychotherapist who has spent a lifetime weaving together his passions for music and mental health. He began singing and performing as a child and later built a distinguished 35-year career in mental health care. Michael trained at Howard University, completed his clinical internship at Georgetown University Hospital, and served on the faculty of The Center for Mind Body Medicine. He returned to the stage in 2008 with the Gay Men's Chorus of Washington, DC (GMCW). From 2011 to present, Shea has performed benefit cabarets for organizations such as: Rappahannock Association for Arts and Community (RAAC), NYC Master Chorale, Sitar Arts Center, and GMCW. From 2011 to present, Shea has performed benefit cabarets for organizations such as: RAAC, NYC Master Chorale, Sitar Arts Center, and GMCW.

Psyche Knows The Way is his most personal cabaret work to date, inspired by his own mental health journey.

"I created this show to remind people that healing is not linear or easy—yet it is beautiful. Music is the spark that carries me through my most difficult moments, and now I want to share that light with others."

— Michael Shea, *Creator and Performer*

"Shea possesses a clear, tempered tenor voice."

— *Broadway World*

About *Psyche Knows The Way* Cabaret

Through powerful storytelling and evocative musical performances, tenor and psychotherapist Michael Shea invites audiences on a deeply personal journey that explores the intersections of mental health and music. ***Psyche Knows The Way*** is an intimate cabaret of resilience, healing, and the transformative power of the arts. This cabaret blends songs from genres of soft-rock, jazz, Broadway, and original works that guide audiences through moments of struggle, hope, and rediscovery. At its core, the show is a testament to how music can express what words alone cannot—and how art can become a lifeline.

Contact & Social Media

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