



MICHAEL F. SHEA

Tenor and integrative psychotherapist Michael Shea weaves his passions for singing and psychotherapy to promote mental health. At age 10, he began studying voice with Francis Haut and joined a theater troupe under the tutelage of Marie Swajeski of the Delaware Children's Theater. This foundation led him to performing at various venues in Delaware, including: The Grand Opera House, Longwood Gardens, the Candlelight Dinner Theater Delaware, and Salesianum High School.

Michael was awarded a scholarship to study theater at DeSales University. He changed course to study psychology and philosophy, which led to a 35-year career in mental health care. Michael is a graduate of Howard University. He completed his clinical internship at Georgetown University Hospital, served on the faculty of the Center for Mind Body Medicine, and is a former Board Member for Doctors of the World.

He formally reconnected to his love of singing in 2008 with the Gay Men's Chorus of Washington, DC (GMCW). GMCW's musical excellence inspired him to create cabarets for charity, which have benefited: GMCW, NYC Master Chorale, Rappahannock Association for Arts and Community (RAAC), Sitar Arts Program, and other organizations.

Psyche Knows The Way, Michael Shea's recent cabaret, debuted in February 2025 at the Triad Theater in New York City. The accompaniment was led by musical director and award winning arranger and orchestrator, Doug Oberhamer, along with acclaimed Broadway musicians, Dave Anthony and Mike Epperhart. The performance traces Shea's mental health journey and its deep connection to music. It features original songs written during the COVID-19 pandemic, when Shea and composer, Jeff Hamlin, began creating a musical exploring the relationship between mental health and the therapist.

Michael's gratitude runs deep for his vocal teachers—Frances Haut, Michael Patterson, Jeff Buhrman, Thea Kano, and, currently, Doug Oberhamer—they are his cornerstone to this journey. Michael and his husband, Ed, reside near the Shenandoah Mountains.

Learn more at

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