

ABY JAMES



theabyjames@gmail.com | 424-268-6568 | theabyjames.com

ABY JAMES

SAG-AFTRA

theabyjames@gmail.com | 424-268-6568 | theabyjames.com

TELEVISION

How I Met Your Father	Rachel (Reoccurring)	Hulu/Disney
Crashing	Madison (Guest Star)	HBO
Full Frontal w/ Samantha Bee	College Girl (Guest Star)	CBS
Demons of Dorian Gunn	Claire (Co-Star)	Jax Media
The League	Shannon (Co-Star)	FXX

FILM

I Perform Sex	Stand-Up Comic	Dir. Lauren Louise
Awakening (Short)	Anna	Dir. Pam Brugerolle
Allan Halloran (Short)	Annie	Dir. Anderson Cook

COMMERCIAL

USPS	Lead	Assembly Films
------	------	----------------

COMEDY (HIGHLIGHTS)

The Roast Gloria Allred	Roaster	Friar's Club
Put Your Hands Together	Stand-Up Comic	UCB Franklin
Late Night Comedy	Stand-Up Comic	Laugh Factory
PIG	Stand Up Comic	The Slipper Room
Don't Call Me Sweetie	Stand-Up Comic	Eastville Comedy Club
Queerdo Comedy	Stand-Up/Show Runner	Excelsior

THEATRE

The Disembodied Hand That Fisted Everyone to Death – The Musical!	Vivian	The PIT Mainstage
Pop Punk High	Amanda Bunkface	The PIT Loft
Tim Kaine Sits In Front Of A Mirror and Studies His Face	Babs	Manhattan Rep Theatre

WEB SERIES

Zine Queen Series*	Zine Queen	Dir. Alex Humphreys
Dear Third World Pen Pal*	White Girl	Dir. Alex Humphreys
The Defectives	Stand Up Comic	Dir. Matisse Rose Haddad
Dying Swan	Abby	Dir. Martin Harvey
*Writer/Producer		

TRAINING

Vance Barber & Ted Sluberski	Ongoing coaching
Bob Krakower	Beginner and Advanced Screen Acting Workshop
Stonestreet Studios	Screen Acting & Audition Technique: Gary O. Bennett, Vance Barber, Ted Sluberski, Chris MODOONO / Voiceover: Andy Roth / Commercial: Zach Galligan
The Upright Citizen's Brigade	Improv & Sketch Program: Shaun Diston, Don Fanelli, Frank Garcia Hejl, Patrick Noth, Madalyn Baldanzi
The Second City	Improv Conservatory and Troupe: Mike McLendon, Rebecca Sage Allen, Bridget Kloss