

JENNIFER ALBRIGHT KNASH,

DAT, ATRL-BC, LPAT, LPC/AODA, LPCC, CCTP, RYT 200

Doctor of Art Therapy, Licensed and Board-Certified Art Therapist, Licensed Professional Counselor, Certified Clinical Trauma Professional, Art Therapy and Counseling Program Chair

Contact

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EDUCATION

DOCTOR OF ART THERAPY

- MAY 2017

Mount Mary University, Milwaukee, WI

Research: Art Therapy as a Bottom-up Processing Modality in conjunction with Bruce Perry's Neurosequential Model of Therapeutics

MASTER OF ART THERAPY AND COUNSELING

- NOVEMBER 2003

Southwestern College, Santa Fe, NM

BACHELOR OF ARTS (English major/teaching certification)

- MAY 1995

Tulane University, New Orleans, LA

KEY SKILLS

Organized and creative

Solution-focused

Trauma-informed

Enthusiastic and staunch advocate for the field

INTERESTS

Literature (fiction and field-related)

Writing

Painting and Art

Hiking

My pet turtle, tortoise, and dog

STRENGTH AREAS

- Highly clinical, creative, and experiential curriculum development
- Over 22 years of experience working with cumulative trauma through somatic and art therapy approaches
- Over 19 years of clinical supervising

EXPERIENCE-ACADEMIC

ACADEMIC PROGRAMS DIRECTOR • 2024-2025

ART THERAPY AND COUNSELING PROGRAM CHAIR • 2022-2024

ADJUNCT FACULTY • 2020-2022

SOUTHWESTERN COLLEGE, SANTA FE, NM

-Curriculum Development (Trauma Concentration, CAAHEP/ CACREP alignment, revamping of core curriculum)

-Teaching Practicum, Professional Seminar, Capstone processes, Psychopathology, Addictions, and specialty courses

-Faculty mentorship and student advising

-Coordination and collaboration with full time faculty

ADJUNCT FACULTY • 2017-2020

SAINT-MARY-OF-THE-WOODS COLLEGE, TERRE HAUTE, IN

-Addictions Counseling-Spring and Fall 2017-2020

-Psychopathology-Spring 2017 and 2018

-Research Methodology-Spring 2017

-Art Therapy and Drawing Assessments-Summer 2017

-Thesis-Spring and Fall 2018

ADJUNCT FACULTY • 2016-2020

MOUNT MARY UNIVERSITY, MILWAUKEE, WI

-Supervised Practicum/ Internship-Fall 2015-2020

-Assessment-Spring 2017-2019

-Presented for Trauma Counseling course on bottom-up processing, neurosequential model

ADJUNCT FACULTY • 2012-2013

SOUTHWEST TENNESSEE COMMUNITY COLLEGE, MEMPHIS, TN

-Taught Theories, Methods, and Principles of Substance Abuse Counseling

EXPERIENCE-CLINICAL

Platteville Family Resource Center, Richland Center, WI

September 2025-

-*Art Therapist, Counselor for individuals, families, groups*

Albright Art Therapy and Counseling, Cudahy, WI

November 2017-September 2025

AFFILIATIONS

American Counseling Association
Wisconsin Counseling Association
American Art Therapy Association
Wisconsin Art Therapy Association

*-Owner, Art Therapist and Counselor for individuals, families, groups
-Supervision for art therapists and counselors*

Bloom Center for the Arts, Milwaukee, WI
January 2017-December 2017
-Arts-based supervision for ATR, ATRL, and LPC

Integrative Psyche, LLC, Milwaukee, WI
November 2016-November 2017
-Art Therapist and Psychotherapist

Acacia Wellness Center, Milwaukee, WI
September 2015-November 2016
-Clinical director/art therapist, trauma therapist

Albright Art Therapy and Counseling, Memphis TN
September 2014-September 2015
-Private practice specializing in art therapy, counseling, and trauma repair with children, adolescents, and families

Y-CAP affiliated with YMCA, Memphis, TN
May 2004-October 2015
-Leading art therapy groups for both family nights and adolescent groups that work to promote communication skills, social skills, coping strategies, and emotional regulation.

Expressive Open Arts Studio with Idlewild Church, Memphis, TN
September 2014-October 2015
-Began open studio to provide support and encouragement for minoritized adolescents to have a place to create art, receive food if needed, help get resources for services

Experiential Healing Center, Memphis, TN
March 2009-September 2014
*-Private practice with adults, teens, and children addressing attachment, trauma, substance abuse, depression, and anxiety using art therapy and counseling methods
-Provided clinical supervision for all programming at the practice
-Formulated and facilitated 10 week groups for young people using DBT, art therapy, and person-centered methodologies addressing trauma, attachment issues, chemical dependency
-Created and facilitated 12 week groups for emotional eating with adults using art therapy
-Group lead intensive programming regarding trauma/ attachment/ recovery; in addition, co-lead intensive for adolescents*

Transformation Center for Women, Memphis, TN
February 2008 to 2012
-Led art therapy group for women with eating disorders. In addition, led DBT group for ED clients from 2010-2011. Conducted individual and family sessions; participated in treatment planning and multi-disciplinary staffing

Dixon Gallery and Gardens, Memphis, TN
February 2009 to January 2012
-Worked with Dixon and the Exceptional Foundation to provide art therapy groups for developmentally disabled adults. In addition, designed a program for outreach for adolescents in Memphis community.

Friends for Life, Memphis, TN

February 2009 to July 2011

-Led art therapy group for people living with HIV/ AIDs; many participants were facing mental health challenges as well as environmental difficulties

Memphis Recovery Centers, Inc., Memphis, TN

March 2008 to January 2009

-Supervised clinical staff while also serving as primary counselor in residential alcohol and drug treatment center for teens. Audited charts and reviewed documentation as well as conducting art therapy groups and individual sessions

Youth Villages, Dogwood Campus, Arlington, TN

August 2005 to August 2007

-Supervised cottage staff and led treatment team to work with adolescent males aged thirteen to seventeen with problem sexual behaviors. Treatment planning, individual/ group/ family counseling, court testimony regarding treatment, and collaboration with psychiatrist, aftercare, etc.

The STAR Center, Jackson, TN

August 2003 to August 2005

-Provided art therapy groups in educational setting in the alternative treatment classes well as provided individual art therapy for children, adolescents, and adults with neurodivergency and disabilities.

Camelot Care Centers, Memphis, TN

March 2003 to August 2003

-Completed internship hours and worked with adolescents/ children on an in-home basis to provide support for foster parents as well as to children in foster care system. Worked on treatment planning as well as working with DCS case managers and psychiatrists/ treatment team members

PRESENTATIONS and ARTICLES

-Down Syndrome Conference, 2004, Self-Concept with Developmentally Disabled Clients/ Usage of Art Therapy

-American Art Therapy Association, 2004, Working with Autistic Clients, Artmaking as a Second Language

-Article: "How Art Therapy Can Help with Feelings of Depression", <http://voices.yahoo.com/how-art-therapy-help-feelings-depression-7039244.html>, 2011

-American Art Therapy Association, 2013, Attachment Reparation in Adopted Adolescents using Art Therapy

-Journey Together Conference, September 2013, Using Art Therapy with Substance Abuse Clients

-Presenter at the 2016 Art Therapy Symposium at Mount Mary, Art Therapy as Bottom Up Processing Intervention with Cumulative Trauma

-Presenter at the 2016 Neurosequential Model of Therapeutics Symposium 2016 in Canada, Art Therapy as Bottom Up Processing Intervention with Cumulative Trauma

-Presenter at the 2017 Art Therapy Symposium at Mount Mary, Art Therapy as Intervention for Cumulative Trauma/ Substance Abuse

-American Art Therapy Association, 2017, Master Class for Cumulative Trauma

-Dissertation: 2017, Art Therapy as a Bottom-Up Processing Intervention in the Contextual Framework of the Neurosequential Model of Therapeutics

-**Review:** (2022) A Review of “Head and Heart: Yoga Therapy and Art Therapy Interventions for Mental Health”, *Art Therapy*, 39:3, 165-166, DOI: [10.1080/07421656.2022.2073170](https://doi.org/10.1080/07421656.2022.2073170)

-**Book:** (2024) *Art Therapy as Cumulative Trauma Repair: Expressive Therapies Continuum, Perry’s Neurosequential Model, and Using Art Therapy Techniques to Inform Perception and Imagination*