



Jenn Ross, MAAT

Artist and Art Therapist

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(269) 567-4358

Education

School of the Art Institute
of Chicago
Masters of Art in Art Therapy
2016

Western Michigan University
Bachelor of Fine Arts in Watercolor
Secondary Major in Creative Writing
Minor in Psychology
2005

Awards/Recognition

Hilgos Award - 2016
*Annual endowment provided by the Hilgos
Foundation and awarded to select students
at the School of the Art Institute of Chicago
working with individuals experiencing
memory impairment.*

Professional Memberships

American Art Therapy Association

Illinois Art Therapy Association

Chicago Bridge: Emerging
Professionals in the Field of Aging

Guild of American Papercutters

Clinical Work and Experience

Arts Programming Coordinator September 2016 – Present
Chicagoland Methodist Senior Services – Chicago, IL
Develops and implements arts programming for older
adults living in 3 continuum care/rehabilitation
communities. Provides art therapy and therapeutic art
services for residents. Educates staff on benefits of
therapeutic art practices and ways to engage with residents
in order to develop more meaningful relationships.

Community Support Specialist 2015 – Present

Thresholds – Chicago, IL
Provides part-time therapeutically-informed support promoting
socialization and positive coping skills for mental illness
symptom management.

Art Therapy Intern September 2015 – May 2016

Lieberman Center – Skokie, IL
Facilitated art therapy and provides therapeutic engagement with
older adults experiencing cognitive, physical, and co-occurring
disabilities in a skilled nursing and Alzheimer's Special Care Unit
setting.

Art Therapy Intern June – August 2015

York House/Thresholds – Chicago, IL
Facilitated art therapy and therapeutic engagement with adults
and older adults experiencing mental, physical, and co-occurring
disabilities.

Art Therapy Intern January – May 2015

Community Counseling Centers of Chicago (C4)
Facilitated and co-facilitated art therapy groups for adults
experiencing mental illness, trauma, and substance use.

Volunteer Experience

Chicago Cares 2013-2014
*Assisted with events and services for children, adults, and older
adults from diverse cultural backgrounds.*

Ravenswood ArtWalk 2013-2014
*Board of Directors, Co-Chair assisting with volunteer services
for a prominent Chicago annual art fair.*

Envision Gallery 2013-2014
*Coordinated exhibits, assisted in planning fundraising events to
support local, non-profit organizations.*

*References available upon request.



Artist + Art Therapist Statement

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My practice as an art therapist has been built from a person-centered, relational theoretical model. I believe the most successful way to achieve therapeutic goals is by developing trustworthy therapeutic relationships. Taking the time to learn strengths, aspirations, and personal and family history of the individuals I work with is imperative in creating a strong therapeutic alliance. I feel that only once this is established can we accomplish more advantageous goals.

As an artist and art therapist, I continuously strive to recognize the importance in how these practices inform each other. My art practice is meticulous and has been influential in developing a dual identity as an art therapist. I am continuously refining my art process to exemplify my love of color, shape, and intricate detail. My passion for the tedious nature of this process also informs the way I work with clients. The patience and understanding I have developed through my art-making allows me to honor clients I work with similarly through attentiveness and personal expression.

Developing my artist identity has taught me lessons about challenging material boundaries and transformation. As I have witnessed my art evolve, I have also recognized the emotional impact this practice has on my life. Developing a relationship between my emotions and my creativity has allowed my artist identity to flourish while igniting a deeper psychological connection with myself. Self-reflecting through art allows me to connect with clients by providing a personal perspective on the experience prior to expecting clients to engage in similar emotional expression.

My intention as an art therapist is to establish a career working with older adults. I have recently provided art therapy services at Lieberman Center in Skokie, IL, accruing over 700 hours of experience working directly with residents and providing supportive services to maintain documentation, build community relationships, and take part in quality of life improvement. At Lieberman I developed a passion for witnessing the therapeutic response art can have with individuals experiencing symptoms of Alzheimer's and other forms of dementia, Parkinson's disease, and the general difficulties that coincide with aging. I am honored to witness the positive effects collaborating art with emotional expression has provided in this environment.