

Amy DiGennaro, MFA, MA, AT

Therapy/Mentoring/Consulting Inquiries: 612-326-0725/

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I am an [artist](#) and therapist who helps people create the lives they want to live using art and creative expression in therapeutic and educational ways. I use various forms of counseling to help you connect to what you give value to, focusing on your beliefs, knowledges, and abilities to work through struggles and build the life you want to live. I take a positive, strengths-based approach to help you create meaningful relationships with your problems in order to relate to them in preferred ways. Together we can transform difficulties into creative projects that move you towards your preferred ways of being. My main practices are art and narrative therapies, but I am also interested in mindfulness practices, body-based approaches, and lifelong learning.

For almost twenty years, I have worked as a university art professor and artist mentor helping people connect with their creative vision and develop their skills. In my professional studio practice, I have explored the ways that experience is lived through stories and how those stories create meaning in our lives.

As a therapist, I help people to develop meaningful relationships with their problems to transform difficulties into creative projects that move them towards their preferred ways of living and being. I am passionate about creating a world of possibilities and positive growth to foster wellbeing in those with whom I work—and in doing so artfully! My work honors people’s knowledges and perspectives and works to connect them with the things they give value to and treasure.

Do you have to be an artist or artistic to work with me? No! I offer a wide range of approaches that can include creative expression in its many forms.

I am available to meet privately at:

[The Creative Art Therapy Collaborative of Minneosta \(CATCMN\)](#) space located in [The Ivy Building](#) , 2637 27th Ave. S., Minneapolis, MN 55406.

Fee Schedule*

Individual Therapy/Coaching/Mentoring/Consulting.....	\$90/50min
	\$120/75 min
	\$140/90 min
Relational (Couples and Family) Therapy.....	\$110/50min
	\$140.00/75min
	\$160.00/90min
Art Education.....	\$80-120/hour
Visual Outsider -Witnessing.....	\$60/hour

*Negotiated fees available, depending on circumstances. Please see my negotiated fees statement.