



Amy P. DiGennaro, MFA, MA, ATR, LMFT

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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. 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 in order to transform difficulties into creative projects that move them towards their preferred ways of living and being. I am passionate about co-creating a world of possibilities and positive growth to foster well-being in the people who come to consult with me. My practice is holistic and integrated, using a mindbody approach rooted in social justice, trauma- and attachment-informed somatic and cognitive Narrative Therap. I integrate Buddhist and Feminist therapies, in addition to utilizing Art Therapy and EMDR reprocessing and resourcing. My work honors people's knowledges and perspectives and seeks to connect them with the things they give value to and treasure.

EDUCATION

Adler Graduate School, Minneapolis, MN, Completed MA program in Counseling Psychology with specializations in Art Therapy and Marriage and Family Therapy, 2014.

Rutgers University, Mason Gross School of the Arts: New Brunswick, New Jersey, MFA, Summa cum Laude, in an interdisciplinary graduate program in Studio Fine Art, 1998.

Sotheby's Educational Studies, American Arts Course: New York City, New York, Nine-month graduate course focusing on Fine and Decorative Arts. 1992.

Syracuse University, College of Visual & Performing Arts: Syracuse, New York, BFA in Painting with concentrations in Art History and Ceramics, 1986.

Continuing Education

Advanced Narrative Practice Working Group, Mentors: Jill Freedman, and Gene Combs; Group members: Suzanne Gazzolo, Matthew Mooney, Timothy Corvidae, Josh Mark, Tzu-Ping Cheng, Jason Kae-Smith, Trina Crowe, Maggie Crowley, Lisa Campbell, and myself, Evanston Family Therapy Center, Evanston, IL, 2015-Present

Practical Empathy: Tools to Help Clients Stay Connected in Times of Disagreement, Hurt, or Regret

Presented by: Pam Winthrop Lauer, Lyn-Lake Psychotherapy & Wellness, Minneapolis, MN, March 8, 2019
Community Partnership Roundtable Discussion on Gender and Sexuality Work with Children & Adolescents, Rhamy Magid, MD, HMC Gender Clinic, Lyn-Lake Psychotherapy & Wellness, Minneapolis, MN, February 22, 2019

Gender Identity: Clinical Concepts and Tasks for Affirming Mental Health Care, Presented by: Elizabeth (Zeb) Henderson Shreve, LICSW, Lyn-Lake Psychotherapy & Wellness, Minneapolis, MN, March 22, 2019

Relational Accountability: Storying Power, Privilege, and Discomfort, Narrative Therapy Initiative, Marblehead, MA, November 10, 2018

Erectile Dysfunction and the Social Construction of Modern Masculinity, Presented by: Joe Molinari, MSW, LICSW, Lyn-Lake Psychotherapy & Wellness, Minneapolis, MN, June 22, 2018

Relational Counseling 101: Therapy from A Systemic Approach, Presented by: Leah Seeger, MA, LMFT, LADC, Lyn-Lake Psychotherapy & Wellness, Minneapolis, MN, May 18, 2018

Combining Narrative and Art Therapies: Relating to Problems Creatively, Presenter, Lyn-Lake Psychotherapy & Wellness, Minneapolis, MN, February 28, 2018
EMDR, Beginning Level I and II Training, EMDRIA, EMDR International Association, September 11-13, 2015, and January 22-24, 2016
Advanced Narrative Certificate Program, Jill Freedman and Gene Combs, teachers, Evanston Family Therapy Center, Evanston, IL, January-December 2014
The Craft & Art of Narrative Therapy Enquiry, Presented by: David Epston, June 25-26, 2014
Combining Mind & Body Using Narrative Approaches, Presented by: Angie Gwiazden, LMFT and Heather Klein, PhD, Caspersen Therapy Center, Minneapolis, MN, May, 8, 2014
Using Energy Work to Enhance Relationships & Therapeutic Work, Presented by: Sandy Shipp, CTC, Caspersen Therapy Center, Minneapolis, MN, May, 8, 2014
Narrative Certificate Program, Jill Freedman and Gene Combs, Teachers, Evanston Family Therapy Center, Evanston, IL, January-December 2013
Narradrama, Presented by: Rebecca Ridge, Kenwood Therapy Center, Minneapolis, MN May 14-18, 2012
Trauma & Narrative Therapy, Multiple Presenters, Kenwood Therapy Center, Minneapolis, MN May 14-18, 2012

Professional Organizations

American Association of Marriage and Family Therapists
American Art Therapy Association
Minnesota Art Therapy Association

COUNSELING-RELATED WORK EXPERIENCE

My experience with counseling includes my 17 years as a college educator, during which time I not only counseled students academically; as an art instructor ended up counseling students on myriad personal development and emotional issues as they arose out of art practice. My work has always had a social-justice orientation and blended my interests in the intersections of those areas with things like Buddhist, Feminist and Narrative philosophies and therapies.

Children's & Adolescent's Mental Health Programs, University of Minnesota Amplatz Children's Hospital, Minneapolis, MN, February 2012-2015

Working, at first as an intern and then hired as a therapist on several different units (Children's Day Treatment: ages 6-12; Adolescent Day Treatment: ages 13-18; Crisis Stabilization Unit: working with youth and families, psychiatry and care coordination; Adolescent and Children's Inpatient Mental Health Intensive and Regular Inpatient Care Units: working with youth, families, social workers, psychiatry and staff), I lead art therapy and verbal psychotherapy groups with staff therapists, worked with children in the milieu and provided support for therapeutic staff. On the adolescent unit I co-lead family therapy using a multimodal approach. Approaches include: arts therapy, art psychotherapy, CBT, DBT and Narrative Therapy.

LGBT Host Home Program, Minneapolis, MN, 2011

The LGBT Host Home Program places queer homeless youth in host homes. Hosts, who are queer adults, are volunteers and are trained by the program. I worked as a therapist with either hosts or youths and sometimes with both together. Using primarily Art Therapy and a combination of Adlerian, Narrative and Buddhist therapies, I worked with clients to help them with issues surrounding family, work, living within the Host Home program and any other clinical problems that may present themselves.

Member of the Allies Project, Macalester College, St. Paul, MN, 2004-2007

This project of the Lealtad-Suzuki Center for Multicultural Life which "trains faculty, staff and students to create a safe environment and community for all people regardless of sexual orientation, race, ethnicity, national origin, gender, religion, class, age, or ability." I have taken part in several roundtable discussions and trainings as a member of this project, which enabled me to display the Allies Project logo on my classroom and office door indicating to students that my office or classroom is a safe space for all.

Community Art Instructor, Powderhorn Park Community Center, Minneapolis, MN, 2002

Created and implemented a summer arts program for community children ages 6 to 12, to encourage the arts as a tool for learning and growth among the diverse Powderhorn community. Projects include visual arts (painting, drawing, bookmaking, photo, sculpture) as well as the creation of a thirty-two foot mural.

Workshop Educator, Free Arts for Abused Children, Minneapolis, MN, 2001

Developed and taught a training workshop for volunteers working with abused children in community arts programs. Volunteers learned techniques for working with abused children that encourage the creative

participation of everyone involved. Participants acquired skills for discussion and interpretation of works made by abused children.

Founder/president: Students Concerned About Rape Education, Syracuse University, Syracuse, NY, 1988-90
Created and led a student organization offering programs for students and faculty on violence against women. Integral to the establishment of the campus rape crisis center, in 1990, the group garnered media attention from The New York Times, The Village Voice and Glamour magazine, among others. The group received four awards from the student government in its first year.

TEACHING

As a college professor, I teach a broad range of studio and lecture courses including Drawing, Painting, Art History and Criticism and Theory. In this context, I design coursework, create syllabi, prepare/present slide lectures on historical and contemporary works of art, teach a range of techniques from beginning to advanced, plan and execute hands-on demonstrations, instruct in the development of art writing and analysis skills, facilitate group discussions and understanding of critical/theoretical issues, oversee and evaluate a diverse range of creative projects, build interactive models of learning, mentor undergraduate and graduate students in individual projects, teach and guide students at the advanced levels in professional practices.

Adjunct Professor of Art, Minneapolis Community & Technical Colleges, Minneapolis, MN, 2012.

Adjunct Professor of Art, University of Wisconsin-River Falls, River Falls, WI, 2009-2012.

Adjunct Professor of Art, Graduate Program, Minneapolis College of Art & Design, Minneapolis, 2009-10

Visiting Professor of Art, Studio Art Program (Drawing, all levels) Macalester College, St. Paul, 2002-2008.

Visiting Artist, Graduate & Undergraduate Programs, St. Cloud State University, St. Cloud, MN, 2007.

Graduate Mentor, Minneapolis College of Art & Design, Minneapolis, MN, 2005-present.

Visiting Instructor, Fine Arts Program, CVA, St. Paul, 2001-2004, 2009

Artist in Residence, Split Rock Arts Program, University of Minnesota, Minneapolis, MN, 2004.

Adjunct Professor, Women in Art, Brock University, St. Catharines, Ontario, Canada, 2000.

Lecturer of Art, Rutgers University, New Brunswick, NJ, 1996-1998.

Visiting Artist, Graduate & PostBac Programs, MCAD, Minneapolis, MN, 2004, 2005, 2006, 2008.

ART

Over the last 20 years, I have built a studio practice methodology, developed and executed a mature body of visual art work in primarily 2D media with some work in sound, video and performance. As an artist, I win competitive grants, secure professional exhibitions, create an engaged community around art practice, implement interactive activities to link teaching and artistic practice, mentor younger artists, design and maintain my artist web site, and manage all aspects of a professional studio practice, including the hiring and management of a studio assistant and the development of promotional materials.

Awards

McKnight Visual Artist Fellowship, McKnight Foundation, Minneapolis, MN, 2007-2008.

Artist Initiative Grant, Minnesota State Arts Board, St. Paul, MN, 2005-2006.

Selected Exhibitions

Solo Exhibition, 101 Gallery, University of Wisconsin, River Falls, WI, 2008.

McKnight Visual Artist Fellowship Exhibition, MCAD Gallery, Minneapolis, MN. Catalog essay by Lauren O'Neill Butler. 2008.

Visual AIDS: Postcards from the Edge, Sikkema Jenkins & Co., New York, NY, 2006.

GLBT Art Show, Kagin Gallery, St. Paul, MN, 2006.

Interplay, Janet Wallace Gallery, Macalester College, St. Paul, MN, 2004.

Hysteria, SOO VAC gallery, Minneapolis, MN, 2004

Baeumler/DiGennaro/Willcox, Janet Wallace Gallery, Macalester College, St. Paul, MN, 2003.

Westport Arts Center, Westport, CT, 1994.

Eureka Gallery, Syracuse, NY, 1993

World Tattoo Gallery, Chicago, IL, 1991.