

Dr. Jennifer Kotecki Ph.D., LCPC, ATR-BC

Professor, Counselor, Art Therapist, Artist & Writer

Curriculum Vitae

CONTACT DETAILS

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Webstite: HEART ❤️ Handmade Expressive Art Therapy
<https://www.jenniferkotecki.com>

LICENSES

Licensed Professional Counselor (LPC):
State of Illinois, License #178013916

Licensed Clinical Professional Counselor (LCPC): State of Illinois, License #180016658

ATR-BC #20-202

EDUCATION

Ph.D. in Art Therapy
Adler University 2019-2022

MA in Clinical Counseling & Art Therapy
Adler University 2015-2017

BA in Studio Art
North Central College 2000

CURRENT RESEARCH EXPERIENCE

Adler University
Dissertation Research Project in Qualitative and Heuristic Research Art Therapy
2020- 2022

DESCRIPTION

I am a Professor of Counseling: Art Therapy at Adler University in the Masters and PhD Art Therapy programs. The courses include counseling, and art therapy experiences. I hope to inspire students to pursue more careers in counseling, art therapy, and research. Teaching students how to develop an intersectional, neurodiverse mindset will allow them to learn, apply, and implement that knowledge in their professional development that will lead to culturally competent counseling practitioners.

CURRENT TEACHING EXPERIENCE

Adler University
Assistant Professor
Clinical Counseling & Art Therapy Department,
August 2022-present

Adler University
Adjunct Professor
Clinical Counseling & Art Therapy Department
May 2019-August 2022

- Instruct on-campus and synchronous online masters level classes in clinical counseling and art therapy to prepare them for licensure in clinical counseling and art therapy.
- Instruct PhD classes in Neurodiversity & Neuroaesthetics, and Advanced Adlerian Counseling.
- Chair for PhD Dissertation
- Moderator for the Adler Art Therapy Student Association (AATSA).
- Serve on Adler University's Institutional Review Board (IRB), 2022-present
- Member of Continuing Education Committee
- Classes are taught at Adler University in Chicago, IL and online synchronously.

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CURRENT CLINICAL EXPERIENCE

Private Practice

HEART-Handmade Expressive Art Therapy, Online Art Therapy, Art Therapy Supervision & Consultation

2020-present

- Individual art therapy
- Individual Supervision for art therapy credentials in non-licensed states.
- Group Supervision for art therapy credentials in non-licensed states.
- Consultation

PREVIOUS CLINICAL EXPERIENCE

Clinical Counselor & Art Therapist at Art of Healing, Wheaton, Illinois.

June 2019-December 2021

Counselor and Art Therapist using Adlerian orientation at a private practice. Provided clinician and art therapy services to a diverse client population in an outpatient setting. Managed caseloads, billing, administrative tasks, and clinical services.

- Individual Therapy/Art Therapy
- Neurological Learning Disabilities and Special Abilities
- Behavioral Issues and School Issues
- Child-Parent Psychotherapy
- Anxiety, Stress, and Life Transitions
- Domestic Violence
- Women's Issues
- Cancer Treatment and Recovery
- Grief and Loss

Clinical Counselor & Art Therapist The Community House, Hinsdale, Illinois.

March 2018-March 2020.

Created a new art therapy program called *Creative Connections* by developing age appropriate art projects for neurodiverse clients with special abilities, utilizing a variety of mediums that assist group participants in expression of emotion, peer socialization, improved self awareness, and decrease behavioral issues.

- Created and implemented school art therapy program in the community at a local school with children that had neurodiverse needs and special abilities.
- Planned, hosted and implemented 1st Annual *Engaging the Arts to Promote Hope and Healing* Conference with AMITA Healthcare & Alexian Brothers Behavioral Health Hospital at The Community House.
- Implemented pre and post test measures to assess impact of program.
- Designed weekly newsletters to increase family involvement.
- Provided students with tailored instructions for each session to address students neurodiverse needs.
- Assisted in grant writing to obtain funding for programs and created art therapy programs to fit this funding.
- Created art therapy groups in collaboration with local professionals for Seniors and Veterans in the Community.

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CLINICAL EXPERIENCE Continued

Classroom Counselor Camelot Therapeutic Day School, Naperville, Illinois.
December 2018-April 2019.

Worked closely as a Classroom Counselor, with the classroom teacher to ensure that individualized programs were being followed and progress towards *Individual Education Program* (IEP) goals was being made. Substituted in the teaching role in the absence for the classroom teacher in their absence.

- Updated weekly grades in grade report database.
- Communicated weekly grade reports to families.
- Therapeutically aided students on an individual needs basis providing academic and social emotional support to students in a therapeutic manner.
- Provided crisis intervention and support as needed.

Counselor, Art Therapist & Registered Behavioral Therapist at Little Friends Center for Autism, Naperville, Illinois.
September 2017- December 2018.

- Provided neurodiverse clients with counseling services and peer to peer group support.
- Created and facilitated group art therapy sessions that taught fine motor skills.
- Implemented client's treatment and Behavior Intervention Plans, and programming developed by the supervising Board Certified Behavioral Analyst (BCBA).
- Implemented Error-less Teaching Procedure.
- Collected data each session using supervising BCBA's data sheets, ensuring that requirements of clinical services are implemented for each client.
- Assisted BCBA with assessment using ABELS-R and ongoing changes in programming.

RESEARCH EXPERIENCE

Adler University

Dissertation Research Project in Qualitative and Heuristic Research in Art Therapy 2021- present

- Currently researching, *What is the Lived Experience of Memory Quilting During The Grieving Process?*
- Writing an Institutional Review Board (IRB) application for approval to conduct research for a qualitative study.

Research Assistant, Chicago Global Health Alliance, Chicago, Illinois. 2015 – 2018

- Worked with Core Faculty at Adler University on a "Works-in-Progress" research article regarding postpartum depression in Malagasy women.
- Completed 90 hours of research.
- Co-developed and co-wrote an Institutional Review Board Application for approval of a research project involving human participants.
- Co-wrote a grant for research to be done in Antananarivo, Madagascar.
- Wrote an IRB for approval for a barbershop study at Adler University.

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TEACHING EXPERIENCE

Adler University, Chicago, Illinois.

Assistant Professor at Adler University, Chicago, Illinois.
Clinical Counseling & Art Therapy Department, On Campus and Virtual
August 2022-present

Adler University, Chicago, Illinois.

Adjunct Professor at Adler University, Chicago, Illinois.
Clinical Counseling & Art Therapy Department, On Campus and Virtual
2019-August 2022

Adler University, Vancouver, BC, Canada

Adjunct Professor at Adler University, Vancouver, BC, Canada.
Clinical Counseling & Art Therapy Department, Virtual
2020-June 2022

- Instruct masters level courses of 15-20 students in clinical counseling and art therapy programs to prepare them for licensure in clinical counseling and art therapy.
- Create syllabi of course content for each class taught.
- Develops, implements, assesses, and revises program curriculum to achieve current transcultural and social justice standards.
- Research current peer reviewed articles and counseling interventions to apply to course material.
- Support neurodiverse students with class projects and directives if extra support is requested for individual accommodations.
- Maintain and submit student attendance records, grades and other required documentation by specified deadlines.
- Periodic meetings with supervisors, division, or College, relative to teaching duties and training and development.

Courses Taught:

- Adlerian Theories Parenting and Teaching
- Socio-Cultural and Multi-Cultural Approaches to Art Therapy, Counseling, and Psychotherapy
- Theories and Methods of Intervention in Art Therapy, Counseling, and Psychotherapy 1: Couples, Family, and Older Adults
- Theories and Methods of Intervention in Art Therapy, Counseling, and Psychotherapy II: Trauma, Loss, Grief, and Bereavement,
- Neuroscience in Art Therapy, Counseling, and Psychotherapy: Special Populations
- Special Populations: Adaptive Methods in Art Therapy, Counseling, and Psychotherapy
- Professional Dev Seminar I
- Professional Dev Seminar II
- Theory & Interventions III: Group Skills and Practice
- Clinical Seminar II
- Pre-Practicum Counselling/ Art Therapy Lab
- Intersectionality and Community Engagement
- Advanced Counselling Methods & Adlerian Psychology
- Lifespan
- Assessment

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PRESENTATIONS

- *Using Art in Early Recollections of Growth and Encouragement*. Center for Adlerian Practice and Scholarship: Regional IAIP Conference. Regional IAIP Conference in Osaka, Japan. Upcoming: March 20-22, 2026
- *Wellness Wheel for Faculty Wellness*. Annual Adler Christmas Party. Chicago, Illinois. December 2024.
- *Wellness Wheel for Individuals, Educators, and Mental Health Care Workers That Fosters Change of Wellness Outcomes*, 71st NASAP Annual Conference, Denver, Colorado. June 2024
- *1st Annual Engaging the Arts to Promote Hope and Healing Conference* with AMITA Healthcare & Alexian Brothers Behavioral Health Hospital, Hinsdale, Illinois. March 2020

ART EXHIBITIONS

- Abilities Symposium, Adler University, Chicago, IL- February, 2020.
- Social Justice program Symposium, Chicago, IL- May, 2016.
- Abilities Symposium, Chicago, IL - May, 2016.
- Adler University Art Exhibition, Chicago, IL -June, 2016.

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PUBLICATIONS

- Kotecki, J. (2012, February 23). North central students prepare for NCUR. Students to present on gender stereotypes, on-site excavation [Photograph]. *The Chronicle*, 133 (17), p. 2. North Central College.
- Kotecki, J. (Asst. Photo Ed., Asst. News Ed.) (2012, February 23). *The Chronicle*, 133 (17). North Central College.
- Kotecki, J. (Asst. Photo Ed., Asst. News Ed.) (2012, February 16). *The Chronicle*, 133 (16). North Central College.
- Kotecki, J. (Asst. Photo Ed., Asst. News Ed.) (2012, February 9). *The Chronicle*, 133 (15). North Central College.
- Kotecki, J., Oliveri, S. (2012, February 2). Snow Bowl fundraiser [Photograph]. *The Chronicle*, 133 (14). North Central College.
- Kotecki, J. (Asst. Photo Ed., Asst. News Ed.) (2012, February 2). *The Chronicle*, 133 (14). North Central College.
- Kotecki, J. (Asst. Photo Ed., Asst. News Ed.) (2012, January, 26). *The Chronicle*, 133 (13). North Central College.
- Kotecki, J. (2012, January 19). Stephen Caliendo [Photograph]. *The Chronicle*, 133, (12), p. 2. North Central College.
- Kotecki, J. (Asst. Photo Ed., Asst. News Ed.) (2012, January 19). *The Chronicle*, 133 (12). North Central College.
- Kotecki, J. (2012, January 12). Computer Lab in Carnegie Hall [Photograph]. *The Chronicle*, 133 (11), p. 2. North Central College.
- Kotecki, J. (2012, January 12). Grace Church [Photograph]. *The Chronicle*, 133 (11), p. 1. North Central College.
- Kotecki, J. (2012, January 12). How to avoid becoming a starving artist. *The Chronicle*, 133 (11), p. 1. North Central College.
- Kotecki, J. (Asst. Photo Ed., Asst. News Ed.) (2012, January 12). *The Chronicle*, 133 (11). North Central College.
- Kotecki, J., Moran, I., Nishio, A. (2012, January, 5). North Central College Sesquicentennial [Photograph]. *The Chronicle*, 133 (10), pages 4-5. North Central College.
- Kotecki, J. (Asst. Photo Ed., Asst. News Ed.) (2012, January 5). *The Chronicle*, 133 (10). North Central College.
- Kotecki, J. (2012, November 3). The face of North Central College. Kathy Fuhrman retires from admissions after 11 years. *The Chronicle*, 133 (8), p. 4. North Central College.
- Kotecki, J. (2011, October 27). 'Distracted' keeps attention. *The Chronicle*, 133, (7), p.8. North Central College.
- Kotecki, J. (2011, October 27). Free speech exhibit [Photograph]. *The Chronicle*, 133 (7), p. 6. North Central College.
- Kotecki, J. (2011, October 27). Oesterle hosts free speech week exhibit. *The Chronicle*, 133 (7), p. 6. North Central College.
- Kotecki, J. (2011, October 27). Gallery of Exhibit celebrating 150 years of North Central [Photograph]. *The Chronicle*, 133 (7), pages 2-3. North Central College.
- Kotecki, J. (2011, October 27). North Central College at Naper Settlement. Exhibit celebrates 150 years of North Central. *The Chronicle*, 133 (7), pages 2-3. North Central College.
- Kotecki, J. (2008). *Lit'l Crabie*. Trafford Publishing, Victoria, BC, Canada.

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INTERSHIPS

Safe Home Advocate Intern Family Shelter Service, Wheaton, IL.
August 2016-July 2017.

- Provided advocacy, parenting support, safety planning, crisis intervention, domestic violence education, life skills and relationship building for victims of domestic abuse and their children.
- Worked one-on-one as a case manager for women that were victims of domestic violence.
- Counseled children with trauma one-on-one who have witnessed domestic violence.
- Led family therapy sessions with trauma focus.
- Participated in milieu therapy in the emergency shelter with women and children.
- Developed and led an Open Studio Art Therapy for Shelter Residences including mothers and their children experiencing trauma.
- Initiated and co-led a parenting support group, *Moms Morning Coffee*, for clients.
- Facilitated and designed a creative arts trauma group for children aged 9-11.
- Led and planned a domestic violence education group for children aged 10-12.
- Co-facilitated a creative arts children's group for ages 10-12.
- Answered emergency hotline calls.
- Performed intakes for new clients.
- Completed trauma assessments for adult women.
- Facilitated cooperative living for residents' that were participating in the shelter programming.

PROFESSIONAL EXPERIENCE

Assistant Teacher, Krejci Academy Naperville, Illinois.
August 2017-January 2018

- Supported and assisted Lead Teacher in establishing and implementing a therapeutic classroom program that reflects the needs of neurodiverse students Individual Educational Plan (IEP).
- Worked with students using Applied Behavior Analysis (ABA) therapeutic curriculum teaching life skills and behavioral strategies.
- Assisted Lead Teacher in recording observations, data collection, and documentation of all students.
- Led the classroom in absence of the Lead Teachers absence
- Created an art therapy program to be implemented in the classroom once a week for neurodiverse children with special abilities.
- Responded to client behavioral problems that required sufficient strength, ability and sensory acuity in behavioral emergencies to effectively implement the procedures of confrontation avoidance, escape evasion and emergency transport in accord with the agency approved Crisis Prevention Institute (CPI) course.

Product Developer-Lit'l Crabie Creations, Naperville, Illinois.
January 2006-December 2015.

- Developed, trademarked, and produced sensory product designed for children for online sales.
- Launched advertising campaign for new company as well as managed weekly mailers.
- Created a blog to accompany web-site.
- Wrote, illustrated and self-published book that accompanied product.

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TRAININGS

- *Engaging the Arts to Promote Hope and Healing*, AMITA Health and Alexian Brothers Behavioral Health Hospital. Hinsdale, IL., March, 2020.
- *Puppetry and Art Therapy to Facilitate Emotional Empathy in Individuals With Autism* (Malhotra, B.). ATTA's 50th Annual conference in Kansas City, MO, October, 2019.
- *Military Master Supervision Session* (Mims, R.). ATTA's 50th Annual conference in Kansas City, MO, October, 2019.
- *Impact: Art Therapy and Aging Adults* (Misluk-Gervase, E.). ATTA's 50th Annual conference in Kansas City, MO, October, 2019.
- *Art and Drumming: A Study on Affect, Attachment and Self-Esteem with Older Adults* (Mank, D.). ATTA's 50th Annual conference in Kansas City, MO, October, 2019.
- *Photography as a Medium in Art-Therapeutic Processes: A Randomized Controlled Trial* (Seifert, K.). ATTA's 50th Annual conference in Kansas City, MO, October, 2019.
- *You Gotta Listen With Your Eyes When Boyz Talk* (Cruz, J.). ATTA's 50th Annual conference in Kansas City, MO, October, 2019.
- *Veterans As Artists: A Partnership with Community Arts and Art Therapy* (Bladergroen, K.) ATTA's 50th Annual conference in Kansas City, MO, October, 2019.
- *Road to Recovery: Road Drawings in a Gender-Specific Residential Substance Use Treatment Center* (Hanes, M.) ATTA's 50th Annual conference in Kansas City, MO, October, 2019
- *Art Therapy Doctoral Studies: Changing Perspectives, Shaping Art Therapy's Future, Panel* (Gerber, N.). ATTA's 50th Annual conference in Kansas City, MO, October, 2019.
- TCIS Training. March, 2019.
- Youth Protection Training; Boy Scouts of America. May, 2018.
- *Social Thinking Conference*, Glen Ellyn, IL., 18 hours, April, 2018.
- CPR Training; March, 2018.
- *Structured Teaching*; Naperville, IL., October, 2017.
- *Understanding Behavioral Communication and Using Visual Supports Effectively to Improve Communication*; Naperville, IL., August, 2017.
- *Positive Proactive Behavior Management*; Naperville, IL., August, 2017.
- 48 hours of domestic violence training- August, 2016.
- 40 hours of Play Therapy Abroad Training Program; Tuscany, Italy-February 23-March 5, 2016.
- Youth Protection Training; Boy Scouts of America May, 2013.
- *Handwriting Without Tears; Get Set for School Pre-K Literacy & Math Workshop*-3.25 contact hours, April, 2013.
- *Handwriting Without Tears; Get Set for School Pre-K Readiness & Writing Workshop*-3.25 contact hours, April, 2013.
- Visual Arts ILTS Test; completed on 03/2013.
- Reading Comprehension ILTS Test; completed on 02/2012
- Language Arts ILTS Test; completed on 02/2012
- Writing ILTS Test; completed on 02/2012
- Assistant Photo Editor, Assistant News Editor and Staff writer for North Central College, *The Chronicle*; Fall Term 2011
- Junior/Senior Scholars Program in ELL Language Arts Class at Cowherd Middle School-Student Teaching; Aurora, IL-12 contact hours, March, 2011.

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CERTIFICATIONS & SKILLS

- TCIS Certification; March, 2019
- CPR Certified; 03/2018
- Nonviolent Crisis Intervention (CPI) Certification; August, 2017.
- 48 hours Domestic Violence Certificate, August, 2016.
- Handwriting Without Tears; Certified handwriting specialist 27.25 total contact hours, 2009
- Vital Links; Listening With The Whole Body; Certification 12 total contact hours, 2009
- Microsoft Office Suite
- iWork-Apple
- Google Workspace

PROFESSIONAL AFFILIATIONS

- ACA, American Counseling Association (2019 to present).
- ATTA, American Art Therapy Association, Midwestern Professional (2019 to present).
- NASAP North Adlerian Society of Adlerian Psychology (2019-present)
- Psy Chi (International Psychology Honors Society) (2017-present).

COMMUNITY SERVICE EXPERIENCE

The Community House-*Walk The Walk*, Counseling Center Walk, Hinsdale, IL., April, 2019.

- Assisted in organizing walk and ran information booth.

EF Tours Service Project in Costa Rica, Spring Break 2019.

- Assisted local organization replanting Mangrove trees along the coastal waters.

Charlie's gift, *Walk for Autism, Hinsdale, IL.*, April, 2018.

- Assisted in organizing walk and ran information booth.

Volunteer for *FUSION/Buddy Break*, Naperville, IL., 2015-2018.

- Participate as a one-on-one buddy with child with special needs.
- Play games, did art projects, and played in the gym.

Volunteer Elementary Classroom, Naperville, IL, 2011

- Assisted in publication of student stories using Microsoft Word working directly with the students.
- Accessed reading levels of classroom students.

Volunteered on Home & School Association at Kingsley Elementary, Naperville, IL., 2011

- Ran fall fundraisers for 2011 & 2012 raising over \$5000.
- Head Parent for 4th grade in 2011.

Scout leader for Cub Scouts. Naperville, IL., Fall 2012-2016

- Organized Scout meetings and activities.
- Coordinated with Scout leaders and parents.

Vacation Bible School Leader, Good Shepherd Church, Naperville, IL., June, 2013

- Led group for children aged 6-7 in a week long program.

AWARDS & ACHEIVEMENTS

- Deans list in Academics- Spring 2012
- Creative Child's Magazine: Best Comfort Toy-2009
- 1999, Creative Child's Magazine: Best Plush Toy-2008
- President's List in Academics - 2000
- Member of Phi Theta Kappa Society-1999