

Jessica Masino Drass

MA, ATR-BC

Senior Lecturer, University of the Arts
Registered, Board-Certified Art Therapist

EDUCATION

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| PhD Candidate | September 2016 to December 2018 |
| Drexel University, Creative Arts Therapy
College of Nursing & Health Professions, Philadelphia PA | |
| MA | June 2012 |
| Drexel University, Art Therapy
Graduated Summa Cum Laude
Thesis: "Using Art Therapy to Treat Trauma and Dissociation in Borderline Personality Disorder"
Advisor: Donna Kaiser, PhD | |
| MA | May 2009 |
| Rowan University, School Psychology
Graduated Summa Cum Laude
Thesis: "Using Art to Teach Problem-Solving and Social Skills to At-Risk Adolescents"
Advisor: Roberta Dihoff, PhD | |
| BA | May 2002 |
| Rutgers University, Fine Art
Graduated Summa Cum Laude
Concentration in Printmaking and Photography
Minored in Art History and Psychology
Received NJ State Certificate, Teacher of Art, K-12, NASDTEC Certified | |

RESEARCH EXPERIENCE

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| Drexel University, Philadelphia, PA | September 2016 to December 2018 |
| Research Fellow for Dr. Girija Kaimal; Health, Arts, Learning & Evaluation Lab | |
| <ul style="list-style-type: none">• Coordinate with partners at facilities through the University of Pennsylvania, NICoE at Walter Reed Medical Center, Fort Belvoir Community Hospital, and The National Endowment for the Arts for a variety of multi-site studies• Prepare manuscripts for publication integrating theory, best clinical practices and research data• Experience in study recruitment, data collection, data management, conducting art therapy interventions, and data analysis, including ELISA lab analysis• Proficient in a variety of qualitative, quantitative and arts-based research methods | |

TEACHING EXPERIENCE

Senior Lecturer, Art & Design Education Department

August 2018 – Present

University of the Arts, Philadelphia, PA

Classes:

- Creative & Cognitive Development, Research Methods, Professional Writing (Graduate)
- Adult Art Therapy Theory & Technique (Undergraduate)

Invited Guest Lectures:

-Rowan School of Osteopathic Medicine, NJ, Medical Humanities February 2019

Topic: *Art Therapy, Trauma and Self-Care for Healthcare Workers*

-University of the Arts, PA, Art & Inclusionary Education January 2019

Topic: *Art Therapy and Developmental Trauma*

-LaSalle University, PA, Developmental Psychology May 2018

Topic: *Art Therapy and Developmental Trauma*

-Rowan University, NJ, Arts and Medicine April 2018

Topic: *Art Therapy and Disruption*

-Herron School of Art and Design, IN, Art Therapy Research October 2017

Topic: *What Do You Do With a Lit Review?*

-New York University, NY, Methods and Materials in Art Therapy May 2017

Topic: *Wise Mind Books for Traumatized & Dissociative Clients*

-Drexel University, PA, Art Therapy Theory and Symbolism February 2015

Topic: *Art Therapy with Non-Clinical Populations*

-Drexel University, PA, Art Therapy Research April 2014

Topic: *Art Therapy, Trauma, and DBT: Integrating Research into Practice*

Art Therapy Off-site Supervisor, Drexel University

September 2016 – Present

MA Capstone/Thesis Students Advised:

Nancy Parfitt Hondros, “MST, Mindfulness, and Art Therapy,” Graduated 2016

Kingsway Regional School District, Woolwich Twp, NJ

2004 – 2010

High School Art Teacher

- Taught Art I, Advanced Art I-IV, AP Studio Art, Printmaking/Photography, and Art Service Studio
- Certified by The College Board in AP Studio Art
- Wrote Curriculum for Advanced Art I-IV, AP Studio Art, and Printmaking Classes
- Established a new chapter of the National Art Honor Society, Advisor 2005-2009
- Class of 2010 Advisor, organized Senior Trip to Orlando
- Administrative Detention Monitor
- Art Teacher for Extended School Year Program, 2009
- Completed 300 hours of shadowing with School Psychologist, Dr. Shanna Hoffman

PUBLICATIONS

Peer-reviewed Journal Articles

Jones, J. P., **Drass, J. M.**, & Kaimal, G. (2019). Art therapy for military service members with PTS and TBI: Case series highlighting trajectories of treatment and recovery. *The Arts in Psychotherapy*, 63, 18-30. doi: 10.1016/j.aip.2019.04.004

Kaimal, G., Mensinger, J. L., **Drass, J. M.**, & Dieterich-Hartwell, R. M. (2017). Art Therapist-Facilitated Open Studio Versus Coloring: Differences in Outcomes of Affect, Stress, Creative Agency, and Self-Efficacy. *Canadian Art Therapy Association Journal*, 30(2), p. 56-68, doi: 10.1080/08322473.2017.1375827

Jones, J. P., Walker, M. S., **Drass, J. M.**, & Kaimal, G. (2018). Art therapy interventions for active duty military service members with post-traumatic stress disorder and traumatic brain injury, *International Journal of Art Therapy*, 23(2), p. 70-85. doi: 10.1080/17454832.2017.1388263

Drass, J. M. (2016). Creating a culture of connection: A Postmodern punk rock approach to art therapy. *Art Therapy: Journal of the American Art Therapy Association*, 33 (3), p. 138-143. doi: 10.1080/07421656.2016.1199244

Drass, J. M. (2015). Art therapy for individuals with borderline personality: Using a dialectical behavior therapy framework. *Art Therapy: Journal of the American Art Therapy Association*, 32 (4), p. 168-176. doi: 10.1080/07421656.2015.1092716

Manuscripts in Progress

Drass, J. M. Disrupting the Trauma Narrative: Deconstructing Comic Books and DBT. Book chapter in *Illustrating Stories: Comics and Graphic Novels Use in Art Therapy*, N. Carlton, Editor, Jessica Kingsley Publishing. Expected publication date: 2020

ORCID <http://orcid.org/0000-0001-9867-4019>

CLINICAL EXPERIENCE

Art Therapist, Wise Mind Art Psychotherapy, Private Practice, ATR-BC #15-133
Haddon Township, NJ, May 2016 – Present

- Specializes in trauma-spectrum and dissociative disorders
- Provides adjunctive art therapy services for individual clients
- Holds ongoing art therapy groups for the local chapter of RESOLVE, The National Infertility Support Group
- Collaborates with local psychotherapists for treatment planning and case conceptualization
- Provides ATR Supervision and trauma-focused consultation

Art Therapy Consultant, Victory Bay Recovery Center
Laurel Springs, NJ, February – September 2017

- Held weekly art therapy workshops that focused on addictions, skill building, trauma education, and symptom management
- Coordinated with treatment team to aid in diagnosis and treatment planning
- Assisted in implementation of creative arts program

Senior Allied Clinical Therapist, Princeton House Behavioral Health Women's Trauma Program, Moorestown, NJ, June 2012 – May 2016

- Conducted group and individual trauma-informed art therapy sessions for women with PTSD, chronic suicidal ideation, self-harm, eating disorders, substance abuse, and dissociative disorders
- Trained in Dialectical Behavior Therapy and incorporated DBT skills into art therapy sessions/curriculum development
- Part of a comprehensive DBT Team; Co-led Dialectical Behavioral Therapy groups, participated in weekly DBT consultation meetings, and quarterly case conferences
- Led psychoeducational groups that focused on trauma education, healthy lifestyles, building mastery and symptom management
- Used art therapy assessments to aid in diagnosis and treatment planning
- Recorded daily session noted in electronic medical records system (QCPR)
- Participated in monthly quality control meetings using evidenced-based practices to measure performance
- Trained in LAWSON for ordering and management of therapy supplies
- Implemented a research-based art therapy curriculum and participated in consultation groups with art therapists across multiple sites

Art Therapy Intern, Princeton House Behavioral Health Women's Program
North Brunswick and Princeton, NJ
September 2011 - June 2012

Art Therapy Intern, Art of Friendship Camp, supervised by Mike Fogel, LPC, ATR-BC
Radnor School District, PA
Summer 2011

Art Therapy Student, Youth Consultation Services Psychiatric Community Home,
Sicklerville, NJ
March - June 2011

Art Therapy Student, Hahnemann Hospital Psychiatric Medical Care Unit,
Philadelphia, PA
September 2010 – March 2011

Neighborcare Pharmacy, Data Entry/Pharmacy Technician for long-term care facilities,
Moorestown, NJ
March - June 2011

PRESENTATIONS

Peer-Reviewed

Art Therapy for Patients Undergoing Radiation and Their Caregivers, Paper Presentation with Girija Kaimal and Katrina Carroll-Haskins, American Art Therapy Association National Conference, Miami, FL November 2018

You Are Here: Mapping and Performing Data Through Artistic Inquiry, Paper Presentation, 14th International Congress of Qualitative Inquiry, University of Illinois at Urbana-Champaign, May 2018

Illustrating Stories: Graphic Novel and Comics Use as Autoethnography, Panel member with Natalie Carlton and Rumi Clinton, 14th International Congress of Qualitative Inquiry, University of Illinois at Urbana-Champaign, May 2018

Illustrating Stories: Graphic Novel and Comics Use in Art Therapy, Panel member with Natalie Carlton and Rumi Clinton, American Art Therapy Association National Conference, Albuquerque, NM, November 2017

Art Therapy for Chronic Stress, Paper Presentation with Girija Kaimal, American Art Therapy Association National Conference, Albuquerque, NM, November 2017

Translation in Arts-Based Research: A Creative Arts Therapies Perspective, Panel member with Nancy Gerber, Natalie Carlton and Ming Yuan Low, 13th International Congress of Qualitative Inquiry, University of Illinois at Urbana-Champaign, May 2017

The Interface Among Providers Using Multi-Phasic Approaches in Dissociative Treatment, Workshop with Mindy Jacobson-Levy, International Society for the Study of Trauma and Dissociation Annual Conference, Washington, DC, April, 2017

Building Hope and Resiliency in Trauma Treatment: A Punk Rock Approach to Therapy, Poster Presentation, International Society for the Study of Trauma and Dissociation Annual Conference, Washington, DC, April, 2017

Wise Mind Books for Traumatized & Dissociative Clients, Workshop, Expressive Therapies Summit, New York, NY, November, 2016

Avoiding Trauma Reenactments in the Clinical Setting: The Importance of Teamwork, Workshop with Mindy Jacobson-Levy, Expressive Therapies Summit, New York, NY, November, 2016

Creating a Culture of Connection: A Postmodern Punk Rock Approach to Art Therapy. Paper Presentation, Delaware Valley Art Therapy Association Annual Conference, Philadelphia, PA, October, 2016

The Interface Among Providers Using Multi-Stage Approaches in Dissociative Treatment: A Case Study Paper Presentation with Mindy Jacobson-Levy, American Art Therapy Association National Conference, Baltimore, MD, July, 2016

Just Thirty Minutes: Exploring Professional and Artist Identities Through Art Meditation, Paper Presentation with Michele Rattigan, American Art Therapy Association National Conference, Baltimore, MD, July, 2016

Expanding the Lens of Art Therapy: Building DBT Skills, Advanced Practice Course with Jane DeSouza, Kelley Kuchinov, & Sarah Manley, American Art Therapy Association National Conference, Minneapolis, MN, July, 2015

Weaving Skills Training and Mindfulness into Art Therapy: Creating Distress Tolerance Baskets, Workshop, American Art Therapy Association National Conference, Minneapolis, MN, July, 2015

Using Art Therapy to Build Resiliency and Mindfulness in Women with Borderline Personality Disorder, Panel Member with Kelley Kuchinov & Sarah Manley, American Art Therapy Association National Conference, Minneapolis, MN, July, 2015

Using Artmaking to Build Your “Mindfulness Muscle.” Workshop, Camden County Women’s Health Conference, Voorhees, NJ, May 2015

Using Art Therapy to Treat Trauma and Dissociation while Building Resiliency in Individuals with Borderline Personality Disorder and Dissociative Identity Disorder, Case Presentation, International Society for the Study of Trauma and Dissociation Annual Conference, Orlando, FL, April, 2015

Trailblazing The Future: Making Art Therapy an Effective Reimbursable Intervention, Panel Member with Jane DeSouza, Jean Joslin, and Sarah Manley, American Art Therapy Association National Conference, San Antonio, TX, July, 2014

The Use of Self-Books to Explore Identity in Clients with BPD, Workshop Presentation, American Art Therapy Association National Conference, Seattle, WA, June, 2013

The Use of Self-Books to Explore Identity in Clients with BPD, Workshop Presentation, Delaware Valley Art Therapy Association Annual Conference, February, 2013

Using Art to Teach Problem-Solving and Social Skills to At-Risk Adolescents: Evaluating the Effectiveness of the RATE Program, Poster Presentation, Delaware Valley Art Therapy Association Annual Conference, February, 2012

Invited

Strength Medallions, Workshop, ME Fest, Weight Watchers, Minneapolis, MN, October 2015

Unlocking the Power of Your “Mindfulness Muscle” Presentation, Weight Watchers, Global Innovation Team, NYC, August 2015, and Marlton NJ, June 2015

Using Artmaking to Build Your “Mindfulness Muscle” and Find Your Center. Staff Presentation, Rowan University WPN, Glassboro, NJ, June 2015

Dissociative Identity Disorder or Psychosis? Using Art Therapy to Aid in the Diagnosis and Treatment of Trauma. Case Presentation with Leiora Freedman, Princeton House Behavioral Health, Moorestown, NJ, September, 2014

Integrating DBT Skills in Art Therapy, Princeton House Women’s Program, Princeton, NJ, September, 2014

Exploring the Use of the Photocopy Transfer Method in the Classroom, Gloucester County Education Association Workshop, November 2007

PROFESSIONAL SERVICE

Archivist, Executive Board Member

Delaware Valley Art Therapy Association, November 2018 – May 2019

Ad-Hoc Peer Reviewer

Art Therapy: Journal of the American Art Therapy Association, February 2016 – December 2017

Scholarship Committee Member

American Art Therapy Association, July 2015 – Present

COMMUNITY INVOLVEMENT

Wise Mind Creations

Founder, Co-Owner and Lead Instructor, Haddon Twp, NJ, November 2014 – Present

- Created a “mobile” community art studio designed to promote wellness and enhance the lives of participants by using art making processes to increase mindfulness and improve self-discovery
- Leads a variety of art groups and integrative workshops in collaboration with community partners/organizations

Philadelphia FIGHT

Volunteer Art Therapist, Youth Health Empowerment Project, Fall 2014

- Ran weekly group art therapy sessions at a drop-in center for young adults

GROUP EXHIBITIONS

Portals: Artmaking, Health and Human Well-Being Exhibit, Ester Klein Gallery, Philadelphia, PA, December 13th 2018 to January 29th 2019

Art & Design Education Faculty Exhibit, University of the Arts, Terra 10th Floor Gallery, Philadelphia, PA, September to October 2018

PROFESSIONAL TRAINING

LifePower Yoga 200 Hour Teacher Training, Mt. Laurel, NJ, August 2018

Supervision on Supervision, Drexel University, Philadelphia, PA, January-June, 2017

Altered Books in the Treatment of Complex Trauma: Metaphor and Transformation, Expressive Therapies Summit, New York City, November, 2015

Exploring Soul Collage, Expressive Therapies Summit, New York City, November, 2014

Shame and Self-Loathing in Trauma Treatment, Janina Fisher, 2-Day Training, PESI, Cherry Hill, NJ, September 2013

Outpatient Art Therapy with Dissociative Identity Disorder, Expressive Therapies Summit, New York City, November 2011

Princeton Health Care System, Princeton House Behavioral Health, 2011-2016

- Suicide Risk Assessment, Columbia Suicide Severity Rating Scale (C-SSRS)
- Advanced DBT techniques
- Trauma-focused methods such as Seeking Safety, Relational-Cultural Model
- Compassion-Focused Therapy (CFT)
- Motivational Interviewing (MI)
- Handle with Care

Dialectical Behavior Therapy, 2-Day Training, PESI, Cherry Hill, NJ August 2011

PROFESSIONAL AFFILIATIONS

American Art Therapy Association 2010-Present

Attended Annual Conferences: Miami, FL, 2018; Albuquerque, NM, 2017; Baltimore, MD, 2016; Minneapolis, MN, 2015; San Antonio, TX, 2014; Seattle, WA, 2013

International Society for the Study of Trauma and Dissociation, 2011-Present

Attended Annual Conferences: New York, 2019; Washington, DC, 2017; San Francisco, CA, 2016; Orlando, FL, 2015; Montreal, Quebec, 2011; Spring Regional Conference, Towson, MD, 2013

Delaware Valley Art Therapy Association, 2010-Present

Attended Annual Conferences: 2017, 2016, 2013, 2012, 2011

National Art Education Association, 2004-2010

Attended Annual Conventions: New York City 2007, Boston, MA, 2005

MEDIA

Weight Watchers Magazine, Interview, January/February Issue, 2016

<https://www.weightwatchers.com/us/article/see-it-be-it-vision-boards-101>

USA Today, Interview, November 2015

<https://www.usatoday.com/story/life/nation-now/2015/11/11/adult-coloring-craze/75617616/>

Finding Wisdom in Your Creativity, Promotional Video, June 2015

https://www.youtube.com/watch?v=25_4gyr2HWM&feature=youtu.be

Press for research fellowship work:

<http://drexel.edu/now/archive/2017/December/Coloring-Books-Not-As-Effective-As-Real-Art-Therapy/>

<https://www.artsy.net/article/artsy-editorial-art-helping-veterans-overcome-ptsd>

HONORS AND AWARDS

Authorship Award, Canadian Art Therapy Association Journal	2018
Excellence in Art Therapy Clinical Practice, Drexel University	2012
Alpha Eta Society Member, Drexel University	2012
Director/Curator, Senior Thesis Art Show, Rutgers Camden	2002
Psi Chi Member, The National Honor Society in Psychology	2002
Athanaeum Member, Camden College of Arts and Sciences	2002