

Jessica Masino Drass

- Haddonfield, NJ 08033
- E-Mail: jmdrass@gmail.com
- Website: www.jessdrass.com

OVERVIEW

Trauma-informed psychotherapist, professor, and researcher committed to collaborative community building with 20 years of professional experience and graduate degrees in **School Psychology** and **Art Therapy**. Published author and activist with an ability to organize and integrate theory, data analysis, and clinical knowledge in a manner accessible to a variety of audiences.

WORK HISTORY

Adjunct Associate Professor, The University of the Arts, 320 S. Broad St., Philadelphia, PA 19102

August 2018 – Present

- **Utilizes a variety of methods and technologies** to keep students engaged and motivated for both in-person and online learning
- Member of **Search Committee** for director of new Creative Arts Therapy Minor
- Member of **Universal Design in Higher Learning Committee**
- **Advises students** as they develop and plan individual research projects, culminating in creating and presenting at an [online research conference](#)
- **Counsels and supports students** through building portfolios, student teaching, and employment search
- Teaches Graduate level classes on: **Creative & Cognitive Development; Research Methods; Professional Writing, Adult Art Therapy Theory/Techniques; Thesis Development (Museum Ed)**

Trauma Specialist, Temple University, 3440 N. Broad Street, Philadelphia, PA 19140

May 2022 – Present

- Part of the **Philadelphia Healthy & Safe Schools (PHASeS) Program** in the **Lewis Katz School of Medicine's Center for Urban Bioethics**
- Works within a dedicated K-8 public school in North Philadelphia to assist in creating a Trauma Sensitive environment for students, teachers, administrators, parents & community members
- Serves as a **consultant** to members of the School District of Philadelphia on how to improve safety, wellness, mental health & academic achievement on a day-to-day basis through a trauma-informed lens
- Built out new programs/protocols used across PHASeS sites
- Designs graphics for PHASeS and school use
- Trains/Mentors Tyler Art Therapy Interns
- Ongoing advisement to building principal/administrative team for school wide issues and events

Freelance Writer/Blogger

June 2019 – Present

- [A Crash Course on Trauma Education](#), Twitter thread, published Jan, 2021
- [What Would Mother Say?](#) DemCastUSA, published Jan, 2021
- [Changing the Narrative...Why I'm Volunteering for Joe Biden](#) Medium Post, published Feb, 2020
- [a manifesto...of sorts](#) Blog post, published Aug, 2019

Executive Board Member/Co-Founder, [The Radical Hope Project](#), Criminal Justice Advocacy Group

Dec 2019 – Present

Research Fellow, Drexel University, 1601 Cherry St., Philadelphia, PA 19102

September 2016 to December 2018

- **Creative Forces: NEA Military Healing Arts Network-** Coordinated with partners at **Dept of Defense, NICoE at Walter Reed Medical Center, Fort Belvoir Community Hospital, & National Endowment for the Arts** for a variety of multi-site studies as part of a **\$378,800 research grant** to study art therapy for active duty military service members with PTSD and TBI ([feature article here](#))
- Facilitated **secure transfer of patient data** between clinical and research sites
- **Lead author** for the following Creative Forces manuscripts:
 - [Art Therapy for Military Service Members with PTS and TBI: Case Series Highlighting Trajectories of Treatment and Recovery](#). *The Arts in Psychotherapy*, 2019.
 - [Art Therapy Interventions for Active Duty Military Service Members with Post-Traumatic Stress Disorder and Traumatic Brain Injury](#), *International Journal of Art Therapy*, 2018.
- **NEA Arts Research on Chronic Stress – Project Manager** for part of a **\$300,000 Research Grant** from the **National Endowment for the Arts**, coordinating with multiple **University of Pennsylvania** medical facilities through study design, IRB approval, recruitment, data collection, data management, researcher training, data analysis, and community engagement
- **Co-authored manuscript awarded the 2018 Canadian Art Therapy Association Authorship Award**
 - [Art Therapist-Facilitated Open Studio Versus Coloring: Differences in Outcomes of Affect, Stress, Creative Agency, and Self-Efficacy](#). *Canadian Art Therapy Association Journal*, 2017

Art Psychotherapist/Clinical Consultant/Educator, Private Practice/Freelance

September 2014 – Present

Per Diem and Pro Bono (hours vary by project)

- **Clinical Supervisor** for Drexel Art Therapy Interns working with survivors of military sexual abuse at **Women’s Veteran Center** in Philadelphia and **Women Against Abuse**, 2016-2019
- Provides **trauma-focused clinical consultation services**, and leads a variety of **integrative workshops & guest lectures** in collaboration with community partners/organizations, 2014-Present
- Published clinical practice articles in peer-reviewed, scientific journals
 - [Art Therapy for Individuals with Borderline Personality: Using a Dialectical Behavior Therapy Framework](#). *Art Therapy: Journal of the American Art Therapy Association*, 2015
 - [Creating a Culture of Connection: A Postmodern Punk Rock Approach to Art Therapy](#). *Art Therapy: Journal of the American Art Therapy Association*, 2016
- Presented both peer-reviewed and invited workshops across the country on topics such as:
 - **Dissociative Identity Disorder or Psychosis? Using Art Therapy to Aid in the Diagnosis and Treatment of Trauma**
 - **Trailblazing The Future: Making Art Therapy an Effective Reimbursable Intervention**
 - **Art Therapy for Chronic Stress**
 - **The Interface Among Providers Using Multi-Phasic Approaches in Dissociative Treatment**
 - **Using Art Therapy to Treat Trauma and Dissociation while Building Resiliency in Individuals with Borderline Personality Disorder and Dissociative Identity Disorder**
 - **Unlocking the Power of Your “Mindfulness Muscle”**
- Assisted in implementation of arts program at Victory Bay Recovery Center, Laurel Springs, NJ, 2017
- Volunteer Art Therapist at **Philadelphia FIGHT**, Youth Health Empowerment Project, Fall 2014
- Advisor for MA Thesis Projects at Drexel University on military sexual trauma, 2016-2019
- **Member of the Scholarship Committee**, American Art Therapy Association, July 2015-Dec 2018
- **Ad-hoc Peer Reviewer** for *Art Therapy: Journal of the American Art Therapy Association*, 2016-2019

Senior Allied Clinical Therapist, Princeton Healthcare System, 351 New Albany Rd., Moorestown, NJ 08057

June 2012 – May 2016

- Conducted group & individual trauma-informed therapy for **women w/ history of sexual abuse/assault, chronic suicidal ideation, self-harm, eating disorders, substance use, dissociative disorders**
- Maintained a **\$2000/year budget** for ordering and management of therapy supplies
- Implemented a research-based curriculum as **part of a multi-disciplinary treatment team** and participated in consultation groups with therapists across multiple treatment sites
- *Received Training in:*
 - **Suicide Risk Assessment, Columbia Suicide Severity Rating Scale (C-SSRS)**
 - **Advanced Dialectical Behavior Therapy (DBT)**
 - **Trauma-focused methods such as Seeking Safety, Relational-Cultural Model**
 - **Compassion-Focused Therapy (CFT)**
 - **Motivational Interviewing (MI)**
- Used clinical assessments to aid in diagnosis and treatment planning
- Trained in LAWSON for ordering and management of therapy supplies
- Participated in regular **Quality Control team meetings** using evidenced-based performance metrics
- Received a “*Performance Plus*” award for positive responses on patient satisfaction surveys

High School Art Teacher, Kingsway Regional School District, 201 Kings Highway, Woolwich Twp, NJ 08085

January 2004 – June 2010

- Managed annual supply budget of \$9,000
- **Served on the Intervention & Referral Services Committee**
- Wrote Curriculum for Advanced Art I-IV, AP Studio Art, and Printmaking Classes
- Class of 2010 Advisor
- Administrative Detention Monitor
- Established a new chapter of the National Art Honor Society, Advisor 2005-2009
- Assistant Choreographer for high school musical
- **Completed 300 hours of shadowing with School Psychologist, Dr. Shanna Hoffman**

OTHER WORK EXPERIENCE

- **Port Richmond Pharmacy/Masino Healthcare LLC**, Volunteer Consultant assisting in event planning, community organizing, and merchandising/design, Philadelphia, PA, 2004-2011
- **Owens & Minor at Children’s Hospital of Philadelphia**, Materials Distribution, CICU, Fall 2003
- **Neighborcare Pharmacy**, Data Entry/Pharmacy Technician, Moorestown, NJ, 2000-2003
- **Staples Copy Center**, Marlton, NJ, 1996-2000

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](https://doi.org/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](https://doi.org/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](https://doi.org/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](https://doi.org/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](https://doi.org/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: 2023

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

COMMUNITY ORGANIZING

Volunteer Lead, Biden for President, Philadelphia, PA

November 2019 – November 2020

- Volunteer/Creative Lead at Biden HQ in Philadelphia
- Helped name and create Biden Flight Crew volunteer community
- Developed volunteer code of conduct
- Moderated Biden HQ volunteer [Facebook page/group](#)
- Co-Founder/Co-Lead of [JerseyGirls4Joe](#), grassroots chapter of Women For Biden (WFB)
- Hosted weekly volunteer activation event, [Fall Fridays with the Jersey Girls](#)
- Traveled to IA, NV, NC, SC & PA as an out-of-state volunteer to help with visibility at events, canvas, and served as precinct captain
- Ran [@GenXPunks4Biden](#), hosted “Biden’s Punk AF” event in Des Moines, [covered by Vogue](#)
- Created Biden Flight Crew edition of “Connect The Dots” fanzine & [volunteer website](#).
- Written [blogs](#) and active social media leader/organizer; [@jessabahx](#) & [@JerseyGirls4Joe](#) on Twitter, [@JerseyGirls4Joe](#) on Instagram, & helped build Grassroots Coalition Network
- Created virtual DNC Watch Parties for WFB States with Broadway For Biden

Volunteer, Beto For America

March – November 2019

- Hosted Community Events, created BetoFest, created “Connect The Dots” fanzine
- Created & Moderated “Punk Rock Politics” Facebook group
- Worked/received training for campaign phone banking, media monitoring, volunteer sign-up liaison, policy education, social media team & local event assistance.

EDUCATION

- PhD Candidate, ABD** September 2016 to December 2018
Drexel University, **Creative Arts Therapy**
College of Nursing & Health Professions, Philadelphia PA
- MA** Drexel University, **Art Therapy** June 2012
Graduated Summa Cum Laude, received Excellence in Clinical Practice Award
Thesis: "Using Art Therapy to Treat Trauma & Dissociation in BPD"
- MA** Rowan University, **School Psychology** August 2009
Graduated Summa Cum Laude
Thesis: "Using Art to Teach Problem-Solving & Social Skills to At-Risk Adolescents"
- BA** Rutgers University, **Fine Art** May 2002
Graduated Summa Cum Laude
Received NJ State Certificate, Teacher of Art, K-12, NASDTEC Certified

Professional Trainings/Certifications:

- Certified Complex Trauma Treatment Professional (CCTP-II) *in progress*
- CITI Program Training for Ethical Human Subject Research
- Dialectical Behavior Therapy
- Supervision on Supervision
- Yoga Teacher 200 Hour Training
- Shame and Self-Loathing in Trauma Treatment
- Outpatient Art Therapy with Dissociative Identity Disorder
- Altered Books in the Treatment of Complex Trauma

FEATURED INTERVIEWS /PRESS

Scream Therapy Podcast, Interview with Jessica Drass on Punk-informed therapy, May 2022
<https://screamtherapyhq.com/podcast/episode-49-jessica-masino-drass>

Iowa Countdown: 48 Hours in the Brigadoon of the Political World
<https://www.vogue.com/article/48-hours-in-des-moines-iowa-2020-caucuses>

WHYY Philly Audio Diaries, Interview with Jessica Drass on Trauma & Dissociation, July 2019
<https://whyy.org/articles/spacing-out-or-guarding-against-trauma-philly-teen-finds-self-care-in-dissociation/?fbclid=IwAR32IDD6mTTZX0CXtE3oYr7NDwCock8Tuj9vl5R5pVuBVEUqoP48VWxHO4s>

Weight Watchers Magazine, Interviewed for background on using Vision Boards, January/February Issue, 2016
<https://www.weightwatchers.com/us/article/see-it-be-it-vision-boards-101>

USA Today, Interview with Jessica Drass on Coloring for Stress Reduction, 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 Drexel 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>

SELECTED 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

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

Wise Mind Books for Traumatized & Dissociative Clients, Workshop, 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

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

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

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

Dissociative Identity Disorder or Psychosis? Using Art Therapy to Aid in the Diagnosis and Treatment of Trauma. Princeton House Behavioral Health, Moorestown, NJ, Sept. 2014

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

Invited University Guest Lectures:

Rowan School of Osteopathic Medicine, NJ, Medical Humanities

Topic: Art Therapy, Trauma and Self-Care for Healthcare Workers, February 2019

University of the Arts, PA, Art & Inclusionary Education

Topic: Art Therapy and Developmental Trauma, January 2019

LaSalle University, PA, Developmental Psychology

Topic: Art Therapy and Developmental Trauma, May 2018

Rowan University, NJ, Arts and Medicine

Topic: Art Therapy and Disruption, April 2018

Herron School of Art and Design, IN, Art Therapy Research

Topic: What Do You Do With a Lit Review?, October 2017

New York University, NY, Methods and Materials in Art Therapy

Topic: Wise Mind Books for Traumatized & Dissociative Clients, May 2017

Drexel University, PA, Art Therapy Theory and Symbolism

Topic: Art Therapy with Non-Clinical Populations, February 2015

Drexel University, PA, Art Therapy Research

Topic: Art Therapy, Trauma, and DBT: Integrating Research into Practice, April 2014

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

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

REFERENCES AVAILABLE UPON REQUEST
