

# Janice K Rose MS, ICF-PCC, LPC, LCAT, ATR-BC

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## DEDICATED HELPING PROFESSIONAL

Extensive experience as a international Professional Certified Coach, Licensed Professional Counselor, Licensed Creative Arts Therapist, and Board Certified, Art Therapist.

## CURRENT CLIENT FOCUS | [jkrcoaching.com](http://jkrcoaching.com)

Certified Coach and Counselor that specializes in helping individuals in relationships of all types, break free from unhealthy relationship patterns often rooted in attachment dynamics. Using Attachment Theory, Somatic Experiencing, and skills-based techniques, I work with adults (18+) navigating unresolved relationship trauma by offering tools to regulate emotions and their nervous system. This brings a new awareness and emotional expansion to clients that helps them identify healthy and unhealthy patterns developed over their lifespan. The intention of this work is to help clients connect to themselves before building better intimate, friend, family, peer, colleague, and community relationships to live more meaningful and connected lives.

## PROFESSIONAL HIGHLIGHTS

- **Event speaker**, Higher Ed guest lecturer, CEU provider, conference workshop presenter, and group facilitator
- **Author** of upcoming *Shift to Connectedness*, Fall 2026. Current publications include a two book series for managing teenage anxiety, released early 2025
- Curriculum development for long-term treatment programs: DBT, psychosocial medical, and art therapy
- Artist, Art Director, and Graphic Designer, including Cover design and art: Rubin's *Approaches to Art Therapy*
- LPC License in CO, TX, FL, and CT; LCAT License in NY
- Two MS Degrees, with extensive specialized training hours in: Creative Arts Therapy, Dialectical Behavioral Therapy (DBT), Somatic Experiencing (SE), and Transcendental Meditation

## EDUCATION

### PROFESSIONAL CERTIFICATION IN EXECUTIVE AND PROFESSIONAL COACHING (ICF - PCC LEVEL)

The University of Texas at Dallas | Dallas, TX | Certification Received: 2022

### MS CLINICAL MENTAL HEALTH COUNSELING - CACREP

Walden University | Minneapolis, MN | Degree Received: 2/2019

### MS ART THERAPY & COUNSELING

College of New Rochelle (Mercy University) | New Rochelle, NY | Degree Received: 5/2014

*Thesis: Effects of Art Making versus Crossword Puzzling Recorded with Emotiv EEG Neuroheadset*

### BACHELOR OF FINE ARTS

School of Visual Arts | New York, NY | Degree Received: 5/2012

### BACHELOR OF ART MASS COMMUNICATIONS

Texas State University | San Marcos, Texas | Degree Received: 12/2001

## LICENSES & CERTIFICATIONS

Professional Certified Coach (PCC) | International Coaching Federation (ICF)

Licensed Professional Counselor (LPC) | Texas: 82112, Florida: TPMC6473, Connecticut, 8516, Colorado

Licensed Creative Arts Therapist (LCAT) | New York: 2130

Board Certified, Nationally Registered Art Therapist (ATR-BC) | National ATCB: 15-137

Trauma Focused-Cognitive Behavioral Therapy Certified Therapist | National TF-CBT Certification Board

## PROFESSIONAL DEVELOPMENT COMPLETED

**Transcendental Meditation** | In Person | TM Peace Palace | Fairfield, NJ | 2024

Trainer: Olga Hopkins

**Peter Levine's Somatic Experiencing Trauma Institute** | Online | Houston, TX Cohort | 2021

Trainer: Dave Berger, MFT, LCMHC, PT, SEP, MA – Beginner I Module (54 CEs)

**Dialectical Behavioral Therapy (DBT)** | Online & In Person | 2019 - 2021

Trainer: PsychWire Marsha Linehan & her team of experts - Comprehensive DBT Training (86 CEs)

Trainer: Dr. Michele Galeitta – Comprehensive DBT - Foundations Training (56 CEs)

## PUBLICATIONS

**(Coming 2026) Shift to Connectedness: Restoring Connection to Ourselves, Each Other, and Our Communities**

**Navigating Anxiety for Teens - Pocket Guide: Understand Anxiety and Manage Stress Using 9 Easy, Real-life Strategies for a Mental Health Glow-Up**

eBook & Paperback | 2024

**Navigating Anxiety for Teens - DBT, Self-Care, Mindset: Gain Confidence and Control with Practical Skills to Manage Your Worries, Create Healthy Relationships, and Regulate Your Emotions**

eBook & Paperback Audiobook Coming Soon | 2025

## EXPERIENCE

**JKR COACHING** | jkrcoaching.com | Colorado | 2019 – Present

**Owner, Event Speaker, Author, & Professional Certified Coach - International Coaching Federation**

Clients: Specialist in supporting adults to develop a healthy relationship with themselves and others in their life using a unique Coach to Connectedness program.

**THE SHIFT THERAPY** | theshift-therapy.com | Dallas, TX | 2019 – Present**Owner, Licensed Professional Counselor, Art Therapist**

Clients: Specialist in supporting adolescents to manage typical and atypical anxiety, adults and couples experiencing struggles in their relationships, and young adults through life transitions. Enjoy promoting social change by authoring books and providing community outreach.

**ORANGE BRIDGE ADVISORY** | ob-advisory.com | United States | 2019 – 2024**Owner, ICF Credentialed Executive Coach**

- Provide coaching for executives in the real estate, energy, education, and healthcare sectors seeking career development, personal advancement, and behavioral change during leadership transitions
- Coach clients on utilizing creative solutions, leadership strategies, and purpose-driven change to create opportunities for enhancement in an individual's executive leadership roles and personal lives

**BAYLOR UNIVERSITY MEDICAL CENTER** | Dallas, TX | 914 beds | 2019**Programs' Coordinator, Art Therapist, Mental Health Counselor in the Arts in Medicine Program**

Clients: ages 18-80 receiving medical services at Baylor University Medical Center and their families/caregivers. Diagnoses include oncology, organ and bone marrow transplants, ante-partem, surgery, brain injury, trauma, traumatic brain injury, heart, and vascular.

- Served weekly caseload 50 inpatient bedside and outpatient clients providing psychological experience
- Provided and maintain Open Art Studio services for patient, families, and caregivers
- Conducted patient and family groups on the organ transplant and ante-pardem units
- Planed, coordinated, and executed events, programs, and fundraisers for clients and employees
- Presented to Baylor University Medical Center staff, leadership teams, and executive management on a wide range of topics, including art therapy, Arts in Medicine, self-care
- Attended events and conduct meetings with various organizations and local governments to strategize collaborative projects to support patients, families, employees, contractors, and the hospital

**POETIC** | Dallas, TX | 2018 – 2019**Therapeutic Programs Manager, Art Therapist**

Clients: Girls between the ages of 12-24 who have experienced commercial sexual exploitation and sex trafficking presenting with a wide range of diagnoses, such as complex trauma, mental health issues, substance use disorders, and educational difficulties

- Carried a caseload of individual youth and parents to provide evidence-based therapies
- Performed clinical intake and diagnostic evaluations with a deep understanding of suicidal ideation, self-harm, substance use, and mental health disorders
- Thorough clinical interview and assessment, including gathering collateral information on behalf of the youth or parent to ensure a solid clinical formulation of clients
- Conduct therapeutic evidence-based groups on a weekly basis
- Available and on-call for client needs via phone and in-person utilizing Dialectical Behavioral Therapy coaching practice, de-escalation techniques, and Motivational Interviewing
- Attend training and conferences on CSEC/DMST/SUD
- Participation: individual supervision, case conferences, team meetings, and partner meetings

**CK SERVICES | Dallas, TX | 2019 – 2021****Art Therapist (In-Home)**

Clients: Children who were adopted and their families. Program mission: help clients receive in-home support with their family in lieu of participation in long-term inpatient Residential Treatment Programs funded by Medicated through State of Texas Wrap-Around program

- Collaborate with a full clinical team to provide individual, group, and family sessions

**HUMC: JOSEPH M. SANZARI CHILDRENS | 105 beds + Outpatient Clinics | Hackensack, NJ | 2013 - 2018****Art Therapist & Program Coordinator - Cancer Center Institute**

Clients: Pediatric patients in the hematology, oncology, & bone marrow transplant specialties & general pediatrics department, ages birth-24 years

- Coordinated with a multidisciplinary team to promote patient and family centered care
- Created opportunities for psychotherapeutic support, self-expression, developmental need, and normalization by facilitating therapeutic interventions
- Ability to be flexible to meet patient, family, medical team, and psychosocial team needs
- Provided individual patient and sibling art therapy sessions
- Lead patient art therapy groups for the following conditions: sickle cell disease, HEMONC, BMT, chronic illness, pain & palliative, healthy living/lifestyle improvement, & siblings
- Organized & executed teen support groups & trips (kayaking, skiing, local events, etc.)
- Trained and on-boarded new employees, interns, and volunteers.

**EXPRESSIVE MEDIA, INC (EMI) & EXPRESSIVE THERAPIES SUMMIT | New York, NY | 2013 - 2023****Graphic Designer**

- Graphic Design for internationally attended Expressive Arts Therapies conferences
- Designed cover for a world-renowned art therapy book, Approaches to Art Therapy: Theory & Technique, by Judith Rubin, EMI logo, film materials, etc. to promote EMI growth

**VSA NEW JERSEY | New Brunswick, NJ | 2015 – 2017****Art Therapist**

Clients: Children with autism & their families

- Facilitated groups with families of children with autism
- Met specific goals in adherence with Universal Design for Learning Guidelines of NJ
- Created curriculum for 10-week, Saturday group sessions with over 70 participants
- Coordinated volunteers and interns to effectively maximize their skills for the benefit of the group

**WESTCHESTER HILLS P. S. 29 ELEMENTARY | Yonkers, NY | 2012 – 2013****Art Therapy Graduate Intern**

Clients: K-8th grade students with autism, down syndrome, cerebral palsy, ADHD

- Lead groups & conducted individual sessions with directives to develop and enhance their behavioral, educational, & socialization skills
- Assist the art therapist in maintaining the organization & structure of the art room
- Facilitate active group learning
- Focus on behavioral interventions

**COLLEGE OF NEW ROCHELLE** | New Rochelle, NY | 2012 – 2013  
**Graduate Assistant to the Dean of Liberal Arts**

**AHRC** | New York, NY | 2010 – 2011  
**Art Therapy Undergraduate Intern**

Clients: 25 developmentally delayed individuals, ages 15-22

- Provided a creative environment for clients to manage everyday stress and foster ego development
- Utilized art to encourage self-control, feelings of accomplishment, and empowerment
- Facilitated long-term group project with high-level of participation

## **EXPERIENCE: CORPORATE ADVERTISING & PUBLISHING - 10 YRS**

**SCHEMATIC** | Austin, TX | 2008 – 2010  
Art Director Client: Dell

**T3, THE THINK TANK** | Austin, TX | 2007 – 2008  
Art Director Client: Dell

**HARCOURT EDUCATIONAL PUBLISHING** | Austin, TX | 2005 – 2007  
Creative Director & Project Manager of Educational Programming

**DRAFT FCB** | New York, NY | 2004 – 2005  
Art Director Clients: HP, Verizon Wireless, AARP, DRAFT corporate

**GSD&M** | Austin, TX | 2000 – 2004  
Studio Artist Clients: Brinker International, Kohler, Lennox, USAir Force, Kinko's, Pennzoil, LandRover

## **DELIVERED TRAININGS, WORKSHOPS & SPEAKING ENGAGEMENTS**

**Expressive Therapies Summit** | Online | November 2025  
International Conference  
Coach to Connectedness Program

**Texas Bar Association of Criminal Defense Attorneys** | San Antonio, TX | June 2024  
Art Therapy Workshop for Attorneys at State of Texas Conference  
Art Therapy for Self-Care

**North Texas Art Therapy Association** | Online | 2021  
Workshop Presenter for CEUs  
DBT in Groups with an Art Therapy Twist to a national audience in the mental health community

**Genesis Domestic Violence Shelter** | Dallas, TX | 2020  
Workshop Presenter for CEUs Art Therapy & Trauma for the Dallas, TX mental health community

**LIU POST** | Long Island, NY | 2014 – 2019  
Lecturer - Medical Art Therapy for graduate Art Therapy program

**Baylor University Medical Center | Dallas, TX | 2019**

Presenter

- Self-Care for Nursing Leadership Retreat as requested by the Office of the President (40 people)
- Preserving You for Pastoral Care and related services as requested by Chaplin Services (80 people)

**Bergen Academies | Hackensack, NJ | 2017 | Co-Lecturer with Theresa Eid, MS, CCLS**

Child Life and Creative Arts Therapies in Pediatric Medical Hospitals

**TeenARTS | Bergen Community College | Paramus, NJ | 2016-2018 Visiting Artist**

Mask-making workshop for 200 high school students

**HackensackUMC | Hackensack, NJ | 2015**

Healthy Futures Program Speaker

HackensackUMC annual event highlighting Healthy Futures program

**National American Art Therapy Association Conference | San Antonio, TX | 2014**

Presenter

Research Roundtable Effects of Art Making versus Crossword Puzzling

Recorded with Emotiv EEG Neuroheadset: A Pilot Study

**COLLEGE OF NEW ROCHELLE | New Rochelle, NY | 2014 Presenter**

Annual Alumni Association dinner

**MAJOR CURRICULUM DEVELOPMENT PROJECTS****DBT and Art Therapy | POETIC | Dallas, TX | 2018 – 2019****Art Therapist**

Created a Dialectical Behavioral Therapy and Art Therapy program and curriculum for teenage girls having experienced sex trafficking, exploitation, and/or child abuse. The program continues to be implemented at the POETIC - Dallas, Tx location to help clients develop therapeutic coping skills through the expressive arts therapies. These dual therapeutic modalities coping skills programs allow clients to get out of their current cycle of victimization to move forward into healthy living environments with specific goals for their future.

**Healthy Futures | HUMC | Hackensack, NJ | 2014 – 2017****Group Co-Leader**

Created psychoeducational programming and curriculum development for Healthy Futures (a 10-week series) for school age, adolescents, and families to re-evaluate what it means to live a healthy lifestyle. Full program consisted of nutritionists, athletic trainers, and psychosocial leaders to approach health from a multi-dimensional perspective with the intent of redefining and integrating healthy components to life.

**VSA New Jersey | New Brunswick, NJ | 2015****Group Facilitator & Coordinator**

Created curriculum for clients with autism and their families for a 10-week art therapy program. Personalized curriculum in accordance with State of New Jersey UDL educational programming guidelines.

## ART SHOWS

### JURIED GROUP

**SMI Gallery** | Academy Square | Montclair, NJ | 2014

The Window

**Mooney City Gallery** | New Rochelle, NY | 2014

Colors

**Mooney City Gallery** | New Rochelle, NY | 2013

Trauma

**The Pierro Gallery of South Orange** | New Jersey, NY | 2012

Emotion

### SOLO

**School of Visual Arts** | New York, NY | 2012

Suicidal Reckonings Series

**Café Pick Me Up** | East Village, New York, NY | 2011

Screw 'Bucks

**Jorge's Barber Shop** | Lower East Side, New York, NY | 2011

2011 "Distinguished" Beards

## GRAPHIC DESIGN

**Logo, Website, and Print Design** | Various Businesses | 2023 – Present

**Approaches to Art Therapy** | Judith Aron Rubin, PsyD, ATR-BC Artist and Cover Design

**Lessons from Mr. Rogers Neighborhood** | Judith Aron Rubin, PsyD, ATR-BC aka. The Art Lady Film Posters and DVD Cover Design

## PROFESSIONAL MEMBERSHIPS

**International Coaching Federation** International & Local Chapters | 2021 – Present

**American Art Therapy Association** National Chapter | 2012 – Present

**North Texas American Art Therapy Association** Texas Chapter | 2018 – 2022

**American Counseling Association** National Chapter

**Somatic Experiencing Trauma Institute** | 2021 – 2023