

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

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PROFESSIONAL HIGHLIGHTS

- Leadership roles non-profit organizations, both start-ups and large hospitals
- Current owner of three businesses over the last seven years.
- LPC License TX, CT, CO; LCAT License NY; International Prof. Certified Coach
- Adjunct professor and guest lecturer in Higher Ed, CEU provider, conference workshop presenter, and therapy group facilitator
- Content Creator of *Shift to Connectedness* program and phone app development
- Author of two book series for managing teenage anxiety, released 2024 and 2025
- Over 2000 social media followers: @toconnectedness and LinkedIn
- Two MS Degrees, with extensive specialized training hours in: Creative Arts Therapy, Dialectical Behavioral Therapy (DBT), Somatic Experiencing (SE), and Transcendental Meditation (TM)
- Curriculum development for long-term treatment programs: DBT, psychosocial medical, and art therapy
- Artist, Art Director, and Graphic Designer

EDUCATION

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

The University of Texas at Dallas | Dallas, TX

Certification: 2022

MS CLINICAL MENTAL HEALTH COUNSELING - CACREP

Walden University | Minneapolis, MN

Degree: 2/2019

MS ART THERAPY & COUNSELING

Mercy University | New Rochelle, NY

Degree: 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: 5/2012

BACHELOR OF ART MASS COMMUNICATIONS

Texas State University | San Marcos, Texas

Degree: 12/2001

LICENSES & CERTIFICATIONS

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

Licensed Professional Counselor (LPC) | Texas, Connecticut, Colorado

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

Board Certified, Nationally Registered Art Therapist (ATR-BC) | 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)

EXPERIENCE

JKR Coaching | jkrcoaching.com | United States | 2019 – Present

Owner, Professional Certified Coach (ICF)

Clients: Certified Coach specializing in helping individuals and relationships of all types break free from unhealthy relationship patterns often rooted in attachment dynamics. Using Somatic Experiencing and skills based techniques, I work with adults (18+) navigating unresolved trauma, offering tools to regulate emotions and their nervous system.

THE SHIFT THERAPY | theshift-therapy.com | Dallas, TX | 2019 – Present

Owner, Licensed Professional Counselor, Licensed Creative Arts Therapist, Board Certified - 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 | 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, antepartum, 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 antepartum units
- Planned, 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 Medicaid through State of Texas Wrap-Around program

- Add Bullet point
- 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, Land Rover

PUBLICATIONS, TRAININGS, WORKSHOPS & SPEAKING ENGAGEMENTS DELIVERED

Expressive Therapies Summit | Online, US | November 2025

Coach to Connectedness

Navigating Anxiety for Teens: DBT, Self-care, & Mindset | Book Author | 2025

Navigating Anxiety for Teens: Pocket Guide | Book Author | 2024

Texas Bar Association of Criminal Defense Attorneys | San Antonio, TX | 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 Chaplain 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 | 2012

Emotion

SOLO**School of Visual Arts | New York, NY | 2012****Café Pick Me Up | East Village, New York, NY | 2011**

GRAPHIC DESIGN

Logo, Website, and Print Design | Various Businesses | 2000 – 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