

## CONTACT

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**Bio:** *Amelia Knott is an art psychotherapist who specializes in the mental health impacts of social media and hustle culture. She offers clinical art therapy, community groups, and consultation for professionals and organizations on digital ethics. Amelia is the author of the forthcoming book, *The Art of Thriving Online*, published by Sounds True in Fall 2024.*

## EDUCATION

**Kutenai Art Therapy Institute, DKATI | 2018 - 2020 - Nelson, BC**

- Two-year diploma certified by the Canadian Art Therapy Association. Course work includes theory, research and community placement
- Completed a [capstone podcast](#) exploring practitioners' transition to telehealth in the early pandemic

**Maryland Institute College of Art, BFA | 2011 - 2015 - Baltimore, MD**

- four-year undergraduate degree in General Fine Arts with a focus on Community Arts and Engagement
- Graduated Summa Cum Laude

## PROFESSIONAL MEMBERSHIPS

**College of Registered Psychotherapists of Ontario**

- Registered Psychotherapist

### **Canadian Art Therapy Association**

- Registered Canadian Art Therapist

## **ART THERAPY WORK EXPERIENCE**

### **Clinical Private Practice | 2020 - 2024**

- Provides online art therapy services to adults with a variety of concerns and diagnoses including ADHD, depression, anxiety, sexual trauma, human trafficking, PTSD, bipolar disorder, dissociative identity disorder, agoraphobia, etc.
- Special focus on professional burnout and digital mental health
- Performs intakes, assessments, treatment planning, art reviews, and terminations

### **Anti-Hustle Art Studio - Therapeutic Open Studio | 2022 - 2024**

- Facilitates an online open studio twice a week: drop-in membership format
- Plans themes and directives from a positive therapy approach

### **Oracle Lab - Therapeutic Art Group | 2021 - 2023**

- Co-facilitates closed, 6-week therapeutic art groups in which participants write, create oracle decks, and share
- Has co-facilitated 11 cycles of this group to over 70 participants

### **Ethical + Effective Social Media for Art Therapists | *Ongoing offering***

- Webinar for mental health professionals on ethical considerations for online practice and marketing

### **How to Become an Art Therapist | *Ongoing offering***

- Webinar about the education and credentialing requirements for art therapists in Canada and the United States

### **Practicum Experience - Clinical and Non-Clinical | 2018 - 2020**

- Completed supervised practicum internship at the Kutenai Art Therapy Institute
- Individual clinical art therapy with children and adults with a focus on end-of-life care, grief, and traumatic loss
- Group therapeutic art in retirement facilities, schools, transitional housing, and hospice societies
- Adapted art directives to be accessible to clients with mobility limitations

- Facilitated online groups exploring attachment-informed parenting and mindfulness for grief and loss

## **NON-ART THERAPY WORK EXPERIENCE**

**Programs Coordinator - [The New Day Campaign](#), Baltimore, MD | 2015**

- Coordinated volunteers and installation of 16 exhibitions and 62 events aimed at destigmatizing mental illness and addiction

**Art Education Intern - [The American Visionary Art Museum](#), Baltimore, MD | 2013**

- Assisted with facilitating arts-based summer camps for youth

**Teaching Arts Intern - Baltimore City Detention Center, Baltimore, MD | 2011 - 2012**

- Designed and facilitated art workshops for adults with bi-polar disorder, schizophrenia, depression and addictions in a prison psychiatric ward

## **PROFESSIONAL DEVELOPMENT EXPERIENCE**

**Online Art Therapy Seminar - Kutenai Art Therapy Institute | 2024**

- Seminar for graduating students on considerations for online practice
- Discussion of ethical, regulatory, and therapeutic considerations for mental health professionals offering telehealth and marketing services on social media

**[How to Become an Art Therapist](#) - Webinar | 2022**

- Co-facilitated a professional development webinar about the education and registration requirements for art therapists in Canada and the United States
- Shared information about options for continuing education, non-masters therapeutic art trainings, and regulations affecting remote work
- *workshop recording available*

**[Ethical and Effective Social Media for Art Therapists](#) - Webinar | 2022**

- Facilitated a webinar about ethical use of social media marketing for art therapists and other mental health professionals
- Shared frameworks for trauma-informed and feminist marketing strategies
- Guided participants in creating relational and psychoeducational content to promote their services

- *workshop recording available*

### **CRPO Roadmap for Future Applicants - Webinar | 2022**

- Co-facilitated a webinar on the process and requirements for becoming a Registered Psychotherapist in Ontario
- Created exam study guides and resources

### **Creating Podcasts as Art Therapy Research - CATA Conference | 2021**

- Presented podcasting research methodology as a capstone project option to Canadian art therapists

## **ADDITIONAL PROJECTS**

### **Literary Representation**

- Represented by Laura Mazer, literary agent at Wendy Sherman and Associates, for a forthcoming book, *The Art of Thriving Online*, published by Sounds True in Fall 2024

### **E-Course Development**

- Designed, facilitated, and produced an e-course on Therapeutic Art for Self-Care
- Uses a positive art therapy approach with self-guided directives to support participants in exploring themes of *rest, overwhelm, gratitude, and connection*

## **ADDITIONAL TRAININGS + CERTIFICATIONS**

### **Online Training for Therapists Course | 2021**

- Kate Leppard, DKATI

### **200 Hour Yoga Teacher Training | 2017**

- Certified Hatha and Ashtanga teacher, Rishikesh, India

### **Trauma-Informed Yoga for Youth | 2017**

- New Leaf Yoga

### **Sany'as Cultural Competency Training | 2017**

- BC Health Authority

## MISSION + PROFESSIONAL GOALS

<aside> 🎨 \*I am captivated by the question of what wellness means in an increasingly digital and polarized culture.

Art making connects us to the tangible, the sensory, the here and now. Creative practices allow us to reshape narratives, experience personal agency, and imagine different futures - these are not insignificant experiences in 2022. Amidst the impacts of the attention economy, climate crisis, and calls for systemic change, my goal as an art therapist is to raise awareness of the ways creativity can shape the landscape of modern mental health care.

Practically, this will look like maintaining a small art psychotherapy practice while continuing to offer accessible community groups and open studios. I will also continue to create content for social media that raises understanding of our field.

I have started to offer more professional development for art therapists and hope to make regular teaching a cornerstone of my practice. I am also currently working with a literary agent and awaiting responses from publishers for a book about social media and mental health.

In the future, I would like to receive additional training in Internal Family Systems Therapy and Clinical Supervision.

care + creativity, Amelia\*

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