

JESSICA WATERS

Interdisciplinary Media Artist - K-9 Art Educator
Therapeutic and Expressive Arts Facilitator and Therapist
Contemplative and Mindful Arts Facilitator

CONTACT

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WORK EXPERIENCE

ARTIST, COMPOSER, WORKSHOP DESIGNER

Jessica Waters Art, Sound Design 2000 – present

Experience in graphic design, curriculum development, web design, visual storytelling, intermodal and interdisciplinary art experiences and K-9 art curriculum design, social media, art instruction, and therapeutic art practices, adult and family workshop design and implementation, online course development and event creation in the area of contemplative, mindfulness and meditative and therapeutic, expressive arts.

Specialization:

- Interdisciplinary Art
- North American First People's Visual Storytelling and Art Methods
- Mixed Media including traditional fine art mediums, found objects, experimental mixed media fibers, digital manipulation from originally created fine art media
- The intersection of music, visual art and public experience
- Art in ritual and as spiritual practice.
- K-9 Art Education Curriculum Development and SEL Inclusion in the Art Curriculum
- Presentations to Arts Education Organizations

EXPRESSIVE ARTS PRACTITIONER, SUD COUNSELOR

Creative Mind Health | 2019-present

- Provide expressive arts based counseling services to individuals struggling with substance abuse issues, grief, anxiety, depression and trauma in 1:1 session via telehealth (part time).
- Manage and implement all aspects of operations, licensing, HIPPA compliance, technology, marketing, financials and client treatment.
- Complete intakes, psychological assessments, treatment planning, interventions, session notes, treatment reviews, consultations with psychiatry and other professionals, referral and discharge on all clients.

EXECUTIVE DIRECTOR

The Center for Therapeutic Expressive Arts 501c3 | July 2021 - July 2023

- Responsibilities include developing and implementing curriculum, leading a team of five, creating and editing graphic design assets for the web application and website, coordinating social media graphics and downloadable content, developing social media templates, overseeing operational tasks, and implementing therapeutic art practices through virtual sessions.
- Led and implemented all aspects of gaining 501c3 status, adherence to requirements, coordination of free services, coaching sessions, workshops and distribution of homeless supplies to local organizations, as well as participated in street level canvassing.
- Experience with Microsoft Word, Excel, Adobe Creative Cloud, and PowerPoint; Google Suite; Canvas; Developing online courses in Thinkific and Teachable, Website development in Square, Wix, GoDaddy; Canva; Audio mixing, recording (ProTools) and composition for film, ambient soundtrack and meditation music; Mac and PC.

ELEMENTARY SCHOOL ART & MULTI SUBJECT AREA TEACHER/DISTRICT PROFESSIONAL DEVELOPMENT PROVIDER

Various Districts in the Denver and Kansas City Metro Areas / July 2000-May 2020

- Experience in curriculum design, lesson planning, assessment, evaluation, and instruction for K-6 art students in Colorado, Missouri and Kansas with bilingual, high poverty, urban, high socioeconomic level suburban and rural populations (123 languages and experience with refugee populations).
- Facilitated professional development for art education and social-emotional learning integration at various levels and instructed students in various art media.
- Curated art shows, including creating Celebrate Ability, an exhibit for students with severe special needs, the first student art exhibit of it's kind in Colorado.

- Creating curriculum and experiences that were adaptive for severely emotionally disturbed students, those with severe and special needs and high achievers.
- Creating and facilitating interdisciplinary curriculum based on K-12 state standards.
- Supervision, instruction and mentoring of student teachers, practicum teachers from universities and volunteers.
- Experience in multisubject area teaching since 1995 includes: kindergarten, first grade, third grade, 5/6 special education, music and reading teacher classroom experiences for full school years. Another 14 years in K-12 schools at the elementary level serving Title 1 and Non Title schools in Castle Rock, Colorado, Shawnee Mission, Kansas and North Kansas City School District, as well as private parochial schools.
- Provides homeschool art and SEL education and expressive arts facilitation currently in Missouri via Zoom.

EDUCATION

Master's Candidate, Masters of Music Technology: Film Scoring 23-25
Southern Utah University

Specialization - Graphic Design 2023
CalArts via Coursera

Phd Transpersonal Psychology 2023
Dissertation Emphasis: Expressive Arts and Spirituality, Transpersonal Experiences in Healing Through Art. UMSC

Certified Practitioner: Trauma Informed Expressive Arts Levels 1 & 2
Nature Based Expressive Arts Practitioner March 2024
Restorative Embodiment with Expressive Arts Practitioner
Trauma Informed Expressive Art Institute

Contemplative Photography (Miksang Tradition) Training 2020
The Miksang Institute for Contemplative Photography

Certificate in Healing Through the Arts 2019
University of Central Florida

Certified Healing Through Art in Palliative Care Trainer 2018
Shirley Center for Palliative Care at Cal State San Marcos

Certificate in Fine Arts: Mixed Media 2017
Kansas City Art Institute Continuing Education Division

Certified Arts in Health Facilitator 2011
Arts in Health Institute

Doctoral studies, Psychology and Educational Leadership (ABD) 2008
Capella University

MFA-IA Studies, 2006
Goddard College

Post Bachelor's Certificate, Transpersonal Studies: Creative Expression 2004
Sofia University

Masters of Arts, Psychology 2001
Regis University

Bachelor's of Science in Education 1994
University of Saint Mary

Associates of Arts Vocal Music Performance 1991
Maples Woods Community College

Certified Mindfulness Coach and E-RYT200/500 Accessible Yoga Teacher Credential
Certified in MMFT (Mindfulness Mind Fitness Training) and MBSR Proficiency Certified Sound Healer
Certified Arts in Health Facilitator
Certified Level 1 FOAT Mindfulness Based Expressive Arts Therapist
Registered Mindful and Meditative Arts Therapist
Licensed Alcohol and Drug Counselor
Licensed K-12 Art Teacher and Elementary K-9; Kansas and Missouri
Licensed K-12 ELL Teacher

E X H I B I T S

Selected Artist - Kansas City's Parade of Hearts 2024

Artist's Design: Confluence: Many Paths to Find Home

Group City Wide Outdoor Sculptural Exhibit April 2024 - August 2024

Group Show; Art Heals, Interurban Art Gallery, Overland Park, KS

April 2024

Group Show; Art Mosiak, Santa Fe, NM (Canyon Rd)

March 2024

Group Show; Red Bluff Art Gallery, Red Bluff, CA

March 2024

Group Show; Exhibit Zone, Elements, Ontario

September - November 2023

Group Show; Abstract Zone, Ontario

August - October 2023

Group Show; KC Fringe Festival

July 19-30

Artstonish Group Show, Astonish, Canada

May 2023

Group Show; Art of Possibilities, Courage Kenny Rehabilitation Institute, Minneapolis, MN

April - May 2023

Group Show; Jones Gallery Crossroads Art District

May 2023

Group Show; Mosaic Life Center Healing Art Galleries; St. Joseph, MO

Summer 2023 Healing Art Exhibit

Group Show; Mosaic Life Center Healing Art Galleries and Big Works Gallery, St. Joseph, MO

2019-2020

Group Show; Jones Gallery, Crossroads Art District

2019

Group Show; Paper Birch Landing, North Kansas City

A Celebration of Women Artists (KC) 2019

Small Works 2019

Bloom 2018

Views of Nature 2018

Group Show; Mosaic Life Center Healing Art Galleries; St Joseph, MO

2018

Group Show; R.G. Endres Gallery; Art and Photography; Prairie Village, KS

2012

Group Show; Kansas Art Educators Association; Garden City, KS, and Shawnee Missions, KS

2011 and 2012

Group Show; Pirate Gallery; Denver, CO

2011

Group Show; Colorado State Educators Conventions; Breckinridge, CO

2007

**Group Show; Goddard Collage, MFA-IA Residency Show, Plainfield, VT
2006**

**Group Show; Institute of Transpersonal Psychology, Residency Show; Santa Fe, NM and Palo Alto, CA
2003-2004**

DISCOGRAPHY

Magnetic Wind/Jess12Crows

ReVisioning Mental Wellness: Guided Meditations for Healing Vol. 1 (2024)

Music for the Journey - 2022

831 - 2022

Metanoia with Tim Jones - 2017

Dreamtime Collection - 2015

Kaleidoscope - 2015

Under a Blanket of Stars - 2014

Asleep Next to You - 2013

To the Trees (2012)

Sleep in Heavenly Peace - 2012

For The Children - 2012 (Sandy Hook Fund Raiser)

Stardust Amidst A Silent Night - 2011

Bhakti: Ahem Prema - 2011

Storm - 2011

Voices of My Ancestors - 2011

11 - 2011

Eclipse - 2010

Sounds of Rumi - 2010

La Petite Morte - 2010

Chakras - 2009

Astral Vortexes (Vortices) - 2009

Believe (2009)

PUBLICATIONS

- Mindfulness Based Mandala Sacred Self Discovery Coloring Workbook, 2022
- Eat For Sleep: Foods for a Calmer Nervous System and Better Sleep, 2022
- Magical Mystics and Wild Woman: A Coloring Book with 17 Lessons on Developing Your Mystical Wild Woman, 2022
- Gratitude Energy Journal, 2022
- Mindfulness Based Love Mandalas: with Affirming Love Letters to the Vulnerable Heart, 2022
- Full Moon Releasing Ritual and Expressive Mandala Making Guidebook, 2023

MEMBERSHIPS

Northland Artists Guild
Kansas City Artists Coalition
Northtown Arts Coalition
Unity Arts Ministry

