



School Art Therapist

Sophia Reynolds

Professional summary

Compassionate and creative School Art Therapist with 6+ years of experience helping students navigate emotional and behavioral challenges through artistic expression. Skilled in individual and group therapy, cognitive-behavioral interventions, and collaboration with educators to support student success.

Experience

School Art Therapist

August 2020 - Now

Lincoln Park High School / Chicago, IL

- Design and implement individualized art therapy programs for students with emotional and behavioral challenges.
- Conduct group therapy sessions focused on emotional regulation and social skills development.
- Collaborate with school counselors, psychologists, and special education teachers to integrate therapy into IEPs and intervention plans.
- Lead parent workshops on using creative expression to support children's mental health.
- Provide crisis intervention and emotional support for students facing trauma and anxiety disorders.

Art Therapy Intern

September 2019 - May 2020

Chicago Youth Services / Chicago, IL

- Assisted licensed therapists in running expressive therapy sessions for children dealing with grief, trauma, and self-esteem issues.
- Developed and led weekly group activities for middle school students.
- Maintained detailed case notes and participated in multidisciplinary team meetings.

Professional Development

- Attended National Art Education Association (NAEA) Conference – 2025
- Completed Advanced Trauma-Informed Therapy Training – 2023

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Links

 LinkedIn

Education

Master's in Art Therapy

School of the Art Institute of Chicago | 2020

Bachelor's in Psychology

University of Illinois at Urbana-Champaign | 2018

Certifications

- ATR (Registered Art Therapist) – Issued 2020
- Illinois Educator License with School Support Personnel Endorsement – Issued 2021

Skills

Child and adolescent therapy 

Cognitive-behavioral techniques 

Group facilitation 

Emotional regulation strategies 

Trauma-informed interventions 

Behavioral assessment 

IEP collaboration 

Conflict resolution 