

# Jennifer Allen, LMFT, ATR-BC

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## Contact

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## Personal Information

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DOB 2/25/66 Dover, NH USA  
United States Citizen  
Married with 3 children

## Employment History

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- **Private Practice** - psychotherapy and art therapy, 2001-ongoing.
- **Workshop Leader**, 2009 - ongoing [Esalen](#) and [Canyon Yurt](#) for Art Process Workshops—*Bone Knowing: Accessing Inner Wisdom Through Felt-sense, Art, & Writing, Drawing From Nature: Where Inner and Outer Worlds Meet*, and *Cards of Compassion: Heart-Felt Expression for Gifting*. Upcoming *Grief-Tending* workshops. *See details with dates under Workshops below.*
- **Author**, *Cinnamon Roll Sunday: One Child's Story of Anticipatory Grief* (2015) and *Bone Knowing: A True Story of Coming to Life in the Face of Impending Loss*, jujupress (2009) Various articles (*see below*)
- **Presenter** –on: Psychedelic Medicine/ Set, Setting and Integration, Art Therapy, Support Networks for the Seriously Ill, Caregiving, End of Life, Anticipatory Grief, Children's Bereavment. *See presentations below*
- **Facilitator** - for children's support groups at Community Hospital of Monterey Peninsula – as independent contractor. 1999-2006
- **Psychotherapy intern** at Family Service Agency & school based program, included family therapy and school based groups. 1998- 2003
- **Psychotherapy intern** in private practice with Janie Rommel-Eichorn, 1996-98
- **Director of Healing Arts** at Salinas Valley Memorial Hospital, included facilitating support groups: Candle Lighters- for Children with Cancer and their families, Breast Cancer Support Group, Caregiver Support Group; providing bedside medical art therapy services in Oncology and Pediatrics, development of art supplies upon admission for pediatrics, & training volunteers. 1996-99
- **Social Services** work at Hospice of the Central Coast, included home visits providing counseling support, psycho-education, and resources; care team meetings, medical documentation, communication with hospital discharge planners, & facilitating hospice admissions. 4/96 – 9/97.

- **Photographer:** fine art, weddings, and commercial assisting 1989-96.

## Education

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- **M.S. Marriage, Family & Child Therapy and Art Therapy** California State University, Sacramento, CA. 8/92- 12/95.
- **Monterey Peninsula College** 9/89 – 12/91 (graduate pre-requisites)
- **B.F.A. Maine College of Art**, Portland Maine & Student Art Centers International, Florence, Italy. 9/84 – 6/88. \*National Dean's List Honors
- **York High School**, York, Maine 1980-84. \*Top 10 Honors graduate.

## Licenses, Registrations and Certifications

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- **Licensed Marriage and Family Therapist 2001**
- **Registered, Board-Certified Art Therapist 2000**
- **Certification EMDR - 2012**
- **Certification Natural Processing -2017**
- **Certification in Psychedelic Assisted Psychotherapy and Research** California Institute of Integral Studies, San Francisco, CA. 3/18- 12/18
- **Ketamine Assisted Therapy Training** Mountain View, CA 4/2019.

## Presentations/Workshops/Readings/Shows/Publications

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**Presenter:** *Psychedelic Experience: Artful Integration* 2/7/20 *Dream Wisdom- Drum Journey* 2/8/20 Conscious Life Expo, Los Angeles.

**Workshop Leader:** *Breathwork and Art* Kayru Lodge 12/7/19 & 2/2/20

**Workshop Leader:** *Psychedelic Integration* Kayru Lodge 2/1/20

**Presenter:** *The Integration of Non-Ordinary States Through Art* Expressive Therapies Summit NYC 11/8/19

**Workshop Leader:** *Holding Space/Navigating :Non-Ordinary States* 9/7-10/19

**Workshop Leader:** *Women's Wisdom Circle* (2019-2020 ongoing)

**Group Facilitator:** *Integrating Non-Ordinary State Experience* (2019 – 2020 ongoing)

**Presenter:** *Psychedelics in Mental Health: Hope is on the Way!* SLO-CAMFT 7/19

**Presenter** *How to Make the Most of Your Psychedelic Experience: The Importance of Set, Setting and Integration.* Monterey Psychedelic Society 4/19

**Presenter** *Psychedelics in Mental Health: Hope is on the Way!* MC-CAMFT 4/19

**Presenter** *Dream Medicine and Art in Psychotherapy: Shamanic Techniques* Annual Expressive Therapies Summit, NYC 10/18, and LA 3/19.

**Presenter & Author** *A Proactive Grief Plan for Schools* and training/manual for Griefbuster Hospice volunteers. Contracted by Hospice of the Central Coast. 2/2017

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**Presenter** – *The Northwest Conference on Childhood Grief: Creative Interventions for Children’s Anticipatory Grief* 2/6 2016

**Published** – *Cinnamon Roll Sunday: One Child’s Story of Anticipatory Grief* (2/15)

**Published** – *The Long Road*: an article on anticipatory grief in CAMFT newsletter 6/15

**Published** - *The Long Road*, an article on anticipatory grief in American Academy of Bereavement’s newsletter 2010. *Bone Knowing* book spotlight 2015

**Presenter**- *Grief Tending: Using Ritual and Art* to CAMFT 3/15/15, 11/14/15,

**Leader** – *Cards of Compassion* Workshop 12/5/15

**Leader** – *Grief Tending* Workshop 3/15/15, 11/15/14, 3/8/14, 9/20-22/13 (Esalen), 8/17/13

**Leader** - *Drawing From Nature: Where Inner and Outer Worlds Meet* 8/15/15, 4/18/15, 9/14/14, 4/7-12/2013 (Esalen)

**Leader** - *Bone Knowing* Art Process Workshop 10/24/15, 11/30-12/5/2014 (Esalen), 9/27/14, 5/17/14, 5/10, 14, 11/16/13, 9/28/13, 7/15-20/ 12 (Esalen), 6/30-7/1/12, 3/2-4/12, 1/1-7/2012 (Esalen)

**Leader** - *Following Your Own Thread* Art Process Workshop 4/19/15, 2/2/14, 8/29/13

**Presenter** – Children’s Anticipatory Grief & Bereavement CAMFT salon 6/12/14

**Presenter** - *Setting up Support Networks* – All Saint’s School community. 5/29/2012

**Presenter** - *Setting up Support Networks* – CEU presentation for health-care providers 3/23/2012, 1/20/2012, & 10/7/2011

**Reading/Book talk:** *Bone Knowing*, Hospice Book Club, Carmel, CA. 11/08/2011

**Reading/co-Presenter** – with Holly Whiteside: *Mindful Caregiving Part III -Caregiving from the Head, Heart & Bones*, Unitarian Church, Exeter, NH. 7/07/2011

**Presenter:** *Children’s Grief* for Santa Cruz CAMFT chapter, CA. 6/25/2011

**Reading/Book talk:** *Bone Knowing*, Book Club – Santa Cruz, CA. 6/10/2011

**Presenter/Reading** – Share the Care Panel, Carmel Foundation, Carmel, CA 6/08/2011

**Reading/Book talk:** *Bone Knowing*, Soquel Public Library, Soquel, CA. 3/09/2011

**Presenter** –Book talk/Anticipatory Grief, Cancer Wellness at Community Hospital of the Monterey Peninsula. 12/13/2010

**Television interview** - by Christian Marechal on Evening Insight on Caregiving at the end of life with Ken Jones, Monterey, CA. 12/06/2010

**Radio interview** - with Holly Whiteside: *Shifting from Doing to Being in the Final Days* by Kim Linder’s *Caregiver’s Hour* radio show, Tampa FL. 11/22/2010

**Radio interview** with Tanya Moore on memoir: *Bone Knowing*, HobNob KNRV, Monterey Peninsula, CA. 11/09/2010

**Reading/Book talk:** *Bone Knowing*, Book Club, Pacific Grove, CA. 11/09/2010

**Reading/Book talk:** *Bone Knowing*, Book Club, Santa Cruz, CA. 10/13/2010

**Reading/co-Presenter** – with Holly Whiteside: *Mindful Caregiving Part II The Ins and Outs of How to Ask for Help and Get It*, Water Street Books, Exeter, NH. 10/16/2010

**Presenter:** *Using Art to Support Children’s Grief* for Santa Cruz Hospice 8/12/2010

**Reading/Book talk:** *Bone Knowing*, Alternative Café ’ Seaside CA. 8/19/2010

**Reading/Book talk:** *Bone Knowing*, 8/07/2010, Borders, Sand City, CA. 8/07/2010

**Reading/Book talk:** *Bone Knowing*, 8/02/2010, 6/25/10, 4/24/10

**Leader** - Express CEU workshop for therapists: Before and After the Loss of a Loved One – Creative Interventions for Children 2/05/2010

**Presenter** – Anticipatory Grief, MC-CAMFT, Tarpy’s Monterey, CA. 11/2009

**Author** - Book reading/signing of **Bone Knowing**, B’s Coffee House 9/4/200

**Reading/Book talk:** *Bone Knowing*, Soquel Public Library. 3/09/2011

**Author** - Book reading/signing of **Bone Knowing**, Café’ 316 8/28/2009

**Artist** in juried art shows: “Celebrating Monterey County!” 11/08-11/09  
 “Art is the Heart of Healing” 10/08-10/09, “Art as Healing” 11/2008

**Co-Presenter** of “Train the Trainers” workshops with Doris Arrington, Ph.D, ATR-BC for Community Healing through the Arts following Big Sur Wildfires. Manual co-created: CHART- Art Experiences and Resources, fall 2008

**Television interview** for Compassionate Care Alliance’s series on Aging Well: Caring Circles –for Caregivers, Helpers & Loved Ones 2/3/2006

**Presenter** – on Using Art with Children’s Bereavement to MC-CAMFT

**Co-Presenter** - with Rowan Wolnick, ATR, on Art therapy to MC-CAMFT Radission

**Presenter** – Grief and the Holidays, sponsored by Hospice Foundation 11/2003

**Trainer** – Using art with grieving children (1996-2006).

**Leader/curriculum developer** – Kids Count 2: a support group for children with a seriously ill loved one, Community Hospital (2002 - 2005)

**Leader** – Good Grief for Kids: A support group for bereaved children:Community Hospital of the Monterey Peninsula (1999 -2004).emdria

## Affiliations and Memberships

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- California Association of Marriage and Family Therapists (state and local)
- American Art Therapy Association
- Northern California Art Therapy Association
- Association Academy of Bereavement
- EMDRIA International Association
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## Awards

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- Independent Publisher’s Award – Bronze medal for Best Marketed Book, 5/25/2010
- #1 Local Interest Books, Monterey Herald 11/29/2009

## Interests

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- Nature-based Psycho-spiritual groups: Medicine Wheel with teachers Joyce Lyke and Jessica Brit, 2000-04, Mystery School with teacher, Joyce Lyke, 2004 – 2007, Elders' Council (self-led group) 2007- present, part of Shamanic Allyu with teacher Jose Luis Herrera 4/2014 – ongoing.
- Triathlete (9/2007 – 5/2016)
- Mountain Climbing: Mt. Kilimanjaro 2018, Mt. Shasta 2017, Pico Blanco 2017, Mt. Katahdin 2017, Mt. Washington 2016, Aussangate, Peru 2015.