

ART THERAPY AND COUNSELING

ART
PORTFOLIO

Jamie Daugherty
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Artist Statement



I was born and raised in West Virginia. I have been creating artwork to express myself since early childhood. My inspiration comes largely from my surroundings, nature, other people, and fiction, with a particular love for real and mythical animals. I often depict my own experiences or interests as a form of self-regulation. I believe that art is an invaluable method of achieving release and self-understanding that aids in reflection, growth, and healing, among other benefits.

My art process typically involves a stroke of inspiration followed by near-singular focus on the piece until it is finished. Usually, I use at least two mediums per piece to achieve my vision. I experiment often with my work.

Professional Aspirations

I chose to go into art therapy and counseling because I wanted a career that involved art, my main interest, and simultaneously desired a role in life that allowed me to more directly help and connect with others. As a future art therapist I seek to cultivate personal growth and understanding in others through art in the same way art has cultivated these things in me.

My goals are nonspecific in that I could see myself happily working with many populations in many settings. This said, I am particularly interested in working with children, the LGBTQ+ community, and/or those struggling with substance use in my state.

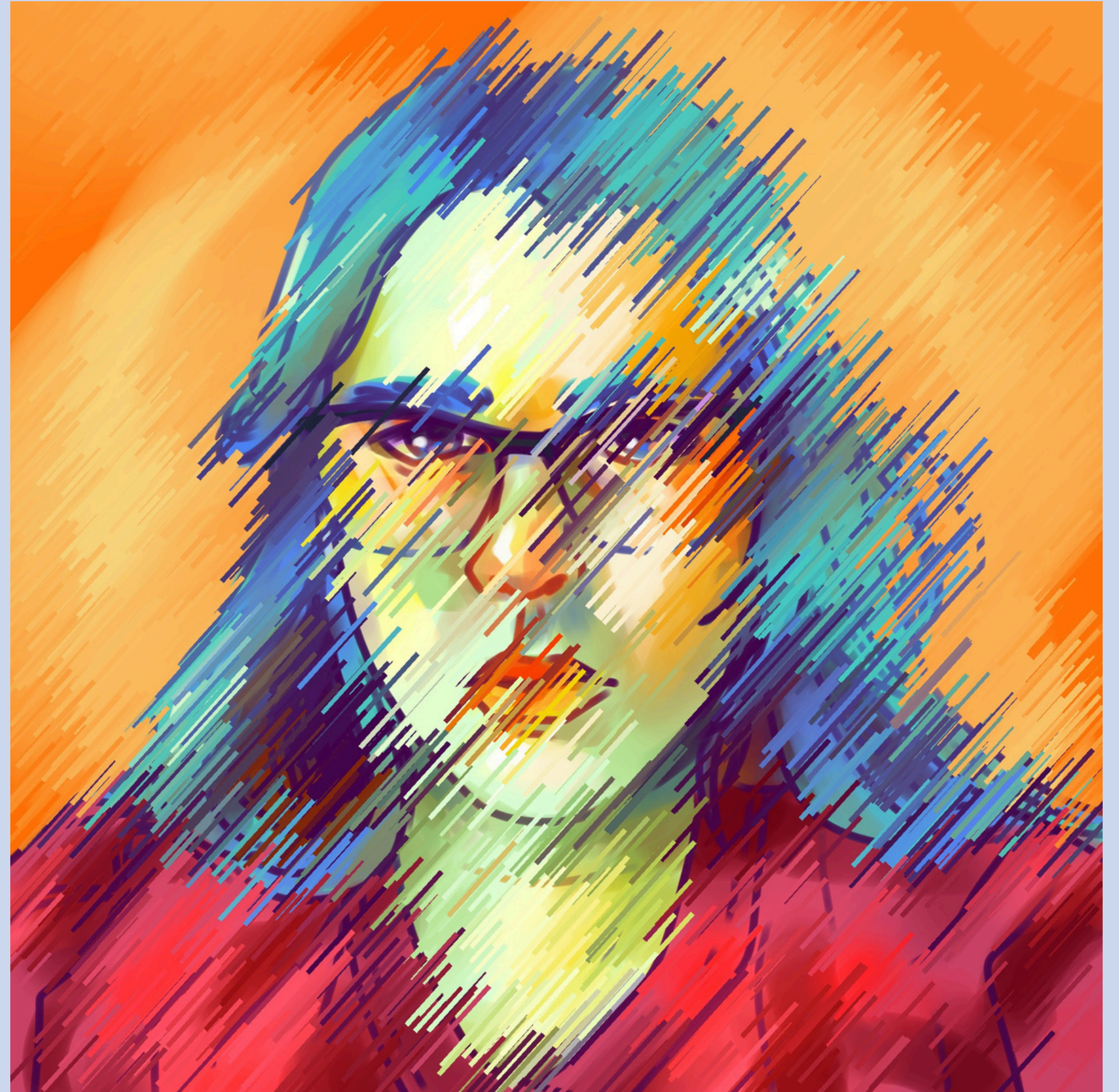


Self Portrait

2025

Digital

N/A



Boorish

2025

Mixed Media

12 x 9 in



Judgement Day

2026

Ink, digital

N/A



Flat Circle

2026

Marker

12 x 9 in



Skeptic

2026

Digital

N / A



Daniel and Bobby

2026

Watercolor

8 x 5 in



The Natural

2025

Mixed Media

9 x 12 in



Vulnerable

2026

Acrylic marker

10 x 7 in



Bring it on Home

2025

Chalk pastel

9 x 12 in



Family Tree

2026

Marker

12 x 9 in

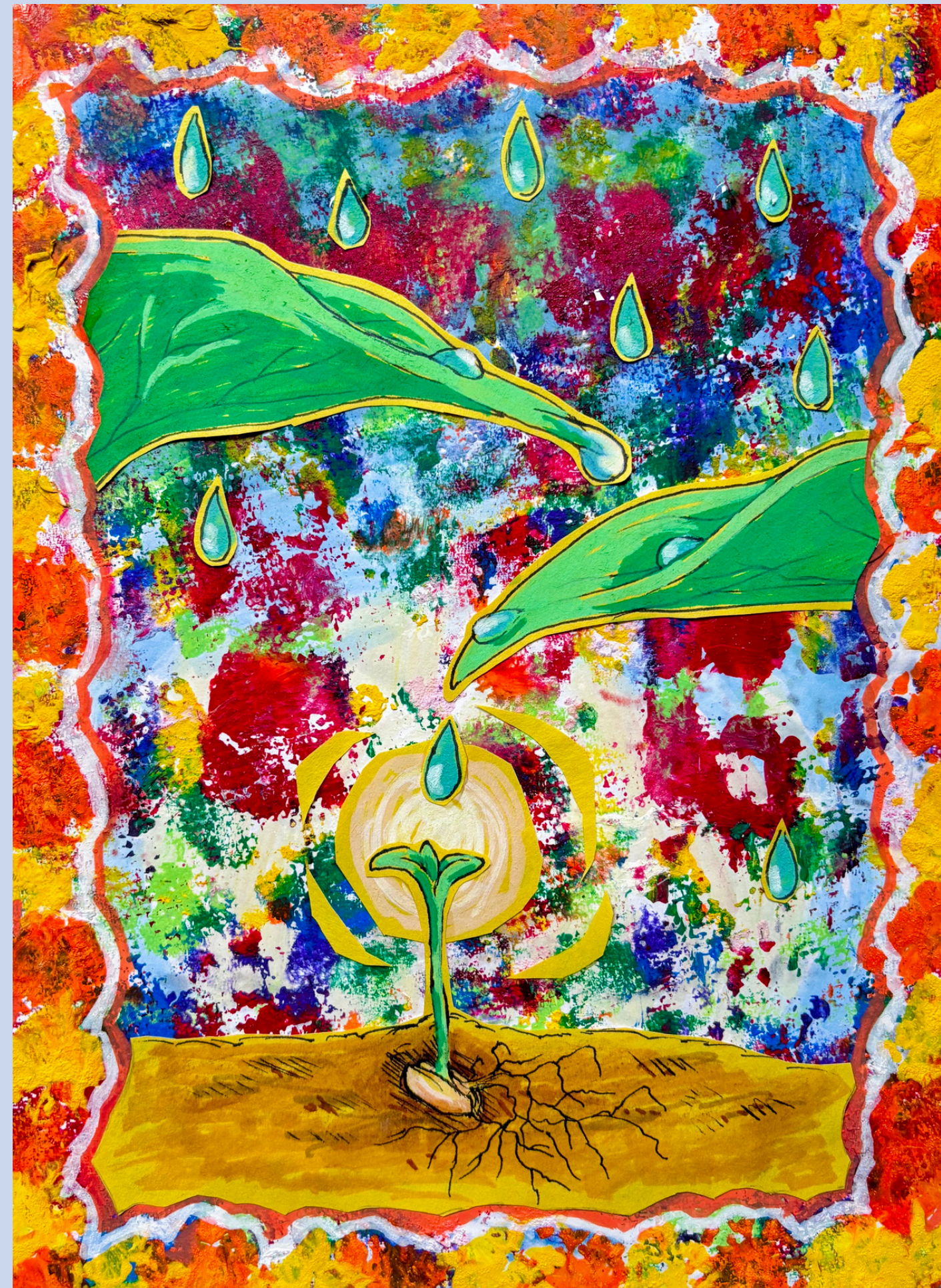


Little by Little

2025

Mixed Media

12 x 9 in



Thank
You!