

JENNIFER M. JOHNSON

Graduate

Art

Portfolio

Art Therapy & Counseling

Master's Program

West Liberty University

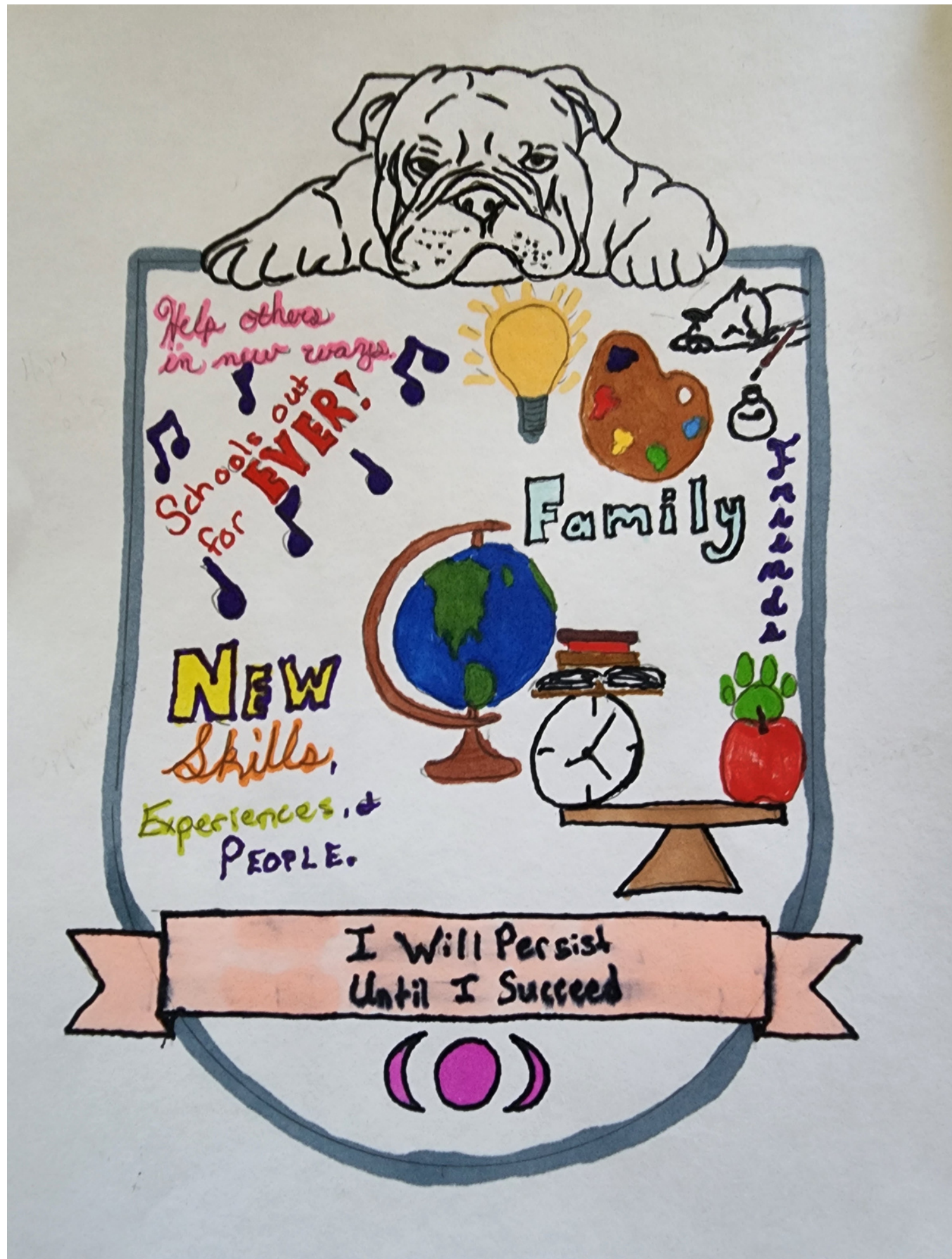
Fall 2026

CoHort 4

Philosophy

I integrate creative expression with evidence-informed counseling to create a compassionate, collaborative space where healing and growth can unfold. I believe visual art and other expressive modalities provide powerful ways to access feeling, make sense of experience, and discover strengths—especially when words alone feel limited. My practice is grounded in empathy, authenticity, and unconditional positive regard, and I draw from person-centered therapy, Choice Theory, and constructivist ideas to support clients in making meaningful, present-focused changes.

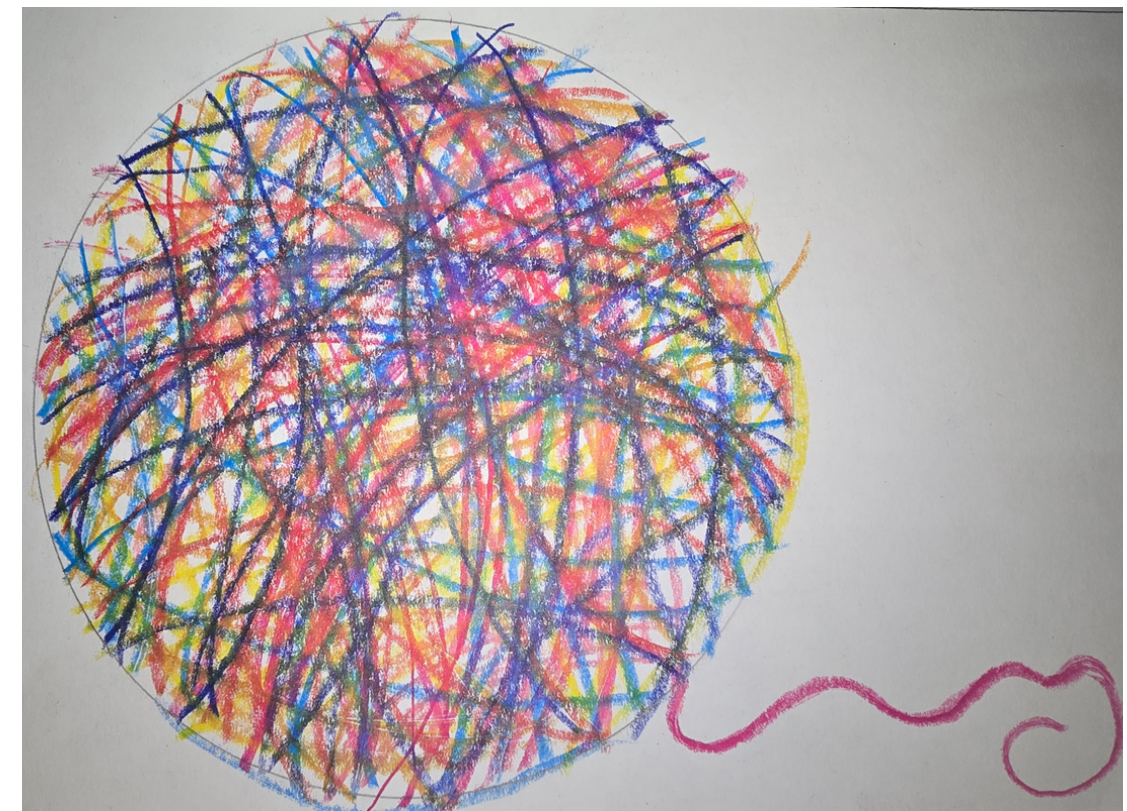




"Coat of Arms" Fall 2024

Artist Statement

As an art therapist, I find it essential to personally engage with the creative tasks I assign to my clients. The works presented here document my own experiences, illustrating the thoughts, feelings, and images processed through my artistic creations. As an artist, I use photography and drawing to capture what resonates with me, making the act of preserving and savoring meaningful moments my personal form of therapy.



"Visualize your anxiety" Spring 2026



“Person in the Rain” Fall 2024



“Visualize you calming space” Fall 2024



“Person picking an apple” Fall 2024



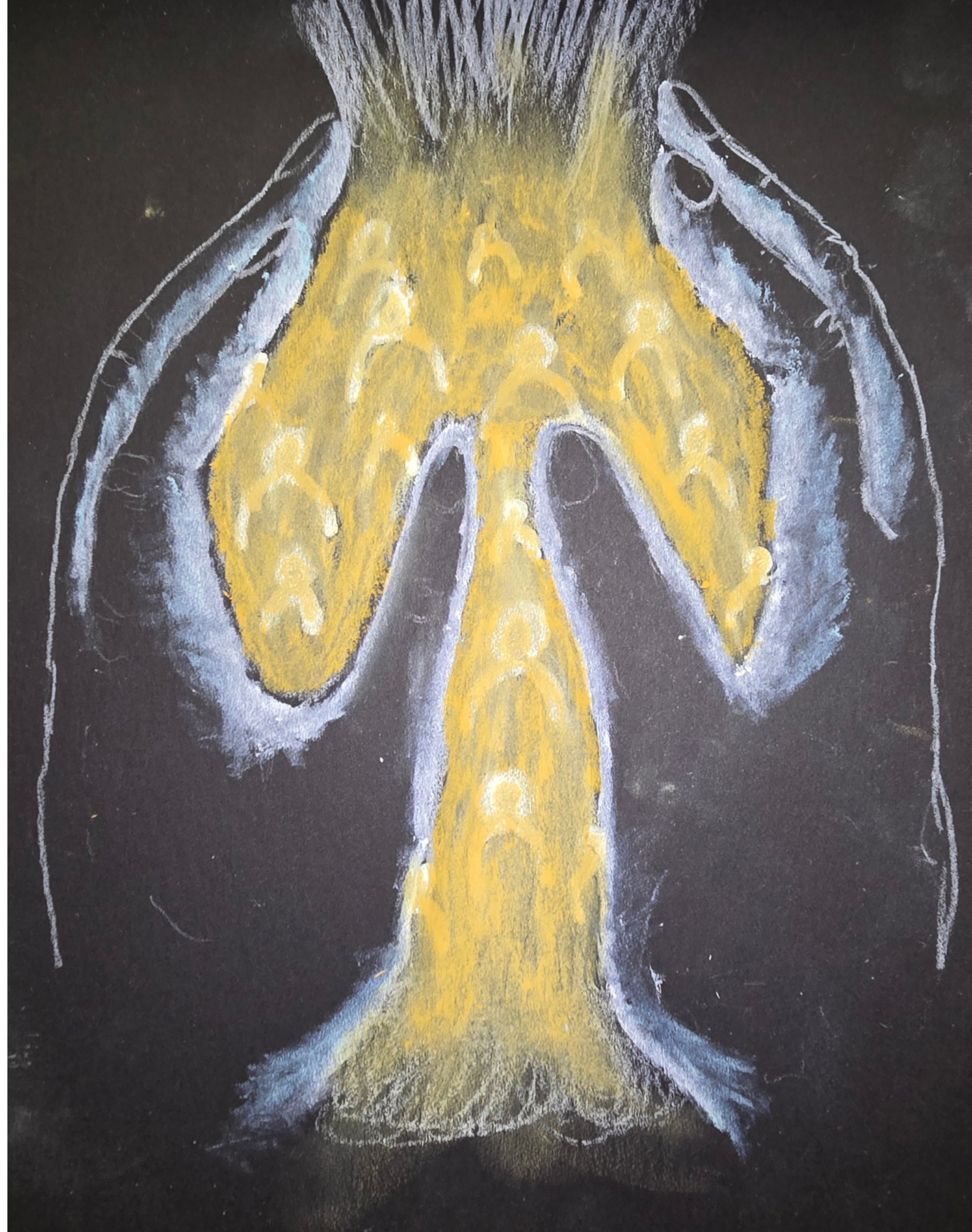
“Neurographic Art” Fall 2024



“Found Object Drawing” Fall 2024



“Who are you” Fall 2024



My Ethical Visual Representation

“Holding Hope”

Spring 2026

My Purpose

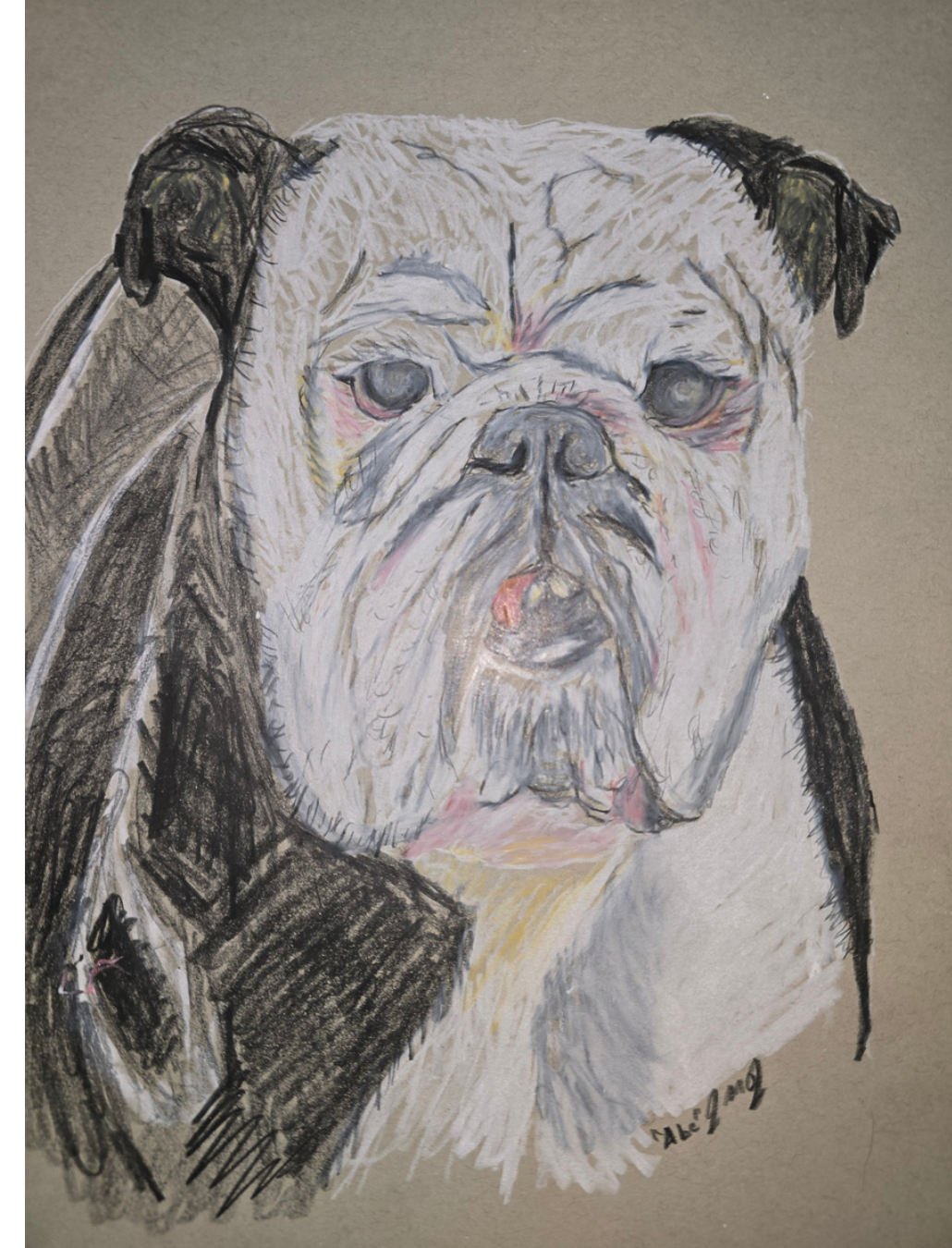
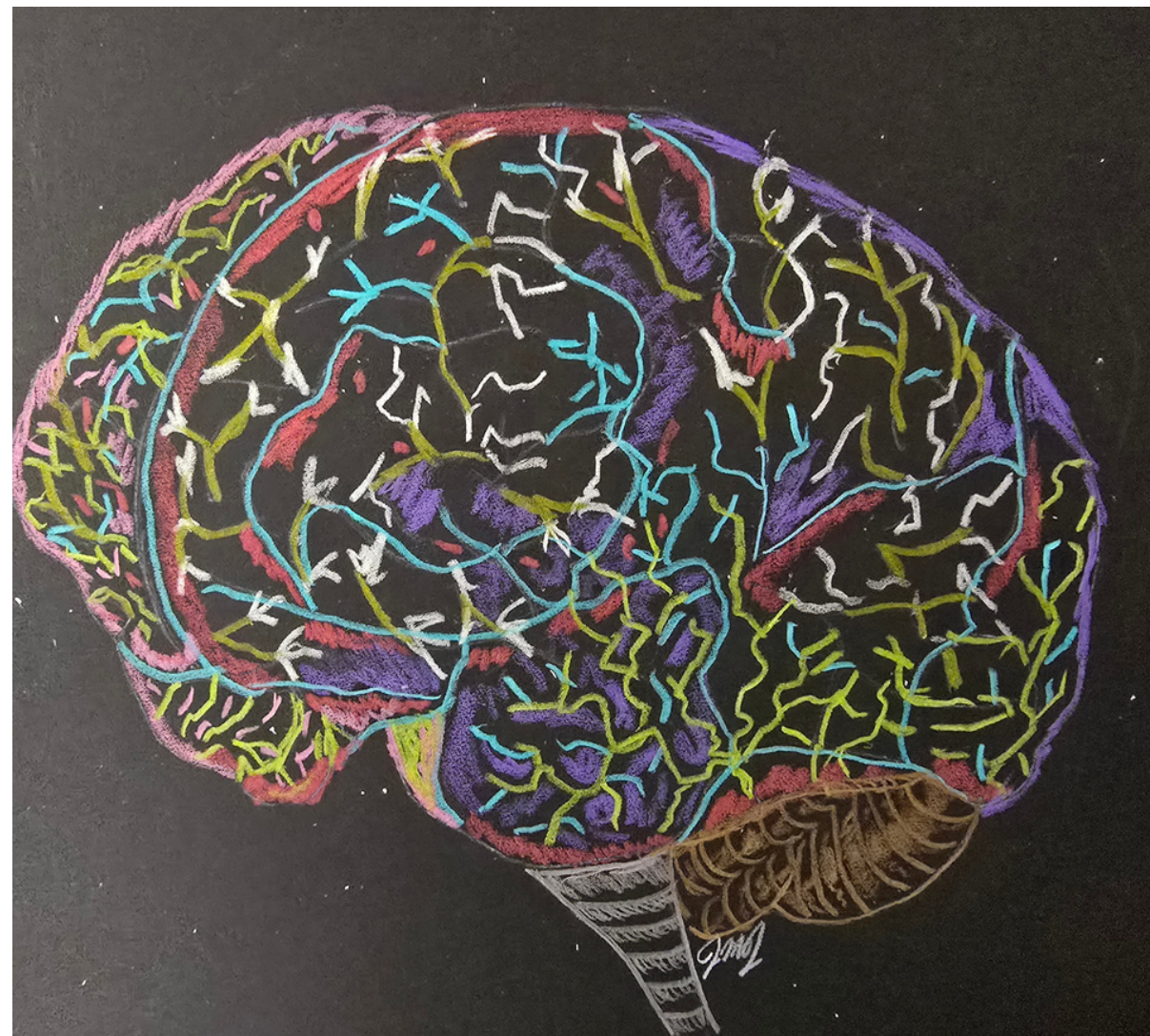
“Inspire
Empowerment”
Fall 2025





“Vinny” Summer 2026

“Connections” Spring 2026



“Abe” Summer 2026



“Sunrise” Spring 2026



“Ice” Spring 2026

“Home” Summer 2025



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Thank You

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<https://www.counselingandwellnesscenter.com>