

# Jazmine Tufford-Singh

Registered Psychotherapist, Registered Canadian Art Therapist, CCC, MA  
www.jtsarttherapy.com | (647) 990-7692 | jtsarttherapy@gmail.com

---

Creative, compassionate, professional, highly adaptable registered psychotherapist and art therapist. Highly skilled in providing both individual and group therapy/workshops by fostering the development of a trusting therapeutic relationship, embodying unconditional positive regard, and creating a containing space for exploration and expression of the self.

## *Education and Certification*

<i>Registered Canadian Art Therapist (RCAT) #257-R-20</i> Canadian Art Therapy Association	March 2020 - Present
<i>Registered Psychotherapist (RP) #004251</i> College of Registered Psychotherapists of Ontario (CRPO)	April 2016 - Present
<i>Canadian Certified Counsellor (CCC)</i> The Canadian Counselling and Psychotherapy Association (CCPA)	November 2014 - Present
<i>Master of Arts (MA): Creative Art Therapies, Art Therapy Option</i> Concordia University, Montreal, Quebec	Completed August 2014
<i>Honours Bachelor of Arts (BA): Psychology Major, Studio Art Minor</i> University of Guelph, Guelph, Ontario	Completed April 2012

## *Clinical and Practical Experience*

<i>Psychotherapist/Art Therapist in Private Practice &amp; Group Facilitator</i> Current Office Location: Three Tides Wellness, 160 King St S, Waterloo, ON	July 2017 - Present
<ul style="list-style-type: none"><li>Created and sustains a private practice to provide individual psychotherapy and art therapy for children, adolescents, and adults including both in-person and telehealth sessions</li><li>Creates and facilitates art-based and therapeutic workshops of various topics (anxiety, parenting, self-compassion, artmaking etc.)</li><li>Participates in clinical supervision with a registered psychotherapist and registered art therapist</li></ul>	
<i>Creative Workshop Facilitator</i> University of Guelph, 50 Stone Rd E, Guelph, ON	February 2019 – January 2022
<ul style="list-style-type: none"><li>Creates and facilitates various creative workshops for staff and faculty at the University of Guelph</li></ul>	
<i>Idea Exchange Workshop Facilitator</i> Idea Exchange, 1 North Square, Cambridge, ON	April 2018 – February 2021
<ul style="list-style-type: none"><li>Creates and facilitates workshops including visual journaling for adult women and artists/individuals who work with vulnerable people in the creative art setting</li></ul>	

- Art Therapist* April 2015 – August 2019  
Armagh House, Mississauga, ON
- Programmed and co-led art therapy groups for women and children who experienced domestic violence
- Art Therapist in Private Practice & Group Facilitator* February 2015 – June 2018  
2012 Victoria Avenue, Burlington, ON, L7R 1R4
- Provided individual and group art therapy for children, adolescents, and adults
- Arthouse Art Facilitator* July 2015 – June 2018  
Art House, 115 George Street, St #522, Oakville, ON, L6J 0A2
- Programmed and facilitated art expression activities with a variety of materials for children aged 6-15 years in the Burlington and Oakville communities
- ArtSmarts Waterloo Region Artist Instructor/Facilitator* February 2018 – May 2018  
ArtSmarts, Kitchener-Waterloo, ON
- Collaborated with a Waterloo District School Board teacher to create and facilitate an art program in the classroom that incorporated aspects of the school curriculum
- Arthouse Art Therapist* May 2017 – May 2018  
Art House, 115 George Street, St #522, Oakville, ON
- Facilitated a bi-weekly art therapy group for youth clients in recovery from addiction
- Art Therapist at the Art Gallery of Burlington* January 2018 – March 2018  
Art Gallery of Burlington, 1333 Lakeshore Road, Burlington, ON
- Programmed and facilitated a 10-week art therapy program for children aged 3-6 years with Down Syndrome and their families
- Mental Health Counsellor* July 2015 - August 2016  
Sexual Assault and Violence Intervention Services, Oakville, ON
- Provided client-centred counselling to female, male, and transgender survivors of violence
- Art Therapist* February 2015 – May 2015  
Deer Park Villa and Suites, 150 Central Ave, Grimsby, ON
- Programmed and led bi-weekly art therapy groups for seniors living with Alzheimer's and dementia in long-term care
- Coco's Camp Teacher/Counsellor* June 2014 – August 2014  
The Little Red Playhouse, 263 Percival St., Montréal West, QC
- Programmed and facilitated all summer camp creative art and gross motor activities for a group of both neurotypical children and children diagnosed with high-functioning autism
- Pre-School Art Expression Facilitator* September 2013 – June 2014  
The Little Red Playhouse, 263 Percival St., Montréal West, QC
- Facilitated weekly art activities for 2 groups of children (~4 per group) aged 3-7 with Autism Spectrum Disorder (ASD)

*Art Therapy Intern* September 2013 – April 2014  
Verdun Elementary School, Lester B. Pearson School Board, Verdun, QC

- Provided weekly individual art therapy sessions for clients aged 8-13 years, and co-led a weekly art therapy group for children of the same age
- Clinical population comprised of students experiencing ongoing interpersonal trauma and socio-economic difficulties, thus clinical work involved a trauma-informed approach

*Coco's Camp Teacher/Counsellor* June 2013 – August 2013  
The Little Red Playhouse, 263 Percival St., Montréal West, QC

- Programmed and facilitated art activities for a group of neurotypical children

*Art Therapy Intern* September 2012 - April 2013  
The Centre for the Arts in Human Development, Concordia University,  
Montréal, QC

- Co-led 2 art therapy groups comprised of 5 adults with developmental disabilities for 23 weeks

*Senior Leader, Inclusion and Leisure Link Volunteer Coordinator* April 2012 – August 2012  
City of Burlington Parks and Recreation: Diversity, Burlington, ON

- Supervised the Inclusion team which fulfilled the role of visiting 13 different camp program sites to assist with the assessment, integration, and success of individuals with disabilities and behavioural and/or emotional challenges
- Coordinated 55 volunteers matched to support campers with disabilities or behavioural challenges

*Senior Leader, C.A.M.P. Children with Autism Maximizing Potential* April 2011 – August 2011  
City of Burlington Parks and Recreation: Diversity, Burlington, ON

- Fulfilled the role of Senior Leader for the C.A.M.P. camp partnership program specialized for children aged 5-21 years old with a diagnosed Autism Spectrum Disorder

*Program Leader, Outdoor Opportunities Program* May 2010 – August 2010  
City of Burlington Parks and Recreation: Diversity, Burlington, ON

- Worked as a program leader, programmed and led daily camp activities with participants aged 13-21 years old with varying mental and physical disabilities

*Student Support Network (SSN) Volunteer* August 2009 – April 2012  
University of Guelph, Guelph, ON

- Chosen as a mental health drop-in centre volunteer and participated in core training sessions on active listening, mental health issues, empowering the client through the Client-Centered therapeutic approach

### *Additional Qualifications & Professional Development*

---

- Toronto Art Therapy Institute Anti-Oppression Training Series January - June 2022
- Canadian Art Therapy Anti-Racism/Anti-Oppression Workshop Series January - May 2021
- Anti-Racism and Diversity Workshop September 2020
- Suicide to Hope Training February 2019
- Attended the 2018 Annual Canadian Art Therapy Conference October 2018
- Certified User of the Ontario Domestic Assault Risk Assessment May 2016
- Attended the 2015 Ontario Art Therapy Association Conference April 2015