

Ingrid Jimenez

Lecturer of Marital & Family Therapy/Art Therapy Department at Loyola Marymount University
Los Angeles, CA, US

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Biography

Ingrid has 16 years of experience in mental health, working with a variety of populations from childhood to adulthood, in individual, group, and family therapy, as well as parenting services and parent coaching. Ingrid has worked in school settings, community mental health, outpatient settings, and private practice with ample experience in trauma-informed therapy. Native to Guatemala, Ingrid is bi-cultural and bi-lingual (Spanish/English) and has focused her work in factors affecting immigrant populations, and cultural-identity formation of Latin American youth. Ingrid is an AAMFT Approved Supervisor, and is trained in Reflective Supervision training trainees and unlicensed clinicians throughout California. Ingrid has led trainings, conferences, and other advocacy in mental health topics throughout LA County and San Diego County. Since 2011, Ingrid has collaborated with LMU's Department of Marital and Family Therapy, as an Art Therapy supervisor for students in their Master Level practicum, emphasizing relationship-based practices and the professional identity formation of the clinician, exploring the parallel processes in their clinical work, and incorporating Art Therapy directives for self-exploration and clinical self-care in a variety of clinical settings.

Industry Expertise

Training and Development, Mental Health Care

Education

Loyola Marymount University
BA Fine arts and Studio Arts

Loyola Marymount University
MA Marital and Family Therapy with specialization in Art Therapy

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