

# ALLISON NEEDHAM

MA, LMFT

## BIOGRAPHY

Allison Needham, MA, LMFT is in private practice where she specializes in using creative expressive arts-based approaches with people who identify as neurodiverse (autistic or having a disability) as well as their parents, family members, professional caregivers and non-paid caregivers. She is a board approved clinical supervisor for the state of Minnesota, an adjunct faculty member at Adler Graduate School, a certified Person-Centered Thinking trainer, and the owner of Marigold Therapy. Allison earned her Bachelor of Arts in Fine Arts with an emphasis in ceramics and sculpture from the University of Minnesota and her Master of Arts degree in Marriage and Family Therapy from Saint Mary's University of Minnesota. She completed course work at the [Northwest Creative and Expressive Arts Institute](#) and is currently completing her clinical hours to gain credentialing as a REAT.



For the past 20+ years Allison has worked within several Home and Community-Based agencies where she used creative approaches to empower individuals, strengthen families, and build teams. Allison has extensive experience training person centered practices, disability rights, and presenting creative arts-based workshops to caregiving teams, mental health professionals, social workers, and home and community-based service agencies. She has run seminars for self-advocates and groups on self-esteem and sexuality.

Along with her therapy practice she is an exhibiting artist in juried and invitational exhibitions throughout the United States.



*Trapped- 2001,  
porcelain clay  
body with rusted  
rodent trap*





## CONTINUED...

creativity, its impact on well-being, and engaged in the creative process by using visualization, writing, drawing, and movement to create a mural about connecting to their joy while connection to each other and to their MAMFT community. It was a blast and I hope to do more workshops like this in the future. I would also like to take a Sensorimotor training such as Clay Field and Guided Drawing. Oh, and become REAT certified! Only a few clinical hours left!

*Group  
expression of  
joy- 2024  
completed  
small group  
expression of  
joy from  
workshop*



## **WHAT ARE YOUR THOUGHTS ON THE CURRENT ROLE OF EXPRESSIVE ARTS IN YOUR REGION AND INTERNATIONALLY?**

I believe that expressive arts have a unique role in community building. When you think about community events—festivals, state fairs, farmers’ markets, music in the park, charity walks/runs/rolls, puppet shows, car shows, etc.—the one thing that is always present is someone’s expression of culture, craft, or purpose.

## **HOW DOES BEING A PART OF IEATA IMPACT YOUR WORK IN EXPRESSIVE ARTS?**

Being a part of IEATA has brought me opportunities to meet and connect with like-minded people who understand that importance of creative expression. Seeing others share their creative processes or interventions inspires me to continue to explore what is possible for my clients and my own creative practice.

# FINAL REFLECTIONS

I believe creative expression can empower people by building self-esteem, can heal by giving us a voice to our experiences, and educate by helping us remember who we are and who we want to be. It's also a way to have fun and play!

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## PROFESSIONAL LINKS

- MARIGOLD THERAPY
- LinkedIn