



International Expressive Arts Therapy Association

Introducing the IEATA July
2022 Member Spotlight:

Tamara Teeter Knapp



Biography

Tamara Teeter Knapp, MA, NCC, REACE, K-12 Art, Mental Health Counselor Intern:

Tamara is co-founder and Core Faculty of Expressive Arts Florida Certificate Training Program and a Registered Expressive Arts Consultant Educator (REACE®). She serves as REACE® Co-Chair with the International Expressive Arts Therapy Association and is a National Certified Counselor working as a registered mental health counselor intern in the state of Florida.

Tamara earned an M.A. in Mental Health Counseling from Antioch University in 2020 and a B.A. in Art and Psychology from the University of Alaska Anchorage in 1996. In 2007, she received a Certificate in Art and Healing from Ringling College of Art and

Design.

Prior to that, she attended two summers of Waldorf Teacher Training at Rudolf Steiner College and acquired a teaching certificate in the state of Florida for K-12 Art and Elementary Education.

An educator since 1997, Tamara taught in Waldorf schools in Alaska and New Mexico before relocating to Florida. In public education since 2002, Tamara taught art, expressive arts, computer technology, and second grade. Currently, she teaches adults in the Intermodal Expressive Arts Certificate Program at Expressive Arts Florida Institute where she has the honor of witnessing her adult students transform their lives through the power of expressive arts. In 2020, Tamara stepped into the clinical world as a mental health counselor intern. She has a growing private practice in which she utilizes expressive arts to help clients access their own inner knowing to initiate healing and positive growth.

Tamara lives among the live oak trees in Sarasota, Florida, which sits on the traditional lands of the Calusa and Seminole people. She shares her home with her ten-year-old son, husband, and dog Hanna.



What drew you to the field of Expressive Arts?



Facilitating intermodal process, Hollyhock Retreat Center, Cortes Island, BC September 2018

I always loved dancing and making art, writing, and music throughout my childhood and adolescence, I relied on these creative outlets to help me feel better in times of stress. As a sensitive young person, I consistently wished to take care of others, to understand what made others feel happy, and to help them heal. There are several touch points in my life that drew me closer to the field of Expressive Arts. Each one related to developing ways for myself and others to feel seen and heard. As an

educator, I noticed that utilizing creative arts not only assisted my students in learning curriculum, but helped them to feel valued and successful socially and emotionally. I was drawn toward those things that provided some healing and I continue to be inspired by the ways in which this work surprises me, deepens connections, and provides a container for life's experiences. I sometimes find myself almost giddy over the discoveries that happen when we gather together and allow ourselves to engage in deep play through the arts. It is life-giving and essential work.

How are you implementing multimodal expressive arts in the domains of therapeutic work, artistic practice, consultation, education, and activism?

Expressive arts has become a way of life and I engage with it almost daily, in the form of movement, writing, image making and connecting with nature. As a profoundly healing personal practice that provides a way for me to stay connected within, I find that I am able to connect with others in my life more authentically. At Expressive Arts Florida Institute, I have the honor of working with my partner Kathleen Horne to train others through our certificate program in the field of expressive arts. Witnessing the journey of my students through experiential, deep, and soulful practice brings me joy and is a source of hope, as together we work toward more resilience and positive change. In therapeutic practice as a mental health counselor intern, I find that the most profound healing comes directly from the creative process itself. It is my belief that as we each commit ourselves to the conscious development of our own soulful pathway through the arts; we contribute to the greater good for all.



Training with students, multimodal sculptures November, 2015

How do you envision your work and artistic practice moving forward?

At this time, as we re-emerge from the last couple of years and the collective trauma of the pandemic and division culturally, I imagine utilizing the practice of expressive arts to help others find a pathway forward that restores hope and connection. I continue to provide training, workshops, and grow as a counselor. I hope to offer healing retreats soon for those who seek a deep dive into their own intuitive, creative selves and communities.

How does being a part of IEATA impact your work in expressive arts?

I have been practicing expressive arts and sharing it with others for many years before actively participating with IEATA as a member and board member. Since I began participating more actively I find that my own work is enriched, expanding, and also better supported. It is such fun to connect with people all around the world who speak the same language of the arts and

understand how the power of this work can transform our lives. It is a true honor to serve with my colleagues in IEATA and to contribute to shaping and sharing more about our field.

What are your thoughts on the current role of expressive arts in your region and internationally?



Holding space with the drum, January 2019

I am encouraged by my colleagues around the world who I have met through IEATA and I believe that we need expressive arts work to heal our world. I believe that it is our task to engage different ways of knowing in order to move through the evolutionary process that we are in. The further development of our collective consciousness requires us to engage with our own creativity and in community. As a REACE®, my hope is to expand awareness of the rich and valuable work being done through expressive arts facilitation. In my region, we have many therapists and facilitators practicing this work and there is always a need for more. I see opportunities for growth in my region and globally.



Tamara with Expressive Arts in Business and Profession students, October 2018

Some additional thoughts and comments for the IEATA community.

I am very grateful for my friends and colleagues around the world practicing this work and I offer encouragement and hope. I anticipate that we will only continue to benefit greatly through further connection and I look forward to learning and growing

together toward a better world for all. The work you all are doing is essential and it is an honor to be a part of this community.

Contact and Website Information for Tamara Knapp

[Website](#)

[Facebook](#)

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IEATA MEMBER SPOTLIGHT NOMINATIONS

Help Others to Shine
**Who can you
nominate?**

Active Student, Professional, or REAT & REACE Members

Do you know of a member who has:

- used the expressive or creative arts to achieve excellence in their field and/or made significant, observable changes or accomplishments?
- Contributed a new idea or thinking outside of the box in a way that is beneficial to the field of expressive and creative arts and/or their local or international community?
- has taken the initiative to resolve a major challenge and motivate others to do the same?

**How to Nominate a
Member**

Email Us @ rorndorff@ieata.org

Please email us the following details of the member you are nominating:

- First and Last Name
- Contact Email Address
- Why you are nominating them to be a Member Spotlight

*We do not guarantee all nominees will be asked to be the Member Spotlight. There are limited spots available and if not chosen this year please consider submitting your nominee in the following year.

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