



Amy P. DiGennaro, MFA, MA, ATR, LAMFT

Amy DiGennaro, LLC c/o Lyn-Lake Psychotherapy & Wellness, Ltd.

3303 Excelsior Blvd, Suite 215, Minneapolis, MN 55416

amy@therapy-mn.com / www.amydigennaro.com

p (612) 326-0725/ f (651)925-0427

I am an [artist](#) and therapeutic consultant who helps people create the lives they want to live using art and creative expression in therapeutic and educational ways. I use various forms of counseling to help you connect to what you give value to, focusing on your beliefs, knowledges, and abilities to work through struggles and build the life you want to live. I take a positive, strengths-based approach to help you create meaningful relationships with your problems in order to relate to them in preferred ways. Together we can transform difficulties into creative projects that move you towards your preferred ways of being. My main practices are art and narrative therapies, but I am also interested in mindfulness practices, body-based approaches, and lifelong learning.

For almost twenty years, I worked as a university art professor and artist mentor helping people connect with their creative vision and develop their skills. In my professional studio practice, I have explored the ways that experience is lived through stories and how those stories create meaning in our lives.

As a therapeutic consultant, I help people to develop meaningful relationships with their problems to transform difficulties into creative projects that move them towards their preferred ways of living and being. I am passionate about creating a world of possibilities and positive growth to foster wellbeing in those with whom I work—and in doing so artfully! My work honors people's knowledges and perspectives and works to connect them with the things they give value to and treasure.

Do you have to be an artist or artistic to work with me? No! I offer a wide range of approaches that can include creative expression in its many forms. I also do talk therapy.

I am available to meet at:

[Lyn-Lake Psychotherapy & Wellness, Ltd., 621 West Lake Street, Suite 350, Minneapolis, Minnesota 55408](#)

It may be possible to bill your insurance. Cash, check or credit cards (2.75% processing fee applies) accepted.

The cost of my work is \$160 per hour (53 min hour for therapy sessions; 60 minute hour for other services). Services include: Individual or Relational (Couples and Family) Therapy; Coaching/Mentoring/Consulting; Art or Therapy Education; Visual Outsider-Witnessing; or other professional services (court appearances, etc.).

If the cost of my work is prohibitive, or not covered by insurance; it may be possible to negotiate a fee. Please see my negotiated fee statement below.