

Autumn Potter Bio

Autumn is not afraid of stepping into the dark and wading around in murky water. Prior to her life as a therapist, Autumn was an actor, giving her an ability to truly be multi-modal as a therapist. Autumn is adept at engaging your inner resources and creativity to provide support in developing unique coping skills and management of your emotional experience. Autumn is holistically oriented and welcomes your vast array of beliefs and world views to further enhance your therapy together.

Autumn is currently working with adults at Creative Now Therapy and is also leading an art therapy group with geriatric clients to provide them support during the pandemic. Additionally, Autumn spent a year training in an adult inpatient psychiatric unit working with major mental health diagnosis and treating the underlying trauma that often accompanies them.

In addition to her work with adults, her expertise and focus is with children and adolescents. Autumn has close to a decade of experience working as a teacher, which has greatly informed her ability to engage children safely and with compassion. For the past decade, Autumn has worked with preschool age children, refugee youth, and adolescents in a variety of settings as a teacher and a therapist in training. She also has experience developing curriculum that provides multi-sensory experiences to youth, allowing her to deliver art therapy directives that are both engaging and individually tailored.

Autumn Potter, MPS, Creative Arts Therapist, has been a member of the Creative Now Therapy team since March 2020 as a limited permit therapist supervised by Cristina to further develop her work as an art therapist and to provide somatically oriented interventions. Autumn obtained her Masters in Creative Arts Therapy from The School of Visual Arts in 2019, graduating with high honors and recipient of the Ray Levine Award.