

KATIE JOST

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Personal Bio Statement

Katie Jost is a visual artist and psychotherapist-in-training based in Chicago, IL. She has contributed to the higher arts education community through teaching positions at Richard J. Daley College, the School of the Art Institute of Chicago, and Loyola University Chicago. She currently teaches fine arts at both the College of DuPage and Harper College.

Jost is currently pursuing her Somatic Experiencing Practitioner (SEP) credential and expects to complete her M.A. in Clinical Mental Health Counseling at Northeastern Illinois University in August 2025. Her therapeutic approach is grounded in a somatic and trauma-informed framework, emphasizing the body's role in healing and emotional integration. She earned her M.F.A. from the School of the Art Institute of Chicago in 2006 and her B.F.A. from Tufts University in 2000.

Her artwork has been exhibited at the Cleve Carney Gallery (Glen Ellyn), Beverly Arts Center (Chicago), The Bike Room (Chicago), Hyde Park Art Center (Chicago), and Berliner Liste (Berlin, Germany). Jost's recent work explores felt inner phenomena tracked and rendered as synesthetic reconciliations of image and somatic sensation through the wordless language of painting and embodied processing.

