



Jenna Kraft, MA, LCSW

Jenna is a relationally-focused psychotherapist who has provided mental health services to children, adults, couples and families in neighborhoods all over Chicago for the past 8 years. Jenna brings a strong background in trauma and feminist, gender and race studies to her therapeutic work.

At The University of Michigan, Jenna contributed to three large-scale research studies exploring the impact of identity on self-image, achievement and self-esteem. Jenna's work was published in *Professional Psychology Research and Practice*. Jenna also contributed to "Conceptually Sound Thinking about Depression: An Internet Survey and its Implications," drawing attention to the multiple interacting causes that contribute to one's mental health.

During her graduate studies at The University of Chicago, Jenna interned at Heartland Alliance and The Juvenile Protective Association (JPA). Heartland provided Jenna with a strong cognitive-behavioral background, while she received extensive psychodynamic training at JPA.

Since 2013, Jenna has had the privilege of 'wearing multiple hats.' At Thresholds, Jenna provided community support services for adults with severe and persistent mental illnesses as well as clinical consultation for Community Support Teams. At JPA, Jenna has contributed to two large-scale initiatives: the Building Bridges to North Lawndale (BBNL) program and the North Lawndale Reads (NLR) initiative. Jenna provides elementary-aged children and their caregivers with comprehensive therapeutic support, skillfully and meaningfully facilitates small treatment groups and psychosocial skill-building classroom groups and provides consultation to educators and administrators in school-based settings. In 2017, Jenna assumed the role of Program

Director to JPA's newest clinical program, an outpatient fee-for-service psychotherapy program, New Light.

Jenna has consistently seen the transformation and insight relationships can provide when someone is truly heard. Jenna is committed to providing interactive, client-centered and compassionate therapeutic services.

Education:

- BA, Psychology and Women's Studies, University of Michigan
- MA, Clinical Social Work, University of Chicago School of Social Service Administration

Areas of Specialty:

- Women's issues
- Depression
- Anxiety
- Social and relationship concerns
- Children and adolescents
- Couples
- Parenting and family concerns
- Trauma and healing
- Life transitions

Professional Memberships:

- National Association of Social Workers (NASW)
- American Group Psychotherapy Association (AGPA)