

Jen Grow

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CAREER OBJECTIVE:

Highly accomplished professional writer and mental health counselor with more than 20 years of experience in successfully serving nonprofits, is driven to provide trauma-informed counseling to clients with mental health challenges, specializing in supporting clients who work in creative fields.

QUALIFICATIONS:

- **Interpersonal skills:** Derives fulfillment in working with others; has an approachable, friendly manner; demonstrates commitment to individual's goals and values; very good at brainstorming and being part of an organizational team
 - **Performs with integrity:** Inspires mutual respect that builds trusting relationships between individuals, organizations, and communities; discretely handles confidential information
 - **Strong communication skills:** Excellent ability to direct accessible communication with multiple audiences; actively listens to understand and assimilate individual and organizational needs and requirements
 - **Self directed, disciplined and detail oriented:** Excels at coordinating special events and programs; proven track record in managing logistics for multiple tasks and timelines to remain clearly focused
 - **Proactive problem solver:** Highly intuitive in discerning priorities and proactively follows through; relied upon to think strategically and resolve issues
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ACCOMPLISHMENTS:

- Trained in Eye Movement Desensitization and Reprocessing (EMDR) therapy. Is currently writing a nonfiction book about using EMDR to promote creative motivation for writers and other creatives.
 - Forged better work relationships and established cooperation and good will among individuals and institutions to streamline business; led professional workshops and spoke at national forums as part of an international committee aimed at improving internal communications
 - Improved accessibility to 12-Step recovery meetings for underserved populations; worked closely with Spanish-speaking population to expand recovery opportunities; skilled in communicating with populations having diverse socio-economic and racial backgrounds including people with disabilities
 - Effectively managed employees and students to build on their strengths and interests; facilitated group discussions, developed rapport, and advised employees and students to solve problems and meet goals; created a safe, positive, and supportive learning and working environment infused with multicultural perspectives
 - Cultivated relationships with individuals, foundations and corporations to secure \$730,000 in grant support annually; was awarded \$404,000 in new and rejuvenated funds in one year
 - Created numerous presentations for workshops, educational forums, and new business proposals; facilitated over 40 original workshops and developed corresponding materials that resulted in overwhelming positive response
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EDUCATION:

- McDaniel College, Westminster, Maryland – L.G.P.C., Clinical Mental Health Counseling, 2022
- Vermont College, Montpelier, Vermont - M.F.A., Creative Writing, 2001
- Towson University, Towson, Maryland - B.A., English, 1990

PROFESSIONAL EXPERIENCE:**Core Counseling****2023-current***Licensed Graduate Professional Counselor, full time position*

An EMDRIA approved EMDR therapist with an integrative, trauma-informed approach to psychotherapy; Extensive knowledge about 12-Step Recovery programs; specializing in anxiety, depression, grief, substance use/abuse, emotional abuse, and creative block; uses a variety of treatment modalities including mind-body practices, bilateral stimulation, mindfulness techniques, and elements of IFS parts work, CBT, DBT, and narrative therapy.

Baltimore Intergroup Council of Alcoholics Anonymous**1996-2001/ 2014-2023***Director, full-time position / previously Volunteer Coordinator 1996-2001*

Directs nonprofit that serves the Baltimore metropolitan community including 500 A.A. groups; manages staff of three; charged with communicating to diverse membership; elected to serve on international communications committee to improve organizational outreach and effectiveness.

Franciscan Center, Baltimore, MD**2012-2014***Grant Manager, full-time position*

Wrote and managed grant proposals to raise more than \$700,000 in support to meet a 1.3M cash budget annually; cultivated relationships with donors; researched new funding opportunities; oversaw administrative assistant; managed major transition from outdated database to new client tracking and reporting system.

Art on Purpose, Baltimore, MD**2010-2012***Administrator, part-time position*

Supported Board of Directors; tracked grants and supported development efforts for community arts nonprofit; provided support services to the year-long Black Male Identity Project.

Carton Donofrio Partners, Baltimore, MD**2008 – 2009***Marketing Program Coordinator, full-time contractual position*

Developed new business proposals and presentations resulting in several major new business contracts for ad agency; maintained rapid design pace and prepared; excelled under overlapping, tight deadlines.

Journeys Community, Columbia, Maryland**2001 - 2007***Program Director, part-time position*

Researched, developed and facilitated over 300 programs in 7-year span including learning forums and workshops; authored significant trade publication released in 2006 by Morehouse Publishing.

Goucher College**2003-2008****Maryland Institute College of Art****2006-2007****Johns Hopkins Center for Talented Youth****2002-2003***Adjunct Writing Teacher and Lecturer / Tutor*

Taught developmental writing, academic writing, and fiction writing to college students; facilitated workshops of 12 to 15 students to provide group feedback and constructive critiques; assessed student progress; designed curriculum and syllabus for multiple classes.

PUBLICATIONS**Books and Anthologies:**

- *My Life as a Mermaid and Other Stories*, Fiction, Dzanc Books, June 2015

- *Seeking the Spirit*, Nonfiction, Morehouse Publishing, May 2006
- *Amid the Roar, An Anthology of Towson University Authors*, Fiction, Patapsco Valley Press, 2015
- *City Sages: Baltimore*, Fiction, City Lit Press, 2010

Nonfiction:

- [“Catalog of Lies”](#), *Maryland Literary Review*, online Spring/Summer 2022.
- [“The Benefits of Not Knowing Your Audience,”](#) *Grist*, online February 2022.
- [“Fear and Ammunition: Reflections on the 20th Anniversary of 9/11,”](#) *Across the Margin*, online September 2021.
- [“The Distraction of Conscience,”](#) *About Place Journal, Infinite Country Issue: Deepening Our Connection to Place, Culture and One Another*, online October 2019
- [“Small Offerings,”](#) *Hippocampus*, online July 2017
- “Containers,” *Faultline*, print June 2014
- [“Halloween Don’ts,”](#) *Baltimore Fishbowl*, online Oct. 28, 2013
- [“How Michael Phelps and I are Nearly the Same,”](#) *Baltimore Fishbowl*, Aug. 8, 2012
- “Black Male Identity Project,” *Little Patuxent Review*, Social Justice Issue, print Summer 2012
- “All That Is Seen and Unseen, Negative Space in Fiction,” *The Writer’s Chronicle*, print Dec. 2003
- “Violence is Scary When it Hits Home,” *The Baltimore Sun*, print June 2001
- “When Questions of Urban Living Steer Their Way Into Our Vision,” *The Baltimore Sun*, print Feb. 2001
- “Democracy is Best Among Neighbors,” *The Baltimore Sun*, print Nov. 2000
- “A Balancing Act Among Markets,” *The Baltimore Sun*, print Nov. 2000
- “Moving Can Mean Only Changing a View of the World,” *The Baltimore Sun*, print Oct. 2000
- “Gardening For Treasure in Fells Point,” *The Baltimore Sun*, print Aug. 2000
- “Learning to Trust Their Imaginations,” *The Baltimore Sun*, print May 2000
- “Life On Region’s Littered Streets,” *The Baltimore Sun*, print April 2000
- “Constricted Lives of City Children Give One Pause,” *The Baltimore Sun*, print Jan. 2000

Short Fiction:

- “Fire on the Lake,” *Running Falling Flying Floating Crawling*, St. Lucy Press- print, Fall 2020
- [“This Could Be Anywhere, I Could Be Anyone,”](#) *Maryland Literary Review*- online, May 2018
- [“The Metronome,”](#) *Loch Raven Review*, online, Vol. 12, No. 1, 2016
- [“Reunion,”](#) *Baltimore Style Magazine*, online, June 2014
- [“Lawrence Loves Somebody on Pratt Street,”](#) [PANK], online, Beautiful Ruins series, Feb. 2014
- “Injured,” *Sententia: What She Says All Women Writers Issue*, print Winter 2012
- “End of Summer,” *Little Patuxent Review*, *Water Issue*, print Winter 2011
- “Joe Blow,” *City Sages: Baltimore Anthology*, print Spring 2010
- “What Girls Leave Behind,” *Other Voices Magazine*, print Spring 2007
- “O.K., Goodbye,” *Indiana Review*, print Spring 2006
- “Stray,” *Blue Earth Review*, print Winter 2005
- “I Get There Late,” *Hunger Mountain*, print Fall 2004
- “Small Deaths,” *GSU Review*, print Summer 2004
- “My Life as a Mermaid.” *The Sun Magazine*, print Jan. 2001

HONORS & AWARDS:

- *Ruby Exhibit: My Father’s House*, Stevenson University Art Gallery, Feb. 2017
- *Baker Artist Awards Exhibit*, Baltimore Museum of Art, August - Sept. 2016

- Winner, *2016 Mary Sawyers Baker Award* for fiction and nonfiction
- Recipient, *2015 Ruby Project Grant* for “My Father’s House”
- Winner, *2012 Dzanc Short Story Collection Prize* for my collection *My Life as a Mermaid and Other Stories*, published June 2015
- Finalist, *Washington Writer’s Publishing House Annual Fiction Contest* for the story collection, *Stray*, Feb. 2012
- Finalist, *St. Lawrence Prize* for the story collection *O.K., Goodbye*, 2010
- Nominee, *Pushcart Prize* for the story, “I Get There Late,” 2005
- Fellowship, *Summer Literary Seminars*, St. Petersburg, Russia, 2006
- Finalist, *Spokane Prize* for the manuscript, *O.K., Goodbye*, 2004
- Finalist, *G.S. Sharat Chandra Prize for Fiction* for the manuscript, *O.K., Goodbye*, 2004
- Honorable Mention, *GSU Review Fiction Contest* for the story, “Small Deaths,” 2004
- Nominee, *Best New American Voices* for the story, “Joe Blow,” 2001
- Recipient, *Maryland State Arts Council Individual Artist Award*, 1999
- Recipient, *Maryland State Arts Council Individual Artist Award*, 1997
- Recipient, *Special Merit Award, Artscape Literary Competition*, 1997

CONFERENCES, PANELS, & EDITING EXPERIENCE:

- Maryland Arts Summit, “How to Unfork Your Story” co-presenter, June 2021
- Conversations & Connections, “How to Write the Difficult Topic” panel, April 2017
- CityLit Festival, “Editing Tips and Tricks” panel, April 2017
- CityLit Studio, Writers on Craft, Creativity & Community, presenter, Oct. 2016
- Just Write, Writer’s Conference, Harford County Public Library, “Dynamic Dialogue” presenter, Sept. 2016
- Just Write, Writer’s Conference, Harford County Public Library, “How to Get Noticed By Editors” presenter, Sept. 2016
- CityLit Festival- Fiction Critique, editor, April 2016
- Little Patuxent Review Fiction Editor, 2012 to 2016
- Baltimore Writer’s Conference. “The Literary Lottery: All About Contests,” panel, Nov. 2015
- Frostburg State University Indi Lit Festival, “Writing Believable Characters,” panel, Oct. 2015
- Baltimore Book Festival- PEN/Faulkner Writers in Schools, co-presenter, Sept. 2015
- Baltimore Writer’s Conference, “Building from Scratch: Publishing Your Own Lit Journal,” panel, Nov. 2014
- Enoch Pratt Workshop- “Dynamic Dialogue,” facilitator, Nov. 2012
- Contributing Editor, *Hunger Mountain, Journal of Arts and Letters*, 2003, 2006
- Graduate Assistant, Vermont College, Creative Writing, graduate level, 2002