

JENNIFER SUMMERFELDT, CCC, MACP

C: 780.902.6264 • E: info@jennifersummerfeldt.com • Edmonton, AB

PROFESSIONAL PROFILE

Maternal and Perinatal Mental Health Counsellor

- A Maternal Mental Health Counsellor with over 5 years of counselling experience specializing in the area of trauma informed counselling, which is complimented by over 20 years of childbirth healthcare experience.
- Author of two published books: Healing After Birth and Midwifery for The Soul
- Creator and facilitator of a maternal mental health program called: Healing After Birth
- Facilitator of professional training programs for childbirth and mental health professionals
- Public speaker and podcast host on matters pertaining to maternal mental health and childbirth trauma

Three Counselling Certifications

- Certified Canadian Counsellor (CCC), a Certified Grief Support Counsellor (CGSC), and a Trauma Recovery Counsellor (CTRC).

COUNSELLING EXPERIENCE AND EXPERTISE

Safety and Professional Ethics

- Sound knowledge and practice in the adherence to the CCPA Standards of Practice for Counsellors, as well as with other sources of information that assist in making informed professional decisions. These include the laws, regulations, and policies which are professionally relevant to ensure that safety, confidentiality, trust and respect form the basis of the counselling working environment.

Counselling

- Demonstrated work experience with the assessment, treatment and follow-up of adults who require counselling services. Knowledge of theoretical frameworks, therapeutic interventions and well-rounded and empathetic clinical skills with individual/ group services.
- Highly experienced with case management, group facilitation and proven interviewing and counseling skills, which include excellent formal and informal assessment skills, documentation and evaluation skills.
- Superb ability to leverage a variety of assessment tools and techniques, consulting with other healthcare professionals, contribute to team reports and participate in case conferences to help clients optimize rehabilitation. High expertise delivering educational sessions.

Trauma Informed Counselling

- An exceptional ability to provide services in a manner that is welcoming and appropriate to the neurophysiological needs of those affected by trauma. Strong knowledge of the widespread impact of trauma, the potential paths for healing, and the signs and symptoms- while also capable of responding positively by fully integrating knowledge about trauma into policies, procedures, practices and settings.
- Demonstrated success teaching skills in the areas of emotional safety, affect management, cognition, open communication, conflict resolution, social connection, growth and change, self-soothing, self-trust, self-compassion, self-regulation, communicating needs and desires, and managing perception.

Communication

- Clear, engaging and empathetic communicator who is able to obtain client information, describe mood, activity, posture, and non-verbal data. Emphasis on non-violent communication (NVC) techniques.

CAREER HISTORY

Counsellor/Author/Educator: JS Coaching Group Inc. (2014 - Present)

- In-person, and *currently solely* online counselling, *with a focus on the perinatal trauma recovery counselling*
- Counselling and training services in the areas of women's counselling, birth coaching and post-partum mood disorders that include, but not limited to, teaching clients:
 - skills to work with the pain and fear of childbirth,
 - discovering *unique needs* to feel safe,
 - making decisions from an informed place,
 - increasing confidence in the body's ability to give birth and heal,
 - uncovering and changing limiting beliefs that are contributing to stress and fear,
 - healing faster and achieving mother-baby bonding more easily (attachment focused) and
 - how to prevent postpartum depression and/or birth trauma.

Contract Therapist & Group Facilitator: Jewish Family Services (2016 - 2018)

- With guidance from an assigned supervisor, perform counselling activities for clients with an array of mental health concerns.
 - Collaborative approach to establish counselling plans for clients.
 - Maintain comprehensive and confidential case notes for each client.
 - Be responsible for a case load of clients.
 - Facilitate or co-facilitate group counselling programs.
 - Work closely with other staff in a collaborative team environment and consult with other counsellors, clinicians and healthcare professionals

Educator/Group Facilitator: Contract Positions (2010 - Present)

- Creator and facilitator of The Healing After Birth Program – both online and in-person group therapy program for mothers who were negatively impacted by their childbirth experience
- Facilitator and program planning for multiple professional 'Trauma-Informed Perinatal Mental Health Workshop' for both mental health specialists and childbirth professionals.
- Creator and facilitator of a yearlong online trauma-informed program for Doulas that has a global reach
- Plan and deliver natural childbirth classes for nursing students (*Grant MacEwan University* and *University of Alberta*).
 - Planning knowledge and skills includes creating curriculum that is based upon current methodology, best practice, and adult learning theory
 - Facilitation activities include the ability to set-up learning environment with technology and tools, assess "material vs audience" (ex. 1st vs 4th year students) to ensure proper communication, lead and moderate classroom discussions and maintain participant records.
- Contracted to write "Trauma Informed" curriculum, and also, deliver content, for American direct-entry midwifery programs: *The Matrona* and *Indie Birth*.
- A guest presenter for multiple, local, group events.

General Manager: The Organic Box (2010 - 2012)

Business Development: Earth Mother Retail & Community Hub (2001 - 2010)

EDUCATION

Masters- Counselling Psychology: *Yorkville University* (2017)

Certification- Certified Canadian Counsellor: *Canadian Counselling and Psychotherapy Association* (2017)

Certification- Grief Support Counsellor: *Taking Flight International* (2016)

Certification- Trauma Recovery Counsellor: *Taking Flight International* (2015)

Independent Studies- Traditional Midwifery Education: *The Matrona* (2004 – 2010)

Certification- Holistic Nutrition: *Packard College of Holistic Nutrition* (2000)

Graduate Studies- Kinesiology & Sport Psychology: *University of Calgary* (1997 - 1999)

Degree- Bachelor of Arts: *University of Winnipeg* (1997)

SEMINARS AND WORKSHOPS

Seminars and Courses

- Intensive Interpersonal Neurobiology Online Course (Mindsight Institute, 2020)
- Intensive Trauma Treatment Course (Dr. Bessel Van Der Kolk; Pesi.com; 2016)
- Clinical Applications of the Polyvagal Theory (Dr. Stephen Porges; Pesi.com; 2016)
- Interpersonal Neurobiology Series (Dr. Dan Siegel; Pesi.com, 2016)
- Brain Wise Therapy mentorship circle (Bonnie Badenoch, author *Being a Brain Wise Therapist*; 2014-2015)
- EMDR basic training (2017)

Workshops (In-Person and Online)

- Historical Trauma & Aboriginal Client Services Workshop (Edmonton, Alberta; 2015)
- Compassionate Inquiry with Gabor Mate (Edmonton, Alberta; 2017)

Internships

- Attended two Midwifery internships in Mexico and Texas.

AWARDS AND ACHIEVEMENTS

Professional Engagement

- Invited to participate as an “expert guest” for a trauma informed podcast and a postpartum depression panel
- Former Vice President with MaternityCare Consumers of Alberta Network (MCAN).
- Guest on numerous global podcasts speaking about maternal mental health and childbirth trauma

Author

- *Healing After Birth: A Guidebook for Mothers Who Were Negatively Impacted by Their Childbirth Experience*
- Published articles in local, national and global magazines: *Midwifery Today*, *Birth Issues*, *Birthing* and *Squat*.
- *Midwifery for The Soul* (2019)