

Dr. Jennifer Hammersmark

websites: www.counsellinggroup.co

www.doctorjen.co

phone: 604 244 6969

AREAS OF EXPERTISE

- Family Systems Therapy
- Behaviour Disorders in Children
- Terminally Ill Patients and Bereaved Families
- Stress Management and Conflict Resolution
- Critical Incident Stress Debriefing
- Collaborative Divorce Law
- Attention Deficit Hyperactivity Disorder – diagnosis and treatment
- Attachment and Anxiety Disorders
- Dialectical Behavioural Therapy and Borderline Personality Disorder
- Trauma and its Impact on Survivors
- Mindfulness

HIGHLIGHTS OF QUALIFICATIONS AND SKILLS

- Founded a group practice for therapists (up to 60!), including peer supervision groups, lunch & learns, group trainings, social events, and business growth opportunities
- Co-founded and incorporated a non-profit co-op for therapists
- Owned a private practice since 1996, providing individual, couple and family therapy, as well as training and workshops
- Natural ability to lead others in a cooperative manner
- Provide supervision to individuals and groups in centre and agency settings
- Excel at tracking and facilitating interpersonal and group process
- Adapt easily to new situations and cultures
- Excellent grasp of the English language including grammar and spelling, writing curriculum, manuals and correspondence
- Very organized and good in crisis
- Math and accounting background; 3rd level R.I.A. achieved
- Owned and operated a secretarial service for 6 years in the downtown core of Vancouver that provided business support services to over 40 companies

FACILITATING AND TEACHING EXPERIENCE

- Facilitated Critical Incident Stress Debrief groups
- Delivered stress management and team building workshops to mental health organizations and to the Surrey School Board
- Taught parenting classes for Continuing Education
- Co-facilitated group therapy to groups of 8 to 16 people
- Facilitated The Pacific Institute's Investment in Excellence curriculum to hundreds of participants across North America
- Facilitated small groups and emceed large groups including the Alpha Program, fundraising events, weddings and funerals

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PROFESSIONAL AFFILIATIONS

REGISTERED CLINICAL COUNSELLOR #1078

B.C. Association of Clinical Counsellors

WORK HISTORY

PRIVATE PRACTICE

1996 - PRESENT

The Counselling Group – Private Practice

📍 White Rock, BC

- Own and operate a private practice for clients of all ages that are dealing with marital issues, depression, parenting, family of origin issues and other transitional challenges which produce emotional turmoil or instability
- Referral sources include churches, family doctors, lawyers, psychiatrists and former clients
- The Counselling Group is “home” to over 60 therapists who share space in private practice, practice together, attend peer supervision, provide lunch and learns and network with other health professionals in the community

THERAPIST

2000 - 2005

Peace Portal Counselling Centre

📍 Surrey, BC

- Participated in a feasibility task force for 2 years prior to the centre opening
- Once operational, employed to provide counselling services and team supervision

FACILITATOR / TRAINER

1997 - 1999

Global Partners Inc.

📍 Blaine, Washington

- Lead facilitator in a start-up company
- Facilitated the Investment in Excellence curriculum across North America
- Developed manuals, protocols, and trained facilitators

PSYCHOLOGY INTERN

1997

South Fraser Child Development Centre

📍 Surrey, BC

- 150 hour practicum/internship
- Worked with disabled children and their families doing in-house therapy, outreach to preschools and in-home consultation
- Population included children and adults with cerebral palsy, spina bifida, autism and neurological disorders

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FAMILY THERAPIST / CASE MANAGER / SUPERVISOR

1994 – 2001

Brenson Family Program

📍 White Rock, BC and Langley, BC

- Supervised individuals and collaborated with medical professionals
- Taught parenting classes
- Provided individual, family and group therapy and psychiatric assessment and diagnosis
- Organized respite program
- School liaison
- Residential placements
- Completed assessment reports and attended case conferences

PRESIDENT

1985 – 1991

RB Office Assistance

📍 Vancouver, BC

- Owned and operated a packaged office business
- Offered secretarial services and office rentals to small businesses
- Provided telephone answering services remotely to 32 companies in the downtown core
- Assisted small businesses with project management, marketing and sales

VOLUNTEER WORK

BOARD MEMBER and FOUNDING MEMBER

2020

White Rock Counselling Coop

📍 White Rock, BC

BOARD MEMBER

2016 – 2018

White Rock Business Improvement Association

📍 White Rock, BC

MISSIONS TRIP - AFRICA

2010

Provided free medical care and support to over 1800 people in a small community

📍 Paynesville, Liberia

MISSIONS TRIP - ROMANIA

2006 and 2007

Provided free counselling services to individuals, as well as seminars, training and support to employees of humanitarian organizations. Went back again the next year to do follow up counselling services and seminars. Accompanied by my children in year two, who also provided volunteer services.

📍 Bucharest, Romania

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BOARD MEMBER

2004 – 2008

Surrey Crisis Pregnancy Centre

📍 Surrey, BC

RECEPTIONIST / VOLUNTEER TRAINING PROGRAM

1992 – 1993

White Rock Hospice

📍 White Rock, BC

EDUCATION

SOUTHERN CALIFORNIA UNIVERSITY

2002

📍 Costa Mesa, CA

Doctor of Philosophy in Psychology (Ph.D.)

BASTYR UNIVERSITY / LEADERSHIP INSTITUTE OF SEATTLE

1995

📍 Bellevue, Washington

Master of Arts, Applied Behavioural Science (M.A.)

BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY

1986

📍 Burnaby, BC

Marketing for Small Business

DEVRY INSTITUTE OF TECHNOLOGY

1985

📍 Phoenix, Arizona

Bachelor of Science, Computer Information Systems (B.Sc.)

CERTIFICATIONS

Canadian Securities Course

1988

Collaborative Divorce Coach and Child Specialist

2004

Collaborative Family Law Group

MORE ABOUT ME

I love to blog, ski, read, camp and wakeboard when I get a chance. I am an ongoing learner who enjoys furthering my education and expanding my awareness.

REFERENCES AVAILABLE UPON REQUEST