

Dr. Jen Hammersmark
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EDUCATION

- 2002. Doctorate of Philosophy in Psychology (Ph.D.)**
Southern California University

- 1995. Master of Arts, Applied Behavioural Science (M.A.)**
Bastyr University / Leadership Institute of Seattle

- 1985. Bachelor of Science, Computer Information Systems (B.Sc.)**

Selkirk College - September 2022 until present

CWRT 100 Introduction to Creative Writing I
CWRT 200 Manuscript Development I
CWRT 201 Manuscript Development II
INDG 100 Regional Indigenous Perspectives on Languages and Cultures
ENGL 202 Canadian Literature I: Indigenous Voices

PUBLISHED WORKS

- 2013 [Mind Your Madness, medium.com](#)
onward - online publication with new posts each month

- 2017 Monthly Newsletter
onward - includes a new mental health blogpost each month ~1000 subscribers

- 2012 - Cypress Mountain Ski Resort - official mountain Ski Blogger
2022 "Dr. Jen's Ski Report"

- 2023 Globe and Mail
 [The Homemade Dishes That Make Us Think Of Our Mothers](#)

- 2023 Blackbear Review - poem - [Grief](#)
- 2023 Blackbear Review - poem - [That's a Sure Sign of Fall](#)
- 2023 Blackbear Review - podcast - [Interview with Raphael Akiba \(Podcast\)](#)

- 2018 Insights Magazine
 [Helping Seniors Navigate Dating, Relationships, and Intimacy](#)
- 2017 ProView BC Magazine - [Whensday Ski Dates](#)
- 2016 Insights Magazine - [Exercising Your Way to Less Stress and Depression](#)
- 2013 Insights Magazine - [Wednesday Date Day at Cypress](#)

HIGHLIGHTS OF QUALIFICATIONS

- Writing poetry and journaling since I could hold a pencil
- Completed my rough draft of a non-fiction book
- Ski blogger for a decade, focusing on ‘Get Outside For Your Mental Health’
- Online publication for a decade and a newsletter with 1000 followers - never missed a month
- A therapist in private practice for thirty years
- Co-founded a non-profit co-op five years ago; still running
- A life-long learner; still taking and enjoying university courses
- Entrepreneur my entire life. From a child in Calgary running lemonade stands to a secretarial service in downtown Vancouver. Also started a group practice for therapists to support one another, which is still running today with over 60 members. Presently working on a Retreat Centre in the Kootenays.

VOLUNTEER WORK

2022/23 Shambhala Music Festival

Harm Reduction

2022/23 Unicorn Music Festival

Harm Reduction

2020 White Rock Counselling Coop

-pres Founding member of a non-profit organization
Board Member - Treasurer

2016 White Rock Business Improvement Association

-2018 Board Member

2010 Liberia, Africa

Part of a team that provided free medical care to over 1800 people near the small community of Paynesville. Provided medical and counselling services.

2006 Bucharest, Romania

& 2007 Provided free counselling services to individuals, as well as seminars and training to employees of humanitarian organizations.

PROFESSIONAL AFFILIATIONS

Federation of BC Writers - Member since 2023

B.C. Association of Clinical Counsellors - Member since 1994