

Ms. Jennifer (Jen) Worman (she/her), M.Ed., R.C.C

Jen completed her Bachelor of Arts Degree in Psychology at the University of Calgary. She completed her Master of Education in School and Applied Child Psychology at the University of Calgary where she specialized in child and youth assessment and counselling. Jen is a registered clinical counsellor with the BC Association of Clinical Counsellors.

Jen has worked extensively in the adult mental health and addictions field and has significant experience in individual adult mental health counselling, group therapy, and workshop facilitation. She has worked in clinic and school settings supporting children and youth with their mental health by means of assessment and counselling. She has over 15 years providing mental health support across various settings.

At Summit Psychology, Jen specializes in psycho-educational and psycho-vocational assessments. She offers counselling services for children, youth, and adults, with a focus on Cognitive-Behavioral Therapy, Dialectical Behavioral Therapy skills, Positive Psychology practices, Solution-Focused therapy, mindfulness and trauma-informed practices. She takes a strength-based approach and is particularly passionate about supporting individuals in building resilience. She is passionate about supporting individuals in navigating mental health challenges, including depression and anxiety, grief and trauma. She is keenly interested in supporting individuals to understand and manage symptoms of ADHD and executive functioning deficits. Jen focuses on building skills, developing strategies, and creating healthy connection with self and community. She strives to support individuals in building self-awareness, self-esteem, and self-confidence.

Jen lives in Nelson, BC with her two children and is grateful to spend her spare time on the mountain trails. She loves biking, hiking, music, connecting with friends and family, and, generally, slowing down to appreciate the Kootenays.