Ms. Jennifer Cournoyer Derome

M. Ed., Licensed Psychologist

Ms. Jennifer Cournoyer Derome is a Licensed Psychologist with the College of Health and Care Professionals of British Columbia (CHCPBC), a Registered Psychologist with the College of Alberta Psychologists, and a registered member of the Canadian Psychological Association

"Ms. Jennifer (Jen) Cournoyer Derome (she/her), M.Ed., Licensed Psychologist

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 Licensed Psychologist with the College of Health and Care Professionals of British Columbia (CHCPBC), a Registered Psychologist with the College of Alberta Psychologists, and a registered member of the Canadian Psychological Association.

Jen has worked in clinic and school settings supporting children and youth with their mental health by means of assessment and counselling. During a recent sabbatical, she worked as the Divisional Psychologist for the Canadian Rockies Public Schools. 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 as well. She has over 15 years providing mental health support across various settings.

At Summit Psychology, Jen specializes in psycho-educational, psycho-vocational, and mental health assessments. She offers counselling services for children, youth, and adults, with a focus on Cognitive-Behavioural Therapy, Dialectical Behavioural 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 connections 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 her husband, and is grateful to spend her spare time in the mountains. She loves biking, hiking, music, connecting with friends and family, and, generally, slowing down to appreciate the Kootenays"