Ms. Jaylene Yablonski (she/her), M.Ed., Psychologist

Ms. Jaylene Yablonski is a Psychologist with the Health and Care Professionals of British Columbia. She is also registered with the College of Alberta Psychologists and a member of the Canadian Psychological Association. With dual registration, she can provide psychological services (in-person and online) to residents of British Columbia and Alberta.

Jaylene completed her Master of Education in School and Applied Child Psychology at the University of Calgary where she specialized in child assessment and counselling. She later obtained her certification in clinical autism assessment (ADOS-2 and ADI-R) for verbally fluent youth and adults. She has nearly 15 years of experience providing psychological services in various settings (private practice, school, government).

At Summit Psychology, Jaylene specializes in psycho-educational assessments and clinical autism assessments for verbally fluent youth. She also provides counselling services for children and adolescents (and their families) that may incorporate play and creativity to make evidence-based interventions applicable for all ages. She is well versed in Cognitive Behavior Therapy (Trauma Informed), Interpersonal Psychotherapy, Dialectical Behavioral Therapy Skills, Circle of Security, and Emotion-Focused Family Therapy. She is especially passionate about supporting youth (and their families) to understand anxiety, depression, ADHD, specific learning disorders, autism, giftedness, trauma, and grief. Jaylene believes that change is made when individuals feel safe, heard, and valued by professionals and caregivers alike. She is also an advocate for fun in therapy!

Prior to moving to Nelson and joining Summit Psychology, Jaylene was a part-time graduate studies instructor at City University in Calgary, Alberta. Jaylene primarily taught an Assessment in Counselling course and supported students to meet their learning objectives in a culturally sensitive and inclusive environment. Jaylene was also employed as a psychologist at a private practice and provided assessment, counselling, and supervision services.

Jaylene previously resided in Kamloops, British Columbia (resided in Kamloops for 8 years) where she was employed as a Mental Health Clinician at Child and Youth Mental Health (through BC Ministry of Children and Family Development), and then a Certified School Psychologist at School District No. 73 (Kamloops-Thompson).

Jaylene and her partner are excited to be back in BC and the vibrant community of Nelson. In her spare time, Jaylene expresses herself through art, music, and culinary creations. She enjoys playing and watching team sports (is a fantasy hockey fanatic), as well as paddling, hiking, and biking.