

















Jennifer Summerfeldt, MACP, CCC

Bio + Keynote Descriptions + Social Assets

Websites

- > www.therapyformoms.ca
- > www.flowingfears.com
- > www.nsidoulatraining.com

Podcast

- > Therapy For Moms (Formally known as Healing After Birth)
<https://anchor.fm/therapyformoms>

Books

- > Healing After Birth: Navigating Your Emotions After A Difficult Childbirth (2018)
- > Midwifery For The Soul: Awaken to Your Fierce Feminine in the Depths of Darkness and Trauma (2019)

Programs + Courses

- > Nervous System Informed Doula Training: Foundational Course www.NSIDoulaTraining.com
- > Fearlessly Thriving: A 5 part video series outlines point of view on healing and transformation
www.flowingfears.com
- > Perinatal Mental Health Program: Childbirth informed, Nervous system approach and a unique therapeutic map for mental health professionals and students.
<https://www.therapyformoms.ca/trainings>
- > Healing After Birth online program
<https://www.midwiferyforthesoul.com/courses/healing-after-birth-program>

Professional Hub Description

Join the ASK Therapy Alliance!

ASK Therapy will be launching our international hub! It's a subscription-based platform that provides access to a wide variety of resources to professionals and students looking to specialize in or learn more about perinatal mental health. Therapists, Chiropractors, Birth Workers, Physiotherapists, are all welcome!

The Mission: To join together across healing professions to close the gap between the childbearing continuum and perinatal mental health.

Your membership includes bi weekly online meetings with our community members where we share case studies, learn from each other, and collaborate on inter-profession knowledge sharing. Collaboration topics are posted on the Therapy for Moms website so that you know ahead of time what the discussions will entail for each meeting. Newsletters announcing new members, discussion topics, and exciting membership opportunities are also made available monthly.

For professionals, your business/company/practice will be listed on our website as trusted partners of ASK Therapy, building an alliance of professionals all working towards a similar goal: Supporting Mothers through their transitions. In addition, all members will be provided discounts on training and webinars created by ASK Therapy. For secondary education students, you will have the opportunity to also join in on the professional case study conversations, building your indirect hours and gaining invaluable exposure in the field, making connections and anchoring in the community.'

Jennifer Short Bio

Jennifer holds an MA in Counseling Psychology (MACP) and is a Certified Canadian Counsellor (CCC). She is the CEO (Chief Empathy Officer) and Founder of [ASK Therapy](#) for Moms. With over 20 years of experience within the fields of maternal health, childbirth and psychology studies, she uses her expertise and voice to help advance the dialogue on trauma-informed care, maternal mental health, and healing in general.

Jennifer Long Bio

Jennifer holds an MA in counselling psychology and is a Certified Canadian Counsellor. She holds 20+ years of experience within the fields of maternal and childbirth health, psychology, and consciousness studies. She is passionate about finding ways to heal and thrive in life. Located in Canada, she uses her expertise and voice to help advance the dialogue on nervous informed care, maternal mental health, and healing. Jennifer is the author of Healing After Birth and Midwifery for The Soul and has been published in numerous magazines, blogs, and podcasts. Jennifer is the mother of two adult sons, a teen daughter, and a mentor to her three adult step-sons. When asked what she is most proud of, she often says: 'Finding my way through my healing journey, having raised amazing humans, and thriving in marriage'. She is the CEO (Chief Empathy Officer) and Founder of [ASK Therapy](#) for Moms which launched during the height of the Pandemic. At heart, Jennifer loves to share her knowledge and is known

to dig deep into concepts, sift through the sand, and pull out the gold. She has creating many training and teaching programs and more recently developed the [Nervous System Informed doula training](#) course and is in the process of putting all her life's work into a perinatal mental health certification program.

Over the past 10 years Jennifer has been developing her own systematic healing approach that combines trauma-informed neurobiology, cognitive sciences, mindfulness, and the ever expanding field of consciousness. This method is called [The Flowing Fears Process](#) and has been informed by her lived and professional experience of trauma recovery.

She is a charismatic speaker, facilitator, and therapist that has worn many hats since 1998 such as: Apprenticing Sport Psychologist, Childbirth Educator and Curriculum Creator, Holistic Doula, Apprenticing Traditional Midwife, Perinatal Mental Health Therapist, and Practicum Student Supervisor. Currently, she is immersing herself in a post-grad program with VIU within the cutting edge field of Psychedelic Assisted Therapy and alongside, pursuing additional studies with Stan Grof's Holotropic Breathwork.

Jennifer is known for her specialization in birth trauma and has been introduced as the pioneer of birth trauma and mental health. She is an Amazon number one best seller for her Healing After Birth self-published book (2018). Jennifer is passionate about mental health, healing, and restoring our relationships to one another, and the land we steward.

Keynote Descriptions

Jennifer offers two distinct keynote presentations with the option to build them into a 2 day - 5 day workshop. You can learn more > <https://www.jennifersummerfeldt.com/speaking>

1. Perinatal Mental Health: A Trauma-Informed Neurobiological Approach

Target audience: Birth professionals or perinatal mental health professionals

During the 120 min presentation Jennifer highlights the following points:

- ★ The Survival vs Thriving system
- ★ A whole systems approach to assessment
- ★ How birth impacts the postpartum
- ★ An embodied approach vs a cognitive approach (treatment and assessment)
- ★ Healing through the lens of polyvagal

- ★ Three systems of healing
- ★ How trauma can show up in the birth room
- ★ How trauma can show up in the postpartum
- ★ Ways a moms' experience can be diminished in therapy

2. Fearlessly Thriving: An Embodied Approach to Thriving During Hard Times

Target audience: Mental health professionals, Alternative Health Practitioners, Coaches, or Motivational Talk for the general public

During the 120 min presentation Jennifer highlights the following points:

- ★ The Survival vs Thriving system understood through the Polyvagal theory
- ★ Four protective patterns of survival
- ★ Epigenetics and primary imprinting
- ★ How core limiting beliefs are creating
- ★ Four foundational emotions and how to discharge safely
- ★ An embodied approach vs a cognitive approach
- ★ Healing through the lens of polyvagal
- ★ Three systems of knowing
- ★ An introduction to the Flowing Fears method

Podcast Discussion Topics

- Perinatal mental health
- Birth trauma and recovery
- Birth culture and the medicalization of birth
- Health and healing through a Polyvagal and trauma informed lens
- The Flowing Fears Process for deep healing
- Healing and altered states of consciousness
- Psychedelic assisted therapy and healing



Fearlessly Thriving

On today's podcast with Jennifer Summerfeldt, CEO of ASK Therapy for Moms and creator of The Flowing Fears Process. Join us as we talk about thriving even during challenging times through a polyvagal and consciousness expanding lens.



On Today's Podcast

**Guest Jennifer Summerfeldt,
Perinatal Mental Health Therapist.**

**Join us as we discuss perinatal
mental health through a polyvagal
lens and discuss how mothers can
shift from their surviving state into
their thriving state.**

On the Podcast this Week:

A conversation with

Jennifer Summerfeldt MACP, CCC



Join us as we discuss perinatal mental health and how mothers can shift from their surviving state into their thriving state.

