

Jennifer Andrews, BSW, RSW



Professional Summary

Jennifer is Registered Social Worker who has worked in the field for over 18 years, including the last 16 as a clinical mental health and addictions therapist. She has extensive experience providing direct, one-to-one therapy using the CBT, DBT, Mindfulness and Narrative therapy skills. Jennifer has also worked directly with an inter-disciplinary team including psychiatrists, physician's assistant's, social workers, nurses and occupational therapists. Jennifer can think of nothing more rewarding than putting her training and enthusiasm towards helping people in an online platform.

Professional Specialties

- Mindfulness and Meditation
- Anxiety
- Stress Management
- Low Self-Esteem
- Depression
- Bereavement
- Illness Anxiety Disorder
- Social Anxiety
- Anger Management

Education

- Bachelor of Social Work - McMaster University
- Completed courses in Social Work, Social Welfare and Criminology - St. Thomas University
- Bachelor of Arts - St. Francis Xavier University

Professional Experience

In addition to her work with TeleCBT, she began her own private practice, Somiro Wellness, in April 2019 located in Chatham, Ontario.



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