








JAMIE MALLOFF

CLINICAL COUNSELLING PSYCHOLOGY
PRACTICUM STUDENT

REGISTERED PERINATAL NURSE RN BN
PERINATAL MENTAL HEALTH CERTIFIED PMH-C
LACTATION CONSULTANT IBCLC

CONTACT

-  Virtually: anywhere within Canada
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EDUCATION

Master of Arts: Counselling Psychology
Yorkville University
2020-present (graduation: April 2023)

Perinatal Mood Disorders: Components of Care
Postpartum Support International
May 2020

Perinatal Nursing Specialty Program
British Columbia Institute of Technology
2013-2015

Bachelor of Nursing
University of Manitoba
2002-2006

UPCOMING GROUPS

- Postpartum Preparedness Course
- Surviving the Emotional Journey Through the NICU
- Cognitive Behavioral Therapy Group of Perinatal Mood and Anxiety Disorders

PROFESSIONAL SUMMARY

My clinical focus is working with parents in pregnancy and transitioning into parenthood with a health promotion and psychoeducation lens. I have specialized training to support the perinatal population in times of distress and change. I work with individuals of all identities and backgrounds and offer group therapy sessions. In addition to the perinatal population I support, adults and frontline workers experiencing anxiety and depression. A free 15-minute consultation is welcomed. Sliding scale available.

EXPERIENCE

Group Facilitator/Postpartum Counsellor
Pacific Postpartum Support Society: Burnaby
October 2021-present

Providing intake, screening, and assessment of group members and individuals accessing support line.
Co-facilitating groups for postpartum parents on a variety of relevant topics

Registered Nurse/Lactation Consultant
Island Health: Campbell River
2006-present

Engaging with perinatal clients and their families experiencing substance-use disorder, socioeconomic barriers, mental health and physical concerns.
Applying harm reduction principles and trauma-informed care to improve overall health and mental wellbeing.
Providing informed feeding choices and breast/chest-feeding support within the hospital, home, and feeding clinic environments

CLINICAL AREAS OF FOCUS

- Perinatal Mood and Anxiety Disorders
- Depression
- Anxiety
- Prenatal and Postpartum preparation and adjustment support
- Infant feeding challenges and impact on mental health
- Frontline workers experiencing stress related to work