

# Jeannie LeMesurier, P.h.D.

*By focusing on what's right instead of what's wrong, psychologist Jeannie LeMesurier helps guide her clients with love and grace.*

*By Jim Brumm*

Even before she became a psychologist Jeannie LeMesurier was one of those people that others felt drawn to. People just naturally gravitated to her to talk, to share their feelings, their hopes and their fears. You see, Jeannie has that rarest of qualities: the ability to listen and reflect.

"People feel safe with me," she said, "I've heard that all my life. People are able to relax with me and open up."

One of five siblings, Jeannie grew up in Montreal, Canada, the daughter of a French-Canadian mother and an American father who worked as a bank manager. As a girl, she considered going into architecture, but found herself developing an interest in psychology. "I was curious," she said. "I used to study self-help books and books about philosophy and happiness. And people around me always seemed to want to talk and explore these things."

Jeannie attended McGill University in Montreal and studied psychology, earning her B.A. and M.A. there. She earned her Doctorate at the University de Montréal. Jeannie became the first psychologist in Canada hired to help the families of military personnel deployed to Afghanistan, and she worked with graduates and undergraduates at the Queen's University School of Business. She married her husband, Jim, a pediatrician, in 1983 and moved to Los Angeles to do post-doctoral work in Child Psychoanalytic Psychotherapy at the Reiss-Davis Study Center. Later, she earned her certification as a Life Coach at The Coaches Training Institute in San Rafael, California. During her time in school, Jeannie did a massive amount of scientific research but "longed for more human connection." She wanted to work with children and families.

In 1986, Jeannie and her husband moved to Santa Rosa, California, in Sonoma County, where she began a practice specializing in child psychology, though she counseled couples, families and individuals as well. They also started a family and today they have two children, both studying engineering at University.



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Finally having found that "human connection" she had longed for in her work, Jeannie's practice thrived as satisfied clients shared their stories with friends and family, and encouraged them to visit her. One by one, clients discovered that Jeannie's soft-spoken demeanor and positive outlook provided a safe, enlightening atmosphere to resolve problems, work out issues, and gain insight and understanding.

Traditionally, many therapists focus on the negatives, pointing out those things that are "wrong" with the client. Jeannie's method is completely different. Her approach combines the principles of sports psychology, neurophysiology and positive

psychology, all driven by theory and research that focus on people's strengths and psychological capabilities.

"From the beginning I want to find out what's great about my clients and build on their success," she said with a smile. "I feel people are better served by their greatness than their problems. I build on each individual's strengths rather than the frequently-used approach which focuses primarily on people's weaknesses, dysfunction, and negative attitudes. I provide a place for them to express that greatness in a non-judgmental place, even when fear, anger, depression, anxiety, eating disorders, or other life challenges are present. When you come from your strength, your options are greater. There are many situations in our professional and personal lives we can't control, but we can choose how we feel about them and how we react to them." She paused for a moment and added, "This need not be a difficult process. If you come with an open mind and a sense of adventure, you will leave calmer, happier and empowered."

Speaking with Jeannie, even if you just met her, is like speaking with an old, trusted friend. She has a way of making you feel as if you are the most interesting person she has ever met. When you speak,

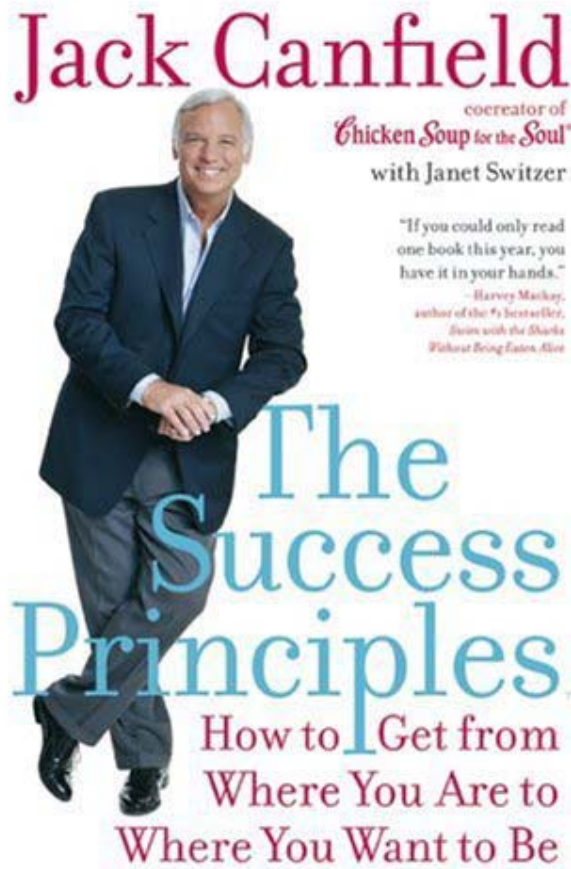
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she listens—really listens—and then asks gentle, insightful, non-threatening questions that help you along in your thought process. Before you know it, you are arriving at conclusions and insights that were invisible just moments before. With no judgment and no foregone conclusions, she creates a safe place to explore and imagine new possibilities. It's a gift.

"I love seeing the transformation in peoples' eyes," she said. "I love knowing



Jeannie LeMesurier was personally mentored by renowned author, teacher, and speaker, Jack Canfield

that they have changed for the better and are living happier lives and loving more deeply."

Another of Jeannie's specialties is working for organizations as an on-site clinical psychologist and life coach. This affords the management and employees a more convenient opportunity to work out problems and stresses they are experiencing from their job, or issues at home that may be affecting their professional life.

There is a huge competitive advantage for an organization to have on-site access to a clinical psychologist. Studies have shown a significant relationship between the feelings and attitudes of employees and the performance, competitiveness, and effectiveness of their companies. The fact is that happier workers make for more successful companies. In addition, "when workers understand how to solve a work-related problem," Jeannie stated, "they can often apply that solution to other areas of their life. We can grow from the experiences we have with co-workers.

That's one of the great unrecognized perks of workplace relationships."

If you have a dream and you're wondering how to make that dream come true—in your professional life, your home life, your love life—Jeannie can help you overcome what may be holding you back and help you find the way. She was personally mentored by famed life coach and writer Jack Canfield, author of *The Success Principles*, and co-author of *Chicken Soup for the Soul*, and one of the teachers featured in the movie, *The Secret*. Jeannie also offers courses based, among other things, on those teachings.

Jeannie summed up her work this way: "I am the clinical psychologist for emotional matters at work and at home. I help individuals who are already successful to understand who they are and who they want to become. I teach people how to experience more satisfaction and more mastery in all their personal and professional relationships. I make a profound difference in the way people interact and work."

Yes, Jeannie LeMesurier has had an impressive career, and yes, she is trained in the latest techniques in psychology and coaching. She's got all the right letters after her name, but being an effective counselor takes more than a degree, more than the right education. It takes a special spirit of love and compassion, openness and grace. Jeannie possesses all of these qualities and so much more. For Jeannie, it's not about finding out what's *wrong* with you and fixing it. It's about finding out what's *right* with you and enhancing it. To see the world through her eyes is to see a world of possibilities and potential, clarity and hope.

Slow to judge, quick to laugh, Jeannie is, as she put it, "the most fun cheerleader you've ever had!"

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