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Garland Psychological Services Inc
274 Prince Arthur Ave, Unit 3, Dartmouth NS B2Y 2K2
P: 902-466-0469 F: 902-466-5926
Office Hours: 8:30 - 4 pm or By Appointment
NSBEP#: C10579

AREAS OF PRACTICE

Abuse: Emotional Physical Sexual Addictions: Substance Alcohol Gambling Anger Management Anxiety Attachment Issues Assertiveness / Social Skills	Attentional Problems/ADHD Behavioural Problems Body Image Issues Couple Therapy Dealing with Disabilities: Developmental Learning Depression Family of Origin Issues Grief / Loss / Bereavement Habit Change Parenting	Personal Growth / Wellness Phobias / Fears Relationship Issues Self Esteem Separation / Divorce Stress Management Workplace Issues: Stress / Burnout / Harassment / Career Change
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural

Adolescent 16-19
Adult

ASSESSMENT SERVICES

Addictions Behavioural / Emotional Disabilities: Developmental Learning	Intelligence /Cognitive Psychoeducational
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PROFILE

Garland Psychological Services Inc. offers a variety of services to individuals, families, government agencies and Family Court. Assessment is offered using an empirically-based approach with standardized and researched psychological assessment instruments. Expert testimony is also provided as required. Therapy is provided from a Cognitive-Behavioural approach.

Group programs are available for parent education (Divorce /Separation or Skills Training), Parenting Techniques (generic or specific) and female victims of domestic violence. Treatment /Counselling for addictions is also offered.

Services are provided by psychologists registered with the NSBEP.