

Dr. Heather MacLatchy
Genest Psychological Services Inc.
 5739 Inglis St., Halifax NS B3H 1K5
 P: 902-492-2546 E: info@genestpsychology.com
 Office Hours: Monday Evenings
 NSBEP#: R0469

AREAS OF PRACTICE

Anger Management	Depression	Phobias / Fears
Anxiety	Eating Disorders	Self Esteem
Assertiveness / Social Skills	Family of Origin Issues	Separation / Divorce
Attentional Problems/ADHD	Grief / Loss / Bereavement	Sexual: Orientation
Behaviour Problems	Obsessive-Compulsive Disorder	Stress Management
Blended / Step Family Issues	Parenting	
Body Image Issues	Personal Growth / Wellness	

TREATMENT APPROACH	POPULATION
---------------------------	-------------------

Cognitive-Behavioural Behavioural	Adolescent 12-15 Adolescent 16-19 Adult
--------------------------------------	---

PROFILE

Dr. Heather MacLatchy graduated from Dalhousie University in 2002, with a degree in Clinical Psychology. She has been in practice since that time, specializing in the treatment of youth, aged 12-19 years. These youth present with a wide variety of mental health difficulties, family issues and life challenges.

Primary areas of interest include the treatment of anxiety and mood disorders, self-esteem issues, anger management, and parenting. Cognitive-Behavioural and Behavioural strategies are employed to help teens and their parents learn new strategies for managing life stress and improving the overall quality of their lives.