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AREAS OF PRACTICE

Abuse:	Grief / Loss / Bereavement	Stress Management
Emotional	Habit Change	Trauma, PTSD
Physical	Obsessive-Compulsive	Workplace Issues:
Sexual	Personal Growth / Wellness	Stress
Anxiety	Personality Disorders	
Assertiveness/Social Skills	Phobias / Fears/ Panic	
Attachment Issues	Relationship Issues	
Depression	Self Esteem	

TREATMENT APPROACH

Cognitive-Behavioural
EMDR

POPULATION

Young Adult 19-25
Adult >25

ASSESSMENT SERVICES

ADHD (Adult)	Psychoeducational
Disabilities: Learning	PTSD
Intelligence /Cognitive	
Pain: Chronic/ Acute	

PROFILE

I work collaboratively with clients and believe that the therapeutic relationship is a very important aspect of the treatment process. My style of counseling is client-centred and involves the use of a variety of approaches, such as Cognitive-Behavioural Therapy and Solution-Focused Therapy. I have a special interest in trauma and PTSD and have been trained in Eye Movement Desensitization Reprocessing (EMDR). EMDR is an evidence-based treatment found to be effective with this population. Other main areas of practice include depression, anxiety, stress management, adjustment to life changes (e.g. sudden loss, relationship termination, etc.), and coping with ADHD in adulthood.

I also conduct adult ADHD assessments. I believe that comprehensive assessment for ADHD is important in differentiating ADHD from other clinical diagnoses. Appropriate effective treatment can then be provided.