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**NSBEP#: R0389**



**AREAS OF PRACTICE**

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| <p><b>Abuse:</b><br/>         Emotional<br/>         Physical<br/>         Sexual<br/>         Anxiety<br/>         Assertiveness /Social Skills<br/>         Attachment Issues<br/>         Body Image Issues<br/>         Couple Therapy</p> | <p>Family of Origin Issues<br/>         Grief/Loss/Bereavement<br/> <b>Health Issues:</b> Acute &amp; Chronic<br/>         Personal Growth/Wellness<br/>         Phobias / Fears<br/>         Relationship Issues<br/>         Self Esteem<br/>         Stress Management<br/>         Trauma, PTSD</p> |
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| TREATMENT APPROACH | POPULATION |
|--------------------|------------|
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| <p>Cognitive-Behavioural<br/>         Dynamic<br/>         Interpersonal</p> | <p>Young Adult 19-25<br/>         Adult &gt; 25</p> |
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**PROFILE**

Dr. Angelopoulos' primary areas of practice are late adolescent and adult mental health and health psychology. She has worked extensively with people experiencing anxiety problems, depression, bereavement /grief, PTSD, eating disorders, and personality disorders, as well as men and women from abusive relationships. She also has extensive experience in helping people cope with pain, adjustment following loss and trauma.