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AREAS OF PRACTICE

Abuse: Emotional Physical Sexual Alcohol Addiction Anger Management Anxiety Assertiveness / Social Skills Attachment Issues Attentional / ADHD Bipolar Blended/Step Family Issues Caregiver Stress Conflict Resolution Couple Therapy	Depression Family of Origin Issues Grief/Loss/Bereavement Habit Change Health Issues: Acute/ Chronic Obsessive-Compulsive Pain: Chronic Pain & Disability Prevention Panic Disorder Parental Alienation Syndrome Personal Growth / Wellness Pet Bereavement Phobias / Fears	Relationship Issues Rehabilitation: Brain Injury / Cognitive/ Neuropsych. Screen Self Esteem Separation / Divorce Sleep Disorders /Problems Stress Management Trauma /PTSD Workplace Issues: Stress / Burnout / Harassment / Career Counselling Office Bullying
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural Humanistic Hypnosis Multi-Disciplinary	Rogerian Social Learning	Young Adult 19-25 Adult >25 Organizations
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ASSESSMENT SERVICES	OTHER
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ADHD Adult Behavioural/ Emotional Career / Vocational Disabilities: Developmental Learning (Adult only)	Intelligence/Cognitive Memory Pain - Chronic/Acute Personality Disorder Psychoeducational PTSD	Consultations
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PROFILE

I believe that life experiences play a part in the development of any person's profession, psychology included. As an only child of a single parent (deceased), as a career changer at age 33, as a divorced father of 2, as a remarried adult and as a person who has lived and worked in 6 provinces, I bring a unique history into the therapeutic relationship. I believe that each client, regardless of the commonality of the problem, brings his or her own uniqueness with them, and that this individuality is critical in the understanding and treatment of the presenting problem.