

Dr. Donna Assh, R. Psych.
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Office Hours: Monday - Thursday, 9 am - 5 pm
NSBEP#: R0259

AREAS OF PRACTICE

Emotional, Physical, & Sexual Abuse Anxiety Assertiveness/ Social Skills Caregiver Stress Couple Therapy Depression Family of Origin Issues Obsessive-Compulsive Disorder	Pain Management Panic Disorder Personal Growth / Wellness Phobias / Fears Relationship Issues Self Esteem Separation / Divorce Stress Management Trauma, PTSD	Workplace Issues: Stress / Burnout / Career Change / Career Reversal
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural
Systemic

Adolescent 17-19
Young Adult 19-25
Adult >25

ASSESSMENT SERVICES	OTHER
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ADHD and Adult ADHD
Career / Vocational /
Psychovocational
Pain: Chronic / Acute

Personality
Psychodiagnostic
PTSD

Consultations
Workshops

PROFILE

Dr. Assh is a registered psychologist with 20 years of experience providing individual adult and couples counseling. Her areas of specialization include assessment and treatment of depression and anxiety disorders, adult attention deficit disorder (ADD) post-traumatic stress disorder, work stress, and adjustment problems. Dr. Assh integrates cognitive-behavior, interpersonal and systemic approaches in her therapy. In addition, Dr. Assh conducts career assessments for individuals in career transition or reversal, youth seeking career guidance, and individuals at mid-career. Independent psychological and psycho-vocational assessments for insurers are also provided.

Dr. Assh served as a board member for the Nova Scotia Board of Examiners in Psychology between 2003-2006 and served as Vice-Chair between 2005-2006.