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**NSBEP#: R0543**

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<b>AREAS OF PRACTICE</b>
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Anger Management Anxiety Assertiveness /Social Skills Attentional Problems/ ADHD Behaviour Problems Blended / Step Family Issues Depression Grief / Loss / Bereavement Habit Change Obsessive-Compulsive Disorder	Parenting Personal Growth / Wellness Personality Disorders Phobias / Fears Relationship Issues Self Esteem Separation / Divorce Sleep Disorders Stress Management
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TREATMENT APPROACH	POPULATION
Cognitive-Behavioural	Child 6-12      Adult >25 Adolescent 12-15      Adult Adolescent 16-18 Young Adult 19-25

ASSESSMENT SERVICES	OTHER
Behavioural / Emotional Intelligence /Cognitive Personality Psychoeducational	Consultations Workshops

<b>PROFILE</b>
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I work with children, teens, parents and adults to provide evidence-based treatments for:

- Anxiety
- Mood disorders
- Coping with stress
- Behavior problems
- Adjustment to changes (such as divorce, moves, loss, change of school)

I also work with children, toddlers and their parents who struggle with sleep problems such as:

- Difficulty falling asleep
- Difficulty staying asleep
- Staying in their own rooms

I provide Psychoeducational assessments for children (aged 6-adult) to help identify academic strengths and weaknesses and to pinpoint specific learning disorders. I also provide assessments for ADHD and ADD.