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**NSBEP#: R0475**

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| <b>AREAS OF PRACTICE</b> |
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| Anxiety<br>Behaviour Problems<br>Couple Therapy<br>Depression<br>Family of Origin Issues<br>Obsessive-Compulsive<br>Disorder | Parenting Issues<br>Relationship Issues<br>Self Esteem<br>Separation / Divorce<br><b>Sexual:</b><br>Orientation<br>Transgender Issues |
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| <b>TREATMENT APPROACH</b> | <b>POPULATION</b> |
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| Cognitive-Behavioural<br>Psychodynamic | Child 5 -12<br>Adolescent 12-15<br>Adolescent 16-18<br>Young Adult 19-25<br>Adult >25 |
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| <b>PROFILE</b> |
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I provide psychotherapy to adults, adolescents, children, as well as couples (same-sex and heterosexual) in a warm and supportive atmosphere. Drawing on my training and experience, my goal is to offer objective insights into clients' difficulties and to provide clients with the skills they need to develop new ways to cope with their problems.

I help clients with a variety of difficulties, including but not limited to, depression, anxiety, parenting concerns, relationship problems, family of origin issues, and gender or sexual orientation-related concerns.