

Janice Belliveau, M.A.Ps., R. Psych.
J Belliveau Counselling
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Office Hours: Flexible
NSBEP#: R0326



AREAS OF PRACTICE

Abuse:	Depression	Separation /Divorce /
Emotional	Grief / Loss / Bereavement	Infidelity
Physical	Habit Change	Sleep Disorders
Sexual	Health Issues: Acute	Stress Management
Anger Management	Obsessive-Compulsive	Trauma /PTSD
Anxiety	Disorder	Workplace Stress
Assertiveness /Social Skills	Pain Management	
Caregiver Stress	Phobias / Fears /Panic	
Conflict Resolution	Relationship Issues	
Couple Therapy	Self Esteem	

TREATMENT APPROACH

Cognitive-Behavioural
 Mindfulness

POPULATION

Adolescent 16-18
 Young Adult 19-25
 Adult >25
 Aged ≥65

LANGUAGE

French

PROFILE

I am a clinical psychologist who has practiced in the mental health field for 30 years. My main areas of practice are addressing depression, anger problems, stress management issues, anxiety disorders, adjustments disorders, pain management and marital counselling. I have worked mostly with the adult population.

I also teach 2 courses at the School of Nursing in Yarmouth, the courses are Death and Dying and Stress and Health.

I am also bilingual speaking both French and English.