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 Office Hours: Mon - Sat, 11 am - 5 pm By Appointment
 NSBEP#: R0213 CRHSPP#: 05637

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AREAS OF PRACTICE

Anger Management	Loneliness	Sleep Disorders
Anxiety	Obsessive-Compulsive Disorder	Stress Management
Autonomy	Personal Growth /Wellness	Workplace Issues:
Demoralization	Phobias / Fears	Stress / Burnout
Depression	Relationship Issues	Career Change
Grief / Loss / Bereavement	Self Esteem	
Guilt	Singleness Issues	
Life Navigation		

TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural Client-Centred Positive Psychology	Young Adult 19-25 Adult >25 Aged ≥65
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PROFILE

It's important to Dr. Bilsbury for you to feel comfortable to discuss important personal matters in your own way -- easily and objectively.

From England, Dr. Bilsbury enjoys living in Atlantic Canada, where he has practiced for over 30 years.