

**Bryan R. Campbell, R. Psych.**  
**Campbell Counselling Centre**  
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**Office Hours: Mon to Thu, Days & Evenings**  
**NSBEP#: R0481 CRHSPP#: 06284**



### AREAS OF PRACTICE

<b>Abuse:</b> Emotional Physical Sexual <b>Addictions:</b> Substance Alcohol Sexual Anger Management Anxiety Assertiveness / Social Skills Attentional Problems/ADHD Caregiver Stress Conflict Resolution	Couple Therapy <b>Dealing with Disabilities:</b> Learning Depression / Loneliness Eating Disorders Family Violence Grief / Loss / Bereavement Habit Change <b>Health Issues:</b> Acute/ Chronic/Terminal/ Life Threatening Obsessive-Compulsive Personal Growth / Wellness Phobias / Fears /Panic	Relationship Issues <b>Sexual:</b> Orientation Dysfunction Stress Management Trauma, PTSD <b>Workplace Issues:</b> Stress / Burnout / Harassment / Career / Retirement/ Coaching/ Negotiation/ Bullying
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### TREATMENT APPROACH

Cognitive-Behavioural  
 Choice Theory  
 Narrative

### POPULATION

Adolescent 12-15 Aged ≥ 65  
 Adolescent 16-18  
 Young Adult 19-25  
 Adult >25

### ASSESSMENT SERVICES

ADHD  
 Adult ADHD  
 Achievement

**Disabilities:**  
 Learning

Intelligence / Cognitive  
 Psychoeducational

### PROFILE

I help clients to meet their needs by inviting them to explore, identify and practice healthier perspectives, thoughts and behaviors. I encourage my clients with a mix of genuineness and validation so that they feel respected and supported; this "sets the stage" for collaboration through which clients learn new skills and feel empowered to bring about psychological well being independently. Clients are given techniques to rehearse and assignments to complete. Customized, supplementary information is often sent by email between sessions.

A broad range of assessment and counselling skills were honed while working in a medical clinic, an EAP corporation, a university counselling centre, public schools and private practice. My counselling interests include cognitive therapy, choice theory, narrative therapy and mindfulness techniques. Psychoeducational assessments are conducted to detect attention and learning disorders in students in high school, college and university.

My educational background included a BSc in psychology and BComm in management science (with academic distinctions) at SMU and a BEd in secondary mathematics at Dal. I then pursued a MSc in counselling psychology at the University of Calgary. Varied personal interests led me to become a Microsoft Certified Professional and to complete a diploma at Dominion Herbal College. I'm registered as a psychologist in Alberta and Nova Scotia, and I maintain an advanced teaching certificate in Nova Scotia.