

Dr. Kathy Hubley Carruthers, R. Psych.
Counselling & Psychological Services
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Office Hours: Monday - Friday, 9 am - 5 pm
NSBEP#: R0461



AREAS OF PRACTICE

<p>Abuse: Emotional / Physical/ Sexual Anger Management Anxiety Assertiveness / Social Skills Attentional Problems/ADHD Blended/Step Family Issues Body Image Issues Conflict Resolution Couple Therapy</p>	<p>Dealing with Disabilities: Learning Family of Origin Issues Family Violence Family Therapy Grief / Loss / Bereavement Obsessive-Compulsive Parenting Issues Perfectionism Personal Growth / Wellness Personality Disorders</p>	<p>Phobias / Fears /Panic Relationship Issues Self Esteem Separation/ Divorce/Infidelity Sleep Disorders/Problems Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Career /Coaching/ Negotiation/ Mediation</p>
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural	Couple Therapy	Adolescent 12-15	Adult >25
Mindfulness Meditation	Family Systems Therapy	Adolescent 16-18	Family
Solution-Focused		Young Adult 19-25	Couples

ASSESSMENT SERVICES	OTHER
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ADHD	Intelligence / Cognitive	Consultations
Behavioural /Emotional	Personality	Workshops
Disabilities:	Psychoeducational	
Learning	PTSD	

PROFILE

Dr. Kathy Hubley Carruthers holds a B.Sc. with honours (Psychology) from Acadia University (1994), a M.Sc. in Counselling Psychology from the University of Calgary (1999), and a Ph.D. in Applied Psychology from the University of Calgary (2002). As part of her doctoral training, she participated in the Family Therapy Training Program through the American Association for Marital and Family Therapy (AAMFT) where her areas of concentration were couples and family counselling. She is a specialist in Cognitive Behavioural Therapy (CBT). She also incorporates Mindfulness-Based and Solution-Focused treatments in therapy.

Dr. Hubley Carruthers sees individuals, couples and families with a wide variety of concerns including relationship problems, anxiety and mood management difficulties, learning and attention issues, and job/career concerns. She has a special interest in relational issues such as co-parenting, recovering from the crisis of infidelity, trust building, intimacy building, and forgiveness. She also does work in rebuilding after separation/divorce. In addition to therapy, Dr. Hubley Carruthers offers psycho-educational assessment services for learning disabilities (LD) and Attention-Deficit/Hyperactivity Disorder (ADHD) – offering testing for entrance and/or accommodation in high school, post-secondary school, or on the job.

Dr. Hubley Carruthers has extensive training and experience in the area of stress management and workplace wellness. She completed her doctoral research in the areas of stress management, burnout, and work-family balance. She continues to provide counselling services to men and women in the workforce on these issues.

Dr. Hubley Carruthers has 14 years of experience working in family service agencies, teaching hospitals and private practice settings in Calgary and Halifax.