



Dr. Leah Clyburn, R. Psych.
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AREAS OF PRACTICE

Abuse: Emotional Physical Sexual Anxiety Assertiveness / Social Skills Attachment Issues Caregiver Stress Depression / Loneliness Family of Origin Issues Family Violence Grief / Loss / Bereavement	Habit Change Health Issues: Anxiety/ Acute/ Chronic/Terminal / Life Threatening Obesity Obsessive-Compulsive Disorder Perfectionism People-Pleasing Personal Growth / Wellness Phobias / Fears /Panic Relationship Issues	Self Esteem Separation / Divorce/ Infidelity Sleep Disorders / Problems Stress Management Trauma, PTSD Twin-related Issues Workplace Stress
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TREATMENT APPROACH	POPULATION
Cognitive-Behavioural	Young Adult 19-25 Adult >25 Aged ≥ 65

PROFILE

Dr. Clyburn holds a Ph.D. in Clinical Psychology from Lakehead University and a Masters in Gerontology from the University of Waterloo. After working within the hospital environment for several years, she went into Private Practice in 2005.

Dr. Clyburn uses empirically-validated approaches to treatment; her main theoretical orientation is Cognitive-Behavioural. Therapy is viewed as a collaborative process in which she works with the client to develop mutually-desired goals, therapeutic strategies and outcomes. Dr. Clyburn's special area of interest is in the treatment of anxiety, including panic, social phobias / shyness, obsessive-compulsive disorder, phobia / fears, and generalized anxiety disorder. Other areas of interest include depression, stress management, caregiver burden, trauma / loss, insomnia, perfectionism and people-pleasing behaviours.

Dr. Clyburn has flexible hours and works days and some evenings.