



**Andrea D. Cook, M.A., R. Psych.**  
**Waldegrove Psychological Services**  
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 NSBEP#: R0584 CRHSPP#: 06286

### AREAS OF PRACTICE

<b>Abuse:</b> Emotional Physical Sexual Adult Children of Alcoholics Anger Management Anxiety Attachment Issues Assertiveness / Social Skills Blended / Step Family Issues	Body Image Issues Caregiver Stress Conflict Resolution Couple Therapy Depression Eating Disorder - Bulimia Family of Origin Issues Grief / Loss / Bereavement Parenting Personal Growth / Wellness Relationship Issues	Self Esteem Separation / Divorce <b>Sexual:</b> Orientation Stress Management Trauma, PTSD <b>Workplace Issues:</b> Stress / Burnout / Harassment / Career Change
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TREATMENT APPROACH	POPULATION
Eclectic: Cognitive-Behavioural Emotion-Focused Humanistic	Adolescent 16-18 Young Adult 19-25 Adult >25

### PROFILE

Andrea Cook is a Registered Psychologist with the Nova Scotia Board of Examiners in Psychology who established Waldegrove Psychological Services in October 2003. Ms. Cook received her Masters of Arts Degree in Counselling Psychology from McGill University in 2003. Her undergraduate credentials include a Bachelor of Arts Degree (Honours Equivalency) from Saint Mary's University in 2001, Criminology Certificate from Memorial University of Newfoundland in 1999, and Bachelor of Arts from Saint Mary's University in 1997.

Ms. Cook has worked in a variety of settings including university counselling services, Department of National Defence, Hospital Adolescent Day Treatment Program, youth correctional services, and private practice. Ms. Cook was a part-time faculty member at Saint Mary's University from 2004-2010 teaching Adolescent Development and Personality; Normal Abnormal and the chair of the APNS' Post-Trauma Services Committee from 2005 to 2008.

Ms. Cook specializes in treating adolescents and young adults. Areas of interest and expertise include but not limited to work-related stress/burnout, depression, anxiety, adult children of alcoholics, trauma, emotional regulation, family of origin, and relationship issues. Ms. Cook believes in a collaborative and supportive approach to therapy.