

**Barbara L. DeLong, M.Ed., R. Psych.**  
 Box 833, Chester NS B0J 1J0  
 P: 902-277-0566 F: 902-275-2032  
 E: BarbaraDeLongCounselling@gmail.com  
 Office Hours: Tuesday, Wednesday, Thursday  
 NSBEP#: R0506



### AREAS OF PRACTICE

<b>Abuse:</b>	Depression / Loneliness	Self Esteem
Emotional	Eating Disorders	Separation / Divorce /
Physical	Family of Origin Issues	Infidelity
Sexual	Grief / Loss / Bereavement	<b>Sexual:</b> Orientation
Adoption Issues	Habit Change	Stress Management
Anger Management	<b>Health Issues:</b> Acute/	Trauma, PTSD
Anxiety	Terminal/ Life	<b>Workplace Issues:</b>
Assertiveness / Social Skills	Threatening	Stress / Burnout /
Attachment Issues	Obsessive-Compulsive	Retirement
Blended/Step Family Issues	Personal Growth / Wellness	Bullying
Body Image Issues	Phobias / Fears /Panic	
Caregiver Stress	Relationship Issues	
Couple Therapy		

### TREATMENT APPROACH

Integrative:  
 Cognitive-Behavioural  
 Interpersonal  
 Rogerian

### POPULATION

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

### PROFILE

- Over 10 years in private practice on the South Shore
- Holistic approach
- Client's own counseling goals direct the course of therapy
- Day and evening appointments available
- Self-referrals are welcome
- When calling for more information or to make an appointment please expect to leave a message