



Pamela Dixon, M.Sc., R. Psych.
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AREAS OF PRACTICE

<p>Abuse: Emotional Physical Sexual</p> <p>Addictions: Substance Alcohol Anger Management Anxiety Assertiveness / Social Skills Attachment Issues Blended / Step Family Issues Body Image Issues Caregiver Stress</p>	<p>Conflict Resolution Couple Therapy Depression /Loneliness Eating Disorders Family of Origin Issues Grief / Loss / Bereavement Habit Change</p> <p>Health Issues: Acute/ Chronic/ Terminal/ Life Threatening Obesity Obsessive-Compulsive Parenting Issues Personal Growth / Wellness Phobias / Fears/Panic</p>	<p>Relationship Issues Self Esteem Separation / Divorce/ Infidelity</p> <p>Sexual: Orientation Stress Management Trauma, PTSD</p> <p>Workplace Issues: Stress / Burnout / Bullying / Career / Coaching/ Negotiation/ Harassment /</p>
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TREATMENT APPROACH

Cognitive-Behavioural
 Emotion-Focused
 Interpersonal
 Narrative

POPULATION

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

OTHER

Consultations
 Workshops

PROFILE

I have been in practice as a registered psychologist for over 25 years providing individual, couple, group and family counseling. I have worked in both the mental health and community-based counseling sectors. I have also provided training to students in a variety of health professions and served on several community and professional boards. My clinical work utilizes an integration of treatment approaches chosen collaboratively with clients to address mutually agreed upon goals. I have a particular interest in helping individuals cope with interpersonal trauma and relationship problems.