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31

<b>AREAS OF PRACTICE</b>
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<b>Abuse:</b> Emotional Physical Sexual Adoption Issues Anxiety Attachment Issues Assertiveness / Social Skills Caregiver Stress	<b>Health Issues:</b> Acute/ Chronic/ Mindfulness Personal Growth / Wellness Personality Disorders Relationship Issues Self Esteem Separation / Divorce	<b>Sexual:</b> Female Partners of Sexual Offenders Stress Management Trauma, PTSD <b>Workplace Issues:</b> Stress / Burnout / Harassment / Career Change
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TREATMENT APPROACH	POPULATION
Cognitive-Behavioural Mindfulness Acceptance- Based	Young Adult 19-25 Adult >25

<b>OTHER</b>
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Consultations  
 Workshops