

Tracey Earle, M.A., R. Psych.
Tracey Earle Psychological Services
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 Office Hours: Weekdays, By Appointment
 NSBEP#: R0418 CRHSPP#: 06345

AREAS OF PRACTICE

Anxiety Assertiveness / Social Skills Body Image Caregiver Stress Conflict Resolution Couple Therapy Depression / Loneliness Grief / Loss / Bereavement Habit Change Obesity Obsessive-Compulsive Disorder	Personal Growth /Wellness Phobias / Fears / Panic Relationship Issues Self Esteem Separation/Divorce/ infidelity Sleep Disorders/Problems Stress Management Workplace Issues: Stress / Burnout
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural Interpersonal	Young Adult 19-25 Adult >25
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ASSESSMENT SERVICES	OTHER
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Behavioural / Emotional	Consultations Workshops
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PROFILE

Tracey Earle did her graduate training in clinical psychology at the University of British Columbia but returned to Nova Scotia to begin her professional career. She has been in full time private practice since 2000, and previously worked for Department of National Defence in the Halifax Post Traumatic Stress Disorder clinic.

In her current practice, she provides services to adults and couples for a wide variety of issues. Her areas of expertise include the impact of stress on health – making lifestyles change, coping with acute or chronic illness, pain or disability -- and the assessment and treatment of mood disorders, particularly depression, and anxiety disorders. Working with relationship issues is another area of focus in her practice, including: improving communication, conflict resolution and increasing emotional expression and intimacy. Therapy interventions are tailored collaboratively for each client with the aim to improve coping and daily functioning using cognitive-behavioural and interpersonal techniques.