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Office Hours: Monday - Thursday, Days and Evenings
NSBEP#: R0358

AREAS OF PRACTICE

Abuse:	Blended/Step Family Issues	Phobias / Fears /Panic
Emotional	Body Image Issues	Relationship Issues
Physical	Depression	Self Esteem
Sexual	Family of Origin Issues	Separation / Divorce
Adoption Issues	Grief / Loss / Bereavement	Stress Management
Anger Management	Health Issues: Acute/	Workplace Issues:
Anxiety	Chronic	Stress / Burnout /
Assertiveness / Social Skills	Obsessive-Compulsive	Harassment / Career
Attentional / ADHD	Parenting Issues	Change
Behaviour Problems	Personal Growth / Wellness	

TREATMENT APPROACH

Cognitive-Behavioural
Dialectical-Behavioural
Interpersonal

POPULATION

Child <5
Child 5-12
Adolescent 12-15
Adolescent 16-18
Young Adult 19-25
Adult >25

ASSESSMENT SERVICES

Behavioural / Emotional

OTHER

Consultations

PROFILE

Kristel Englund holds a Master's degree in Psychology and has over 18 years experience working with children, adolescents, adults and families. She had experience in Education and Corrections before entering private practice. She offers psychological services based on an integrative approach to health as she has extensive training in mind /body therapies and spirituality and health.

The foundation of her treatment approach is based on cognitive-behavioural therapy, dialectical behaviour therapy and interpersonal therapy. She also draws on transpersonal theory. Areas of clinical expertise include: adolescent issues, parent-teen conflict, depression, anxiety, stress, abuse, trauma, childhood wounds, anger, health issues, spirituality and health, self-esteem.