



Pauline Faulkner, M.A., R. Psych.
Pauline Faulkner Psychological Services
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 Office Hours: By Appointment. Monday - Friday, 9 am - 5 pm
 NSBEP#: R0552 CRHSPP#: 06252

AREAS OF PRACTICE

Abuse: Emotional / Physical /Sexual Addictions: Substance Alcohol /Gambling Sexual / Internet Anger Management Anxiety Assertiveness / Social Skills Attachment Issues Attentional /ADHD Behaviour Problems	Blended/Step Family Issues Body Image Issues Couple Therapy Depression/ Loneliness Family of Origin Issues Grief / Loss / Bereavement Habit Change Obsessive/Compulsive Parenting Issues Personal Growth/Wellness Pain Management	Phobias / Fears /Panic Relationship Issues Self Esteem Separation/Divorce/Infidelity Sexual: Orientation Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Bullying / Harassment
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TREATMENT APPROACH

Cognitive-Behavioural
 Mindfulness-Based Cognitive-Behavioural (MBCT)
 Dialectical Behavioural (DBT) (non-clinical population)
 Schema-Focused

POPULATION

Adolescent 16-19
 Young Adult 19-25
 Adult >25
 Family

PROFILE

For more than 12 years, Ms. Faulkner has been practicing counselling psychology in the province of Nova Scotia. Prior to beginning her formal study and training in psychology, Ms. Faulkner was self-employed as a Lifestyles Consultant. In this capacity she was also well-known and respected for her teachings of Hatha Yoga and holistic concepts. These ancient practices are incorporated into clinical sessions in the form of Mindfulness Cognitive Behavior Therapy.

To deepen, broaden and refresh her knowledge in the areas of her practice, Ms. Faulkner annually invests in extensive programs of professional development. Her study and experience have allowed her to design individual therapeutic treatment modules according to the distinct needs and concerns presented by the client. Ms. Faulkner draws from several well-established, empirically-based approaches, including cognitive and behavioral, interpersonal, schema-focused, dialectical behavioral, and emotion-focused therapies, often incorporating an experientially-inspired approach.

Ms. Faulkner is also committed to couple and relationship therapy. The treatment model is chosen according to the presenting problems. Ms. Faulkner has been inspired by methods developed by relationship researches such as John Gottman, Sue Johnson, Gary Chapman, and Harville Hendrix.

The goal of each counselling session is to work collaboratively with the client to attain life-enhancement strategies. To this end, Ms. Faulkner combines her experience, training and wisdom with a warm, albeit direct, counselling approach.