

Darren M. Fowler, M.A., R.Psych.
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Office Hours: By Appointment

NSBEP#: C10531

AREAS OF PRACTICE

<p>Abuse: Emotional/ Physical/ Sexual</p> <p>Addictions: Substance / Alcohol Gambling / Sexual</p> <p>Anger Management Anxiety Assertiveness / Social Skills Attachment Issues Depression Eating Disorders Emotional Issues Family of Origin Issues</p>	<p>Grief / Loss / Bereavement Habit Change</p> <p>Health Issues: Acute / Chronic Obsessive-Compulsive Personal Growth / Wellness Personality Disorders Phobias / Fears Relationship Issues Self Esteem Separation / Divorce</p>	<p>Sexual: Orientation Dysfunction Sleep Disorders /Problems Trauma, PTSD</p> <p>Workplace Issues: Stress / Burnout / Harassment / Career Change</p>
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TREATMENT APPROACH	POPULATION
Emotion-Focused Short-Term Dynamic Psychotherapy	Adolescent 16-18 Young Adult 19-25 Adult >25 Aged ≥ 65

ASSESSMENT SERVICES

Career / Vocational
Intelligence / Cognitive
Personality
PTSD

PROFILE

Darren Fowler is a licensed psychologist. He completed an M.A. in Counselling Psychology at McGill University and he currently receives ongoing post-graduate training and supervision in Intensive Short-Term Dynamic Psychotherapy (ISTDP) through the Department of Psychiatry at Dalhousie University.

Darren specializes in treating adults with various concerns, such as depression, anxiety, stress, relationship issues, anger issues, grief, and emotional conflict. His therapeutic approach is integrative, combining principles from psychodynamic and emotion-focused therapy. PTSD is treated within a cognitive framework, using graded emotional exposure combined with anxiety regulation. Darren also provides treatment to couples, using Emotionally-Focused Couple Therapy (EFCT).