

Dr. John Gainer, R. Psych.
Dr. J. Gainer & Associates
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Office Hours: Monday - Thursday, 8:30 am - 7:30 pm by Appointment
NSBEP#: R0255 CRHSP#: 05611

AREAS OF PRACTICE

Anxiety Body Image Issues Couple Therapy Depression Eating Disorders Grief / Loss / Bereavement Habit Change Health Issues: Acute / Chronic	Health Psychology Obesity Obsessive-Compulsive Personality Disorders Phobias / Fears/ Panic Relationship Issues Sexual: Orientation/ Dysfunction/ Sex Therapy	Sleep Disorders / Problems Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Harassment / Career Change
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TREATMENT APPROACH

Cognitive-Behavioural
 Interpersonal

POPULATION

Adolescent 12-15
 Adolescent 16-18
 Young Adult 19-25
 Adult
 Aged ≥ 65

ASSESSMENT SERVICES

Behavioural Forensic Pain: Chronic	Psycho-diagnostic Psychoeducational
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PROFILE

Dr. Gainer has provided a full range of clinical assessment and treatment services in both hospital and private practice for over 25 years. As a graduate of McGill University, with a doctorate in clinical psychology and clinical training at the Royal Victoria Hospital's Allen Memorial Institute of Psychiatry, as well as regular continuing education throughout his career, Dr. Gainer maintains a strong, diverse and evidence-based practice.

His professional career includes serving as clinical coordinator of the Cape Breton Regional Hospital's Eating Disorder Clinic, Professional Practice Leader for psychologists in the Cape Breton District Health Authority and President of the Association of Psychologists of Nova Scotia, who subsequently awarded him the distinction of Fellowship. He has also served on numerous provincial boards and committees, including government appointments in the areas of health, justice and health research. In addition to his registration as a psychologist with the Nova Scotia Board of Examiners in Psychology, Dr. Gainer is also registered with the Canadian Register of Health Service Providers in Psychology and is a member in good standing of the Association of Psychologists of Nova Scotia, the Canadian Psychological Association, the American Psychological Association, the Academy for Eating Disorders and the Eating Disorder Association of Canada.

Dr. Gainer enjoys a strong relationship with local physicians, medical specialists and other healthcare professionals and routinely coordinates comprehensive assessment and treatment services for a broad range of psychological problems. In association with a registered school psychologist, complete psychoeducational assessment and behavioural consultation services for children and adolescents are also available.