

Debra Garland, M.A., R. Psych
Gorman & Garland Psychological Services
Ste 145, 33 Ochterloney St. Dartmouth NS B2Y 4P5
P: 902-466-0469 F: 902-466-5926
E: ggpsychservices@eastlink.ca
Office Hours: By Appointment, Days, Evenings and Saturdays
NSBEP #: R0413

1

AREAS OF PRACTICE

Abuse: Emotional Physical Attachment Issues Assertiveness / Social Skills Blended Families	Depression Parenting Issues Personal Growth / Wellness Relationship Issues Separation/Divorce
--	---

TREATMENT APPROACH	POPULATION
--------------------	------------

Cognitive-Behavioural Solution-Focused	Adolescent 12-15 Adolescent 16-19 Young Adult 19-25 Adult >25
---	--

ASSESSMENT SERVICES	OTHER
---------------------	-------

Behavioural / Emotional Custody / Access	Parental Capacity Psychoeducational	Consultations Workshops Referrals for Court or Litigation
---	--	--

PROFILE

Gorman & Garland Psychological Services Inc. offers a variety of services to individuals, families, government agencies and Family Court. Assessment is offered using an empirically-based approach with standardized and researched psychological assessment instruments. Expert testimony is also provided as required. Therapy is provided from a Cognitive-Behavioural and Solution-focused approach.

Group programs are available for parent education (Divorce /Separation or Skills Training), Parenting Techniques (generic or specific) and female victims of domestic violence.

Services are provided by psychologists registered with the NSBEP.