

Dr. Myles Genest, R. Psych.
Genest MacGillivray Psychologists
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Office Hours: Monday - Friday, 9 am - 5 pm
NSBEP#: R0263 CRHSPP#: 03069

AREAS OF PRACTICE

Anger Management Anxiety Conflict Resolution Couple Therapy Depression Habit Change Personal Growth / Wellness Phobias / Fears Relationship Issues	Self Esteem Separation / Divorce / Infidelity Sexual: Orientation/ Dysfunction/ Sex Therapy Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Harassment / Career Change
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TREATMENT APPROACH	POPULATION
Cognitive-Behavioural Couples Conflict-Resolution & Communication Skills	Young Adult 19-25 Adult >25 Aged ≥65

ASSESSMENT SERVICES	OTHER
Behavioural / Emotional Legal / Forensic / Insurance: Injury, Disability, DSM Diagnosis Psycho-Diagnostic Post MVA IME	Pain: Chronic / Acute Personality PTSD Consultations Workshops Referrals for Court or Litigation

PROFILE

Dr. Myles Genest has many years of experience as a psychologist in clinical and academic settings. He is a specialist in couples' counselling and he sees individuals for a wide variety of problems, including depression, anxiety, pain, post-trauma, and workplace difficulties. He has extensive experience assisting couples to recover from serious conflict and to make use of a crisis to forge a stronger, more satisfying relationship. His work with individuals is from a cognitive-behavioural perspective, incorporating elements of mindfulness and emotion-focussed therapy. Dr. Genest has a PhD in Psychology from the University of Waterloo. He was professor in the Psychology Department at Acadia University from 1992 to 2000 and Head of the Department from 1992 to 1998. He has taught at several universities, and has served on the boards and executives of several professional bodies.

Dr. Genest is Chief Psychologist with Genest MacGillivray Psychologists, which currently has eight psychologists, with a broad spectrum of specialties. For more information, please see the website: www.gmPsychologists.com.