

Dr. Maureen Gorman, R. Psych
Gorman & Garland Psychological Services
Ste 145, 33 Ochterloney St. Dartmouth NS B2Y 4P5
P: 902-466-0469 C: 902-441-1292 F: 902-466-5926
E: ggpsychservices@eastlink.ca Direct: maureengorman@eastlink.ca
Office Hours: By Appointment, Days, Evenings and Saturdays
NSBEP #: R0229

AREAS OF PRACTICE

Anxiety	Depression	Phobias / Fears /Panic
Assertiveness / Social Skills	Early Stage Dementia	Relationship Issues
Behaviour Problems	Family of Origin Issues	Retirement
Caregiver Stress	Grief / Loss / Bereavement	Self Esteem
Children & Grief	Habit Change	Separation/Divorce
Couple Therapy	Health Issues: Acute /	Sleep Disorders / Problems
Dealing with Disabilities:	Chronic	Stress Management
Physical	Personal Growth /Wellness	Trauma, \ PTSD

TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural Hypnotherapy Interpersonal Psychodynamic Schema Focused	Young Adult 19-25 Adult >25 Aged ≥65 Grief only: Child / Adol. ≤ 17
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ASSESSMENT SERVICES	OTHER
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Behavioural / Emotional	Pain: Chronic / Acute	Consultations
Career / Vocational	PTSD	Workshops

PROFILE

For over 26 years, Dr. Gorman (BA Hon, MA Applied, U of Guelph; PhD 1983 York University) worked with clients who are “over 50” and their caregivers in a hospital setting. Now in full time Private Practice, I work with adults of all ages and children/ adolescents who are bereaved. My interests evolved over the years from child psychology (e.g., children’s concepts of death) to thanatology (death) and grief, to developmental problems throughout the lifespan (e.g., transition into retirement) and problems associated with aging (e.g. depression, Alzheimer’s Disease).

A developmental focus continues to help me help clients sort out viable options for themselves, such as in the areas of stress management and problems coping (work and personal), emotional trauma, communication problems, adjustment and loss issues, death and dying, feeling “overwhelmed,” self-esteem and empowerment issues; and more often than not when several problems are present at one time. I enjoy working with clients as well as conducting psychoeducational workshops in small or large group settings. I also have experience in conducting professional training workshops in my identified areas of practice.