

**Adam Grady, M.A., Psychologist (Candidate Register)**  
**South Shore Psychological Services**  
**926 King St., Bridgewater NS B4V 3E6**  
**P: 902-527-1058 F: 902-527-2946**  
**E: ssps@eastlink.ca**  
**Office Hours: Monday -Thursday, 9:45 -7 pm**  
**NSBEP #: C10637**



**AREAS OF PRACTICE**

<b>Abuse:</b> Emotional / Physical Sexual	Conflict Resolution <b>Dealing with Disabilities:</b> Physical	Pain Management Phobias / Fears/ Panic Relationship Issues
<b>Addictions:</b> Substance / Alcohol	Developmental Learning	Self Esteem Stress Management
Anger Management	Depression / Loneliness	Trauma, PTSD
Anxiety	Grief / Loss / Bereavement	<b>Workplace Issues:</b> Stress / Burnout /
Assertiveness / Social Skills	Habit Change	Career / Retirement
Attachment Issues	<b>Health Issues:</b> Acute /	
Attentional / ADHD	Chronic / Terminal /	
Behaviour Problems	Life Threatening	
Blended/Step Family Issues	Personal Growth / Wellness	
Caregiver Stress	Personality Disorders	

ASSESSMENT SERVICES	POPULATION
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Behavioural / Emotional	Personality	Young Adult 19-25
Career / Vocational	Psychoeducational	Adult >25
Pain: Chronic / Acute	PTSD	Aged ≥65

**TREATMENT APPROACH**

Cognitive-Behavioural

**PROFILE**

Mr. Grady holds a B.A. with honours (Psychology) from Saint Mary's University, and a M.A. in Counselling Psychology from McGill University. Mr. Grady was trained in Cognitive-Behavioural therapy, but employs an eclectic approach to treatment. He has experience working with adults in outpatient mental health and private practice. Mr. Grady's specific areas of interest lay primarily in anxiety, depression, and chronic pain. In addition to this, he also has training and experience in working with grief/ bereavement issues. Furthermore, Mr. Grady provides a wide range of assessment services pertaining to biopsychosocial issues.

Mr. Grady is currently a Psychologist (Candidate Register) with South Shore Psychological Services in Bridgewater. For more information, please contact us via our coordinates listed above."