

Dr. Joanne Gusella, R. Psych.
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Office Hours: By Appointment
NSBEP#: R0219 CRHSPP#: 04516

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AREAS OF PRACTICE

Anxiety	Grief / Loss / Bereavement	Self Esteem
Anger Management	Habit Change	Stress Management
Assertiveness / Social Skills	Obsessive-Compulsive	Workplace Issues:
Behaviour Problems	Parenting Issues	Stress / Burnout /
Body Image Issues	Personal Growth / Wellness	Harassment / Career
Caregiver Stress	Phobias / Fears /Panic	Change
Depression	Relationship Issues	
Eating Disorders		

TREATMENT APPROACH	POPULATION
Cognitive-Behavioural Psycho-Educational Narrative Solution-Focused Therapy	Child <5 Child 5-12 Adolescent 13-15 Adolescent 16-18 Young Adult 19-25 Adult

ASSESSMENT SERVICES	OTHER
Behavioural / Emotional	Consultations

PROFILE

Joanne Gusella has been practicing as a registered psychologist for 23 years. She received her Ph.D. from Queen's University in 1986. She treats children, youth and adults using individual and family therapy.

She has a special interest in helping youth and adults, who are feeling anxious or depressed, to manage stress, improve self-esteem, improve body image, develop better relationships with family and friends and navigate through changes in their lives. She also has a specialty in the treatment of eating disorders and body image issues. She uses a Cognitive-Behavioural approach, along with Narrative and Solution Focused strategies, to help individuals to make healthy changes in their thinking and lifestyle.