

Carleen Hall, M.Sc., R. Psych.
Jacqueline Milner-Clerk & Associates Inc
44-46 Portland St, Dartmouth NS B2Y 1H4
P: 902-461-8133 F: 902-461-0517 www.jmcpsychology.ca
Office Hours: Monday, Evening; Tues-Friday, Days
NSBEP#: R0535 CRHSPP#: 06164



AREAS OF PRACTICE

<p>Anger Management Anxiety Depression Grief / Loss / Bereavement Health Issues: Acute / Chronic Personal Growth/Wellness Phobias / Fears /Panic Relationship Issues</p>	<p>Self Esteem Separation /Divorce Trauma, PTSD Workplace Issues: Stress / Burnout / Career Change / Harassment</p>
--	---

TREATMENT APPROACH

Cognitive-Behavioural EMDR
Client-Centred

POPULATION

Young Adult 19-25
Adult >25

ASSESSMENT SERVICES

Pain: Chronic /Acute

PROFILE

Carleen works collaboratively with clients to define and progress towards goals using evidence-based therapeutic techniques such as Cognitive-Behavioural Therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR).

She is a client-centred psychologist who works with clients at their pace and within their comfort level. She encourages her clients to actively participate in their progress, both during and after therapy sessions.