

Dr. Charles J. A. Hayes, R. Psych.**Hayes Psychological Services Ltd.****1459 Hollis St, Halifax NS B3J 3V1****P: 902-492-3533****F: 902-492-8710****E: hps@ns.sympatico.ca****www.hayespsych.com****Office Hours: Monday - Thursday, 9 am - 4:30 pm****NSBEP#: R0003****CRHSPP#: 03414****AREAS OF PRACTICE**

Abuse: Emotional / Physical / Sexual	Disabilities: Physical/ Developmental/ Learning	Rehabilitation: Cognitive/ Neuropsych/ Brain Injury
Addictions: Substance /Alcohol Gambling / Sexual	Depression /Loneliness Eating Disorders Grief / Loss / Bereavement	Self Esteem Separation/ Divorce/Infidelity
Adoption	Habit Change	Sexual: Orientation/ Dysfunction/ Sex Therapy/ Offenders
Anger Management	Health Issues: Acute/ Chronic /Terminal/ Life	Sleep Disorders / Problems
Anxiety	Threatening	Stress Management
Attachment Issues	Obesity	Trauma, PTSD
Assertiveness / Social Skills	Obsessive-Compulsive	Workplace Issues: Stress / Burnout / Bullying
Attentional Problems/ADHD	Parenting Issues	Harassment / Career/ Retirement/ Coaching/ Negotiation
Behaviour Problems	Personal Growth / Wellness	
Blended / Step Family	Phobias / Fears/ Panic	
Body Image	Relationship Issues	
Caregiver Stress		
Couple Therapy		

TREATMENT APPROACH**POPULATION**

Cognitive-Behavioural

Child >5

Young Adult 19-25

Child 5-12

Adult >25

Adolescent 13-15

Aged ≥ 65

Adolescent 16-18

Family

ASSESSMENT SERVICES**OTHER**Behavioural / Emotional
Career/ Vocational
Intelligence/ Cognitive
Legal / Forensic/ Insurance
(TBI &Trauma)Neuropsychological
Pain: Chronic / Acute
Psychoeducational
PTSDConsultations
Referrals for Court or
Litigation**PROFILE**

Dr Hayes is a senior psychologist who has over 30 years of experience as an academic, therapist, assessor, and leader in the psychology community. He offers services in a friendly, supportive manner for a wide range of problem areas using a Cognitive-Behavioural Treatment approach. He utilizes several different therapeutic techniques attempting to match techniques with the specific needs of the client. He relies on evidence-based practice, which means that the methods he employs are scientifically proven to be effective. He specializes in the assessment of traumatic brain injury, anxiety, depression, trauma, and problems with memory and attention. His services include, but are not limited to, the provision of habit reversal, assertiveness training, couples counselling, and confidence building. His delivery is practical and down-to-earth. He has been recognized as an expert by all levels of court in Nova Scotia.

For further information about Dr. Hayes and Hayes Psychological Services Ltd. please visit www.hayespsych.com or call 902-492-3533.