

Dr. Julia Holt, R. Psych.



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Office Hrs: Tues - Friday, 10 am - 5 pm,

(evening hours available on request April-November)

NSBEP#: R0515

CRHSPP#: 04182

AREAS OF PRACTICE

Abuse: Emotional / Physical / Sexual Anger Management Anxiety Assertiveness / Social Skills Attachment Issues Behaviour Problems Blended/Step Family Issues Body image issues Caregiver Stress Conflict Resolution	Couple Therapy Depression/ Loneliness Eating Disorders Family of Origin Issues Grief / Loss / Bereavement Habit Change Health Issues: Acute/ Chronic/ Terminal /Life Threatening Obsessive-Compulsive Parenting Issues	Personal Growth / Wellness Phobias / Fears/ Panic Relationship Issues Self Esteem Separation/Divorce/Infidelity Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Harassment / Career Change
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TREATMENT APPROACH

Cognitive-Behavioural
Interpersonal
Supportive

POPULATION

Adolescent 12-15
Adolescent 16-18
Young Adult 19-25
Adult >25
Aged ≥ 65

OTHER

Consultations Workshops

PROFILE

Dr. Julia Holt's career spanned three decades in Ontario where she practiced in school, hospital, correctional and mental health clinic settings, with the last 20 years spent as a Registered Psychologist in private practice. Her practice provided assessment and therapy services to children, teens and adults with a focus on mood, anxiety, and eating disorders, habit change and stress management.

Now in private practice in Shubenacadie, Dr. Holt provides treatment services, in individual and group format, to adults for issues of mood, anxiety, stress, eating disorder, habit change and management of problematic life events. She also offers couple's and family counseling. Her practice includes mental health assessment and treatment services for children and teens.

Teaching and workshop presentation have been frequent adjuncts to clinical practice across Dr. Holt's career. She taught courses in the Psychology Department of Trent University for many years and has had two teaching assignments in Nova Scotia (MSVU and Dalhousie) since "coming home" in 2005. She has a particular interest in offering her popular Confident Rider Workshop to Nova Scotia's equestrian sports enthusiasts.