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 Office Hours: Monday Evenings
 NSBEP#: R0395

AREAS OF PRACTICE

Abuse: Emotional Physical Sexual Anxiety Attentional Problems/ADHD Conflict Resolution Couple Therapy	Depression Grief / Loss / Bereavement Obsessive-Compulsive Personal Growth / Wellness Phobias / Fears Relationship Issues Self Esteem	Sexual: Orientation Stress Management
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TREATMENT APPROACH	POPULATION
Cognitive-Behavioural Gottman Method Couples Therapy Acceptance & commitment Therapy	Child <5 Child 5-12 Adolescent 12-15 Adolescent 16-18 Young Adult 19-25 Adult >25

PROFILE

As an experienced therapist, I provide treatment that is based on research (called evidence-based therapy) and work with individuals as well as families and couples.

I offer therapy for children, teens, parents and adults to help resolve distress, deal with difficulties and overcome barriers which interfere with emotional well-being and functioning. Treatment of Depression, Anxiety, Obsessive Compulsive Disorder, and Trauma are particular areas of expertise.

My first step is to gain a clear understanding of each client's unique life situation and what they wish to work on. Then, we identify goals and begin learning about the most effective approaches to making important life changes.

With an empathic, patient and well-informed therapist, improvement is indeed possible.