

Dr. Richard Krane, R. Psych.
R.V. Krane Consulting
33 Roy Crescent, Bedford, NS B4A 3K3
P: 902-832-1800 F: 902-832-1800
Email: richard.krane@gmail.com

Office Hours: Monday - Friday By Appointment; Available Some Evenings
NSBEP#: R0474

AREAS OF PRACTICE

Anger Management Anxiety Assertiveness/Social Skills Behaviour Problems Conflict Resolution Couple Therapy Depression /Loneliness Habit Change Health issues - Acute/Chronic Obsessive-Compulsive Disorder Pain Management	Phobias / Fears/ Panic Relationship Issues Rehabilitation: Cognitive Self Esteem Separation Stress Management Trauma, PTSD Workplace Issues: Stress / Retirement/Coaching/ Negotiation
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TREATMENT APPROACH

Cognitive-Behavioural

POPULATION

Adult >25
 Aged ≥ 65

ASSESSMENT SERVICES

Behavioural/ Emotional Legal/Insurance Injury Disability, General Psychological	Pain Chronic/Acute PTSD
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PROFILE

Dr. Richard Krane is a Registered Psychologist who specializes in Cognitive-Behaviour Therapy for adults experiencing emotional and/or behavioural problems, particularly (but not only) those stemming from injuries suffered in the workplace or in motor vehicle accidents. Dr. Krane uses a collaborative approach to therapy in which he consults with clients to establish mutually agreed upon therapeutic goals, strategies, and outcomes, especially in relation to problems associated with depression, anxiety, anger, pain, and substance abuse.

Dr. Krane has extensive experience in treating individuals referred to him for pain management counseling and disability prevention, as well as for anger management issues. He has special interest in working with individuals troubled by depression, phobias, panic attacks, posttraumatic stress disorder, obsessions/compulsions, and generalized anxiety.

Dr. Krane has a Ph.D. in Psychology from the University of Rochester, an M.A. from Connecticut College for Men, and a B.A. from S.U.N.Y. at Buffalo. His doctoral training in biopsychology provided him with broad research experience which, in turn, prepared him for the postdoctoral training he received, first at the Center for Brain Research at the University of Rochester School of Medicine, and then in the Department of Psychology at Yale University. Dr. Krane developed his clinical interests and skills during his tenure as Visiting Clinical Professor in the Dept. of Psychiatry, Faculty of Medicine, at the University of Western Ontario, where he received training and supervision in Cognitive-Behaviour Therapy at the Depression Research Unit of University Hospital.