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**NSBEP#: R0355**

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**AREAS OF PRACTICE**

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| <p><b>Abuse:</b><br/>         Emotional<br/>         Physical<br/>         Sexual<br/>         Adoption Issues<br/>         Anxiety<br/>         Attachment Issues<br/>         Assertiveness / Social Skills<br/>         Blended / Step Family<br/>         Issues<br/>         Caregiver Stress</p> | <p><b>Dealing with Disabilities:</b><br/>         Physical<br/>         Depression<br/>         Family of Origin Issues<br/>         Grief / Loss / Bereavement<br/>         Habit Change<br/> <b>Health Issues:</b> Acute/<br/>         Chronic<br/>         Obsessive-Compulsive<br/>         Parenting Issues<br/>         Personal Growth / Wellness<br/>         Phobias / Fears/Panic</p> | <p>Relationship Issues<br/>         Self Esteem<br/>         Separation / Divorce<br/> <b>Sexual:</b> Orientation<br/>         Sleep Disorders / Problems<br/>         Stress Management<br/>         Trauma, PTSD<br/> <b>Workplace Issues:</b><br/>         Stress / Burnout /<br/>         Harassment / Career<br/>         Change</p> |
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**TREATMENT APPROACH**

**POPULATION**

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|---|--|
| <p>Eclectic:<br/>         Cognitive-Behavioural<br/>         Narrative<br/>         Solution-Focused<br/>         Emotion-Focused</p> | <p>Young Adult 19-25<br/>         Adult &gt;25</p> |
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**OTHER**

Workshops

**PROFILE**

Kathrine has been practicing as a clinical psychologist for approximately 24 years. She has worked in several settings including schools, hospital out-patient settings, community mental health, university counselling and private practice. She currently divides her professional time between her private practice and counselling at Dalhousie University Counselling Centre.

Kathrine works collaboratively with her clients to assist them with coping and constructing meaningful change in their lives. She offers assistance with a variety of issues, including anxiety, mood disorders, trauma, grief/bereavement, self-esteem and the impact of life stressors. She has special interest and experience working with individuals of diverse cultural/racial backgrounds and sexual orientations. The foundation of her treatment approach is primarily cognitive-behavioural and she draws on solution-focused, narrative and other interventions as appropriate.