



Judie MacDougall, M.A., R. Psych.
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Office Hours: Monday - Thursday, By Appointment
NSBEP#: R0502

AREAS OF PRACTICE

Abuse:	Depression	Relationship Issues
Emotional	Family of Origin Issues	Self-Esteem
Physical	Family Violence	Sexual: Orientation
Sexual	Grief / Loss / Bereavement	Stress Management
Anxiety	Health Issues: Acute/	Trauma/ PTSD
Assertiveness / Social Skills	Chronic	
Body Image Issues	Personal Growth / Wellness	
Couple Therapy	Phobias/ Fears/ Panic	

TREATMENT APPROACH

POPULATION

Cognitive-Behavioural
 Emotion-Focused
 Feminist-Oriented
 Psychoeducational

Young Adult 19-25
 Adult > 25

PROFILE

For the past 18+ years, Judie has worked in counselling settings with individuals and couples in a collaborative and supportive manner. Areas of practice include anxiety, depression, intimate partner violence, stress and relationship concerns.

She has a specific interest and experience in work with individuals marginalized by the mainstream, including culture, race or sexual and gender identity.