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**Therapeutic Approach Health Centre**  
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**NSBEP#: R0628 CRHSPP#: 06223**



### AREAS OF PRACTICE

|   |  |   |
|---|--|---|
| <b>Abuse:</b>   | Attentional Problems/ADHD<br>Behaviour Problems<br>Body Image Issues<br>Depression<br>Eating Disorders   | Self Esteem<br><b>Sexual:</b> Orientation<br>Stress Management<br>Trauma, PTSD<br><b>Workplace Issues:</b><br>Stress / Burnout /<br>Harassment /<br>Career Change |
| Emotional<br>Physical<br>Sexual   | Family of Origin Issues<br>Habit Change<br>Obsessive-Compulsive<br>Parenting Issues<br>Personal Growth / Wellness<br>Phobias / Fears/ Panic<br>Relationship Issues |   |
| <b>Addictions:</b>  | Substance<br>Alcohol<br>Sexual   |   |
| Anger Management<br>Anxiety<br>Attachment Issues<br>Assertiveness / Social Skills |  |   |

### TREATMENT APPROACH

### POPULATION

Mindfulness-Based  
Cognitive-Behavioural  
Client-Centered  
Play Therapy  
Yoga Therapy

Child <5  
Child 5-12  
Adolescent 13-15  
Adolescent 16-18  
Young Adult 19-25  
Adult >25

### PROFILE

Angela encompasses several different approaches, drawing from both Eastern wisdom and Western research. Clients have the opportunity to explore feelings, learn new coping strategies, and problem-solve situations in a safe space that encourages mindfulness, creativity and spirit.

Angela also offers Yoga Fusion Psychotherapy, a unique blend of yoga therapy and psychotherapy, uniting together to heal body, mind and spirit. Phoenix Rising Yoga Therapy is a form of yoga therapy that combines gentle, assisted yoga postures with guided meditation, and body/mind psychology. By using mindful dialogue, Phoenix Rising Yoga Therapy allows clients to explore and bear witness to their present moment experience in yoga postures, allowing awareness to deepen, insights to arise, and old emotions to release.

During the initial assessment, a physical /mental health history is obtained and the different modalities used in Yoga Fusion Psychotherapy are explained in more detail. In subsequent sessions, clients choose whether they want a yoga therapy session or a psychotherapy session, depending on their needs at the time.