

Barbara MacLean, M.Sc., R. Psych.
Barbara MacLean Psychological Services
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 Office Hours: Wed & Thurs by Appointment
 NSBEP#: R0420

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| AREAS OF PRACTICE |
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| Abuse: Emotional Physical Sexual Anger Management Anxiety Assertiveness / Social Skills Behaviour Problems Blended/Step Family Issues Body Image Issues Caregiver Stress Conflict Resolution | Depression Eating Disorders Family of Origin Issues Grief / Loss / Bereavement Habit Change Health Issues: Acute/ Chronic Obsessive-Compulsive Parenting Issues Personal Growth / Wellness Phobias / Fears Relationship Issues | Self Esteem Separation / Divorce Sexual: Orientation Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Harassment / Career Change |
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| TREATMENT APPROACH | POPULATION |
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| Cognitive-Behavioural Behavioural Solution-Focused Narrative | Child < 5 Child 5-12 Adolescent 13-15 Adolescent 16-18 Young Adult 19-25 Adult >25 Aged ≥ 65 |
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| ASSESSMENT SERVICES | OTHER |
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Behavioural / Emotional

Consultations

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| PROFILE |
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I am a registered psychologist; I divide my professional life between a private practice and a public Mental Health Clinic. I use an eclectic therapeutic approach tailored to individual client needs. I especially appreciate the logic and utility of cognitive-behavioural therapy, an evidence-based therapy that focuses on the inter-relationship of thoughts, behaviours, and emotions. My work is characterized by strong listening skills, empathy, organizational and problem-solving abilities, and a sense of humour.