

**Anne MacLellan, M.A., R. Psych.**  
**Ste 503, Royal Bank Bldg, 44 Portland St, Dartmouth NS**  
**P: 902-404-1233 F: 902-404-1234**  
**Office Hours: 9 am - 6 pm, Daily**  
**NSBEP#: R0412**



### AREAS OF PRACTICE

<b>Abuse:</b>		
Emotional	Chronic Pain	Personality Disorders
Physical	Conflict Resolution	Phobias / Fears/ Panic
Sexual	Couple Therapy	Relationship Issues
ADHD	Depression	Self Esteem
Adoption Issues	Eating Disorders	Stress Management
Anger Management	Family of Origin Issues	Trauma, PTSD
Attachment Issues	Grief / Loss / Bereavement	<b>Workplace Issues:</b>
Assertiveness / Social Skills	Habit Change	Stress / Burnout /
Body Image Issues	Obsessive-Compulsive	Harassment /
Caregiver Stress	Pain Management	Career Change
	Personal Growth / Wellness	

### TREATMENT APPROACH

### POPULATION

Cognitive-Behavioural Schema-Focused Adlerian Dialectical Behaviour Therapy	Adolescent 17-18 Young Adult 19-25 Adult >25 Aged ≥ 65
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### PROFILE

I have experience working in a wide range of settings. They include residential treatment settings for youth; rehabilitation counselling for pain sufferers; counselling psychiatric residents in a halfway house; program coordinator, chronic pain clinic; hospital mental health setting; counselling university students; and various private practice settings.

My treatment approach is primarily cognitive-behavioural, however I do draw on psychodynamic therapies for individuals experiencing long term difficulties.