

Amy Manuel, M.A., Psychologist (Candidate Register)
Waldegrove Psychological Services
Ste 504 Sovereign Place, 5121 Sackville St., Halifax NS B3J 1K1
P: 902-406-9404
www.waldegrovepsych.com
Office Hours: By Appointment
NSBEP#: C10628



AREAS OF PRACTICE

Abuse: Emotional/	Conflict Resolution	Self Esteem
Addictions: Substance/	Couple Therapy	Separation/Divorce/Infidelity
Alcohol / Gambling/	Depression/ Loneliness	Sexual: Orientation/
Sexual/ Internet	Eating Disorders	Dysfunction/
Anger Management	Family of Origin Issues	Sleep Problems
Anxiety	Habit Change	Stress Management
Assertiveness / Social Skills	Parenting issues	Workplace Issues:
Attachment Issues	Personal Growth / Wellness	Stress / Burnout /
Behaviour Problems	Personality Disorders	Career
Blended/Step Family Issues	Pain Management	
Body Image Issues	Phobias / Fears/ Panic	
Caregiver Stress	Relationship Issues	

TREATMENT APPROACH	POPULATION
---------------------------	-------------------

Integrative:	Adolescent 12-15
Emotion-Focused	Adolescent 16-18
Cognitive-Behavioural	Young Adult 19-25
Psychodynamic	Adult >25
Systems approach for Families	Aged ≥ 65
	Family

OTHER

Workshops

PROFILE

Amy Manuel is a Psychologist (Candidate Register) who received her Master of Arts in Counselling Psychology with a focus on Marriage and Family Therapy from Trinity Western University. Her previous work in not-for-profit community settings, chronic pain assessments, and in private practice has contributed to her experience as a psychologist. Amy specializes in marriage and family therapy including working with individuals, couples, and whole / partial families. Other specialties include, but are not limited to, relational issues such as communication and conflict problems, processing through divorce and establishing healthy relationship tools. Amy also works with clients through personal issues including personal growth, self esteem, eating disorders, addiction, depression, and anxiety.