

Dr. Alana K. Matwychuk, R. Psych.
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Office Hours: Monday - Thursday, 9 am - 6 pm
NSBEP#: R0304 CRHSPP#: 05965

AREAS OF PRACTICE

Abuse	Depression	Separation/Divorce/Infidelity
Addictions	Eating Disorders	Sexual: Orientation/
Aging	Grief / Loss / Bereavement	Dysfunction/
Anger Management	Habit Change	Sex Therapy
Anxiety	Obesity	Sleep Disorders / Problems
Assertiveness / Social Skills	Obsessive-Compulsive	Stress Management
Attachment Issues	Disorder	Trauma, PTSD
Attentional Problems/ADHD	Personal Growth / Wellness	Workplace Issues:
Body Image Issues	Pain Management	Stress / Burnout /
Caregiver Stress	Phobias / Fears/ Panic	Career/ Harassment
Conflict Resolution	Relationship Issues	
Couple Therapy	Self Esteem	

TREATMENT APPROACH	POPULATION
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Biopsychosocial
Cognitive-Behavioural
Interpersonal

Adolescent 16-18
Young Adult 19-25
Adult >25
Aged ≥ 65
Institutional/ Org

ASSESSMENT SERVICES	OTHER
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Adult ADHD
Behavioural / Emotional
Career / Vocational
Legal Forensic/Insurance
Disability DSM-IV
Diagnosis &
Treatment Planning

Pain: Chronic/Acute
Personality
PTSD

Consultations
Referrals for Court
or Litigation

PROFILE

Dr Matwychuk was born and raised, surrounded by her Icelandic relatives, in small-town Manitoba, which was a "deep-freeze" in winter, but a bucolic beach / fishing/farming area in summer. She has three degrees in psychology, a B.A.Hons. from the U of Winnipeg, a M.Sc. from the U. of Calgary, a Ph.D. from the U of Minnesota, as well as was the recipient of numerous merit awards during her training. She trained and worked doing research, teaching and clinical work in big-city hospital ER, OP and IP units, maximum prison and university departments (Psych / Medicine / Nursing) before she was brought back to Canada by the Department of Health in 1994.

She now has a full-time private practice specializing in Clinical Psychology in Truro, Nova Scotia and is also the Administrative Director of Truro Psychiatric and Psychological Associates Clinic. She offers services in a practical and supportive professional manner for a wide variety of problems using evidence-based assessment and treatment methods, which means the methods are scientifically proven to be effective. She is highly skilled at the differential diagnostic assessment and treatment of psychiatric illnesses, but also enjoys helping clients with their issues. She is recognized as an expert by all levels of court in Nova Scotia.