

Dr. Holly McConville, R. Psych.
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NSBEP#: R0571



AREAS OF PRACTICE

Abuse: Emotional Physical Sexual Adoption Issues Anger Management Anxiety Assertiveness / Social Skills Attachment Issues Behaviour Problems	Blended / Step Family Issues Body Image Issues Depression Family of Origin Issues Family Violence Grief / Loss / Bereavement Habit Change Obsessive-Compulsive Parenting Issues	Phobias / Fears/ Panic Relationship Issues Self Esteem Separation / Divorce Sexual: Orientation Sleep Disorders / Problems Stress Management Trauma / PTSD Workplace: Bullying
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural

Child <5
 Child 5-12
 Adolescent 13-15
 Adolescent 16-18

PROFILE

Dr. Holly McConville has been working in private practice full-time since the completion of her Clinical Psychology Doctorate in 2005. She works collaboratively with children, adolescents, and families, treating a wide range of emotional and behavioural concerns. As well, Dr. McConville has a special areas of interest in treating anxiety disorders in children and adolescents, such as obsessive/compulsive disorder, generalized anxiety, social anxiety, separation anxiety, and common childhood fears (e.g. anxiety related to school, bedtime fears, specific phobias, etc.). Services are also provided to parents interested in learning effective parenting techniques and behavioural modification strategies.

Dr. McConville's approach to therapy is rooted in empirically-validated practices and her theoretical orientation is primarily Cognitive-Behavioural, however she draws on other treatment approaches to fit the individual needs of the client. Dr. McConville believes that developing a strong therapeutic relationship is a necessary ingredient to facilitate positive and lasting change.