

**Dr. Lachlan A.J. McWilliams, R. Psych.**  
 18 University Avenue, Wolfville NS  
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 Office Hours: Flexible; Evening Appointments Available  
 www.drmcwilliams.ca  
 NSBEP#: R0591



**AREAS OF PRACTICE**

Anger Management	Eating Disorders	Relationship Issues
Anxiety	Family of Origin Issues	Self Esteem
Assertiveness / Social Skills	Habit Change	Sleep Disorders/Problems
Attachment Issues	<b>Health Issues:</b> Acute/	Stress Management
Behaviour Problems	Chronic	<b>Workplace Issues:</b>
Body Image Issues	Obsessive-Compulsive	Stress
Caregiver Stress	Personal Growth / Wellness	
<b>Disabilities:</b> Physical	Personality Disorders	
Depression/ Loneliness	Phobias / Fears/ Panic	

**TREATMENT APPROACH**

**POPULATION**

Cognitive-Behavioural  
Client-Centred

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

**ASSESSMENT SERVICES**

Behavioural/emotional  
Pain: Chronic / Acute

**PROFILE**

Dr. McWilliams is a graduate of the accredited clinical psychology Ph.D. program at the University of Manitoba. He has been practicing as a clinical psychologist in Nova Scotia since 2005 and is currently a registered psychologist with the Nova Scotia Board of Examiners in Psychology. Dr. McWilliams' therapeutic orientation is a person-centred approach to Cognitive-Behavioural therapy. He has a wide range of clinical interests including assisting adults with difficulties related to chronic pain, anxiety, depression, and anger. Dr. McWilliams also has a particular interest in working with individuals making lifestyle changes, such as improving sleep, reducing stress, and changing exercise and eating patterns.

Dr. McWilliams welcomes calls regarding his clinical practice. He can be contacted at 902-585-1495.