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 Office Hours: By Appointment
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AREAS OF PRACTICE

Abuse:	Blended / Step Family Issues	Personality Disorders
Emotional	Caregiver Stress	Phobias / Fears/ Panic
Physical	Conflict Resolution	Relationship Issues
Sexual	Couple Therapy	Self Esteem
Anxiety	Dealing with Disabilities:	Separation / Divorce
Anger Management	Physical	Stress Management
Assertiveness / Social Skills	Developmental	Trauma, PTSD
Attachment Issues	Learning	Workplace Issues:
Attentional Problems / ADHD	Depression	Stress / Burnout /
Autism / PDD	Family of Origin Issues	Harassment / Career
Behaviour Problems	Parenting Issues	Change

TREATMENT APPROACH

POPULATION

Cognitive-Behavioural	Child <5
Educational	Child 5-12
Family Therapy	Adolescent 13-15
Narrative Therapy	Adolescent 16-18
Play Therapy	Young Adult 19-25
	Adult >25
	Aged ≥ 65

ASSESSMENT SERVICES

OTHER

Behavioural / Emotional	Intelligence / Cognitive	Consultations
Career / Vocational	Parental Capacity	Workshops
Custody / Access	Personality	
Disabilities:	Psychoeducational	
Developmental	PTSD	
Learning		

PROFILE

Robert Milks provides psychological services to children, families, couples and individuals in rural Eastern Nova Scotia and Western Cape Breton.