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NSBEP#: R0678



AREAS OF PRACTICE

<p>Anger Management Anxiety Assertiveness / Social Skills Body Image Issues Caregiver Stress Dealing with Disabilities: Physical Depression Grief / Loss / Bereavement Habit Change</p>	<p>Health Issues: Acute/Chronic Personal Growth / Wellness Phobias / Fears /Panic Rehabilitation: Cognitive/ Neuropsych / Brain Injury Self Esteem Sleep Disorders / Problems Stress Management Trauma, PTSD</p>
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TREATMENT APPROACH	POPULATION
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<p>Cognitive Behavioural Existentialist Schema</p>	<p>Emotional Expressive Solution-Focused</p>	<p>Young Adult 19-25 Adult >25 (children, couples and families with respect to adult patient's health)</p>
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ASSESSMENT SERVICES	OTHER
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<p>Behavioural / Emotional Disabilities: Physical Intelligence / Cognitive</p>	<p>Legal/Forensic: MVA Pain – Chronic/Acute Personality PTSD</p>	<p>Consultations Workshops Referrals for Court or Litigation</p>
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PROFILE

Dr. Power specializes in Health Psychology, Cancer Care (Psychosocial Oncology), Women's Issues, and Medical Decision Making. Her breadth of clinical health psychology experience includes work in the areas of cancer diagnosis and treatment issues, genetic testing, living with chronic disease (fibromyalgia, lupus, chronic fatigue, rheumatoid arthritis, irritable bowel issues, incontinence, epilepsy, cardiovascular disease), spinal cord and brain injury, managing chronic pain, fertility issues and decision making, treatment decision making, and sleep disorders. With respect to disease prevention, she assists with smoking cessation, weight-loss and treatment compliance. More generally, her work includes addressing anxiety, depression, stress management and post-traumatic stress disorder. She works from a solution-focused, cognitive behavioural therapeutic framework. She believes in empowering her clients with the tools to manage their stressors and disease. Drawing on Cognitive, Behaviour, and Schema Therapy models, clients are assisted to deal with their current issues as well as develop the tools to address future problems. Each solution is individualized and is as a result of the collaboration between the client and Dr. Power.

Dr. Power is a doctoral level psychologist and former lawyer (Osgoode Hall), having earned her graduate degrees in Clinical Psychology from the University of Western Ontario. As a National Cancer Institute of Canada Fellow she also did advanced post-doctoral training in Psychosocial Oncology at the Tom Baker Cancer Centre. Dr. Power's academic background includes numerous publications and speaking engagements. She has taught with the medical and psychology faculties at several universities including Acadia University, Mount Saint Vincent University, the University of Calgary and University of Western Ontario.