

Matthew T. Rippeyoung, M.A., R. Psych.



**Roth Associates in Psychology**      **Bower-Jacquard Psychological Svcs Ltd.**  
 203 - 255 Lacewood Dr., Halifax B3M 4G2      102-7165 Hwy # 1, Coldbrook NS B4R 1A2  
 P: 902-454-6166 F: 902-454-8975      P: 902-678-6572      F: 902-678-6228  
 E: info@rothassociates.ca      E: bower-jacquard@ns.aliantzinc.ca  
 www.rothassociates.ca

**Office Hrs: Mon - Thurs, Day & Evening Hours**  
**NSBEP#: C10532**

#### AREAS OF PRACTICE

<p><b>Abuse:</b>          Emotional          Physical          Sexual          Anxiety  <b>Addictions:</b>          Substance          Alcohol          Gambling          Blended /Step Family Issues</p>	<p>Caregiver Stress          Couple Therapy          Depression          Family of Origin Issues          Grief / Loss / Bereavement          Personal Growth / Wellness          Personality Disorder          Phobias / Fears/ Panic          Relationship Issues          Self Esteem</p>	<p>Separation /Divorce  <b>Sexual:</b> Orientation          Stress Management          Trauma, PTSD  <b>Workplace Issues:</b>          Stress / Burnout /          Harassment / Career          Change</p>
---	--	--

#### TREATMENT APPROACH

Psychodynamic  
 Cognitive-Behavioural  
 Humanistic

#### POPULATION

Adolescent 16-18  
 Young Adult 19-25  
 Adult >25

#### PROFILE

Matthew Rippeyoung works with older adolescents, adults, couples and families who are struggling to adapt to changes in their lives. Whether challenges are related to stress, depression, anxiety, addiction, patterns of relating or identity issues, Matthew approaches his work with compassion, empathy, and understanding, and bases his working style on the assumption that people are always trying to do their best to make their lives more manageable.

Trained in psychodynamic psychotherapy that takes a life-course developmental view of human growth, Matthew also incorporates Cognitive-Behavioural, Behavioural, and Humanistic principles into his therapeutic relationships. Matthew provides a safe environment for people from all walks of life to explore their inner and outer worlds without fear of judgment.