

**Lynn Ross, M.A., R. Psych.**  
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**Office Hours: Monday - Friday 9 am - 5 pm**  
**NSBEP#: R0167 CRHSPP#: 05808**



**AREAS OF PRACTICE**

<b>Health Issues:</b> Acute/ Chronic	Chronic Fatigue Syndrome	<b>Rehabilitation:</b> Cognitive Neuropsych Brain Injury
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural	Young Adult 19-25 Adult >25 Aged ≥ 65
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ASSESSMENT SERVICES	OTHER
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Intelligence / Cognitive	Neuropsychological	Referrals for Court or Litigation
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**PROFILE**

Lynn Ross has been a practicing psychologist in the Halifax area for more than 30 years. She was educated at Dalhousie University, where she obtained her BA (Hons), BEd, and MA degree in Psychology. She was employed as a staff psychologist at the Victoria General Hospital from 1967 to 1996. She has over 25 years experience in the provision of clinical neuropsychological assessment and counseling services to patients with a variety of medical, neurological and neurosurgical conditions, including primary responsibility for Traumatic Brain Injury (TBI).

While employed at the VG Hospital, Lynn Ross also developed and implemented a clinical health psychology approach to the management of Chronic Fatigue Syndrome (CFS) patients, in the form of a multi-dimensional, self-management / lifestyle management group treatment program. This program had both a clinical intervention and research focus. The program consisted of psychoeducational information about CFS plus specific interventions -- stress management (relaxation, visualization), Cognitive-Behavioural (external focusing; diffusing; reappraisal of fatigue), and coping techniques (diet and nutrition management; increasing activity / fitness; coping with cognitive problems; activity pacing).

Since 1990 Lynn Ross has also provided private consultation services for clinical neuropsychological evaluation, as well as for medical-legal purposes. She has been in private practice on a full time basis since 1996. Psychological services provided currently include: neuropsychological evaluation of persons with suspected brain dysfunction, including medical-legal assessments. Cognitive rehabilitation services to persons with acquired brain injury, in particular, training in compensatory techniques to assist patients in reducing the impact of their cognitive deficits on real life functioning. Clinical health psychology services on both an individual and group basis to persons suffering from CFS.