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**NSBEP#: R0284**



### AREAS OF PRACTICE

<p><b>Abuse:</b>  Emotional  Physical  Sexual</p> <p><b>Addictions:</b> Substance/  Alcohol/ Gambling/  Sexual/ Internet</p> <p>Anger Management  Anxiety  Assertiveness / Social Skills  Behaviour Problems  Caregiver Stress</p>	<p>Conflict Resolution  Couple Therapy  Depression/ Loneliness  Grief / Loss / Bereavement  Habit Change</p> <p><b>Health Issues:</b> Acute/  Chronic/Terminal/ Life  Threatening</p> <p>Personal Growth / Wellness  Pain Management  Phobias / Fears/ Panic  Relationship Issues</p>	<p>Self Esteem  Separation/Divorce/Infidelity  Stress Management  Trauma, PTSD</p> <p><b>Workplace Issues:</b>  Stress / Burnout /  Career/ Harassment /  Bullying</p>
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### TREATMENT APPROACH

Cognitive-Behavioural  
Humanist-Existential

### POPULATION

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

### PROFILE

I believe the role of a psychologist is to facilitate the process of coping with and / or overcoming personal concerns. My approach / philosophy to assisting individuals, couples and families is a combination of empathy, support and respect and Cognitive-Behavioural therapy. Cognitive-Behavioural therapy assists individuals in recognizing and learning to modify the interactions between their beliefs / thoughts, emotions, behaviours and physiological / bodily responses. This approach has been shown to be effective with a wide range of concerns but especially depression, anger management and anxiety disorders.

Couple and family therapy involves the above approaches, but also includes an emphasis on working with all individuals to determine a balance between individual and couple/family needs and goals. I work with all involved to increase respect and understanding within and across all relationships. Specific strategies include communication, problem-solving and conflict management / resolution strategies, but the emphasis remains on mutual respect and balancing relationship and individual needs.

I believe that effective therapy, like most other services, needs to be clear in its objectives and goals and I endeavor to work with all clients to determine the nature of their concerns, their desired outcome and a mutually agreed upon therapeutic process.