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**Office Hours: Monday – Friday, 9 am - 3:30 pm**  
**NSBEP#: R0382 CRHSPP#: 05338**

<b>AREAS OF PRACTICE</b>
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<b>Abuse:</b> Emotional Physical Sexual Anxiety Body Image Issues Couple Therapy Depression	Eating Disorders Grief / Loss / Bereavement Habit Change Phobias / Fears/ Panic Relationship Issues Separation / Divorce	<b>Sexual:</b> Orientation Dysfunction Stress Management <b>Workplace Issues:</b> Stress / Burnout / Harassment / Career Change
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<b>TREATMENT APPROACH</b>	<b>POPULATION</b>
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Cognitive-Behavioural	Adolescent 16-18 Young Adult 19-25 Adult >25 Aged ≥ 65
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<b>PROFILE</b>
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Nicola has been a clinical psychologist since 1991. For the past fourteen years she has provided individual and couple therapy in her private practice in Truro. In a comfortable, relaxed, informal atmosphere intervention is developed as a collaborative effort between client and psychologist. Non-professional interests include amateur theatre and gardening.