

Dr. Yvette Scattolon, R. Psych.
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NSBEP#: R0374



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AREAS OF PRACTICE

Anxiety	Family of Origin Issues	Self Esteem
Attachment Issues	Grief / Loss / Bereavement	Stress Management
Assertiveness / Social Skills	Health Issues: Acute/	Workplace Issues:
Body Image issues	Chronic	Stress / Burnout /
Dealing with Disabilities:	Obsessive-Compulsive	Harassment / Career
Physical	Disorder	Change
Depression	Personal Growth / Wellness	
Eating Disorders	Phobias / Fears/ Panic	

TREATMENT APPROACH

POPULATION

Cognitive-Behavioural
 Emotion-Focused
 Interpersonal

Young Adult 19-25
 Adult >25

PROFILE

My clinical background is within the areas of mental health and health psychology (managing acute / chronic health problems) with a special interest in eating disorders, anxiety, depression and women's issues. My therapeutic approach is interpersonal / collaborative in nature.