

Carolyn Scott, M.Sc., R. Psych.
ME Family Therapy & Resource Center
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Office Hours: Monday to Thursday, 9 am - 4 pm
NSBEP#: R0630



AREAS OF PRACTICE

<p>Abuse: Emotional Physical Sexual</p> <p>Addictions: Substance/ Alcohol Anger Management Anxiety Assertiveness / Social Skills</p>	<p>Couple Therapy Depression Personal Growth / Wellness Personality Disorders Relationship Issues Self Esteem Stress Management Trauma, PTSD</p>
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TREATMENT APPROACH	POPULATION
Client Centred Solution-focused Cognitive-Behavioural Dialectical Behaviour	Adolescent 12-15 Adolescent 16-18 Young Adult 19-25 Adult >25

PROFILE

Carolyn Scott is a registered psychologist in the province of Nova Scotia. She has provided counselling services for women in treatment for substance abuse and she has also assisted in the development and implementation of programs and therapy for individuals with concurrent disorders (addiction and mental health issues).

During her career, Carolyn has provided psychological services for the Correctional Service of Canada. During that time, she has provided therapy in private practice settings and has recently begun a full time private practice in Truro, NS. Carolyn has worked primarily with adults and couples during her career.

Carolyn is a client-centered psychologist whose approach is based on the principles of existentialism and empowerment. Carolyn has been trained in cognitive behavioral as well as dialectical behavioral therapies and she assists her clients with solution-focused and skills based therapeutic interventions.