Carla Seymour, M.Sc., R. Psych.
Seymour Psychological Services Inc
1658 Bedford Highway, Ste 2030
Bedford Place Mall, Bedford NS B4A 2X9
P: 902-832-1918 F: 902-832-4369
www.seymourpsychological.ca
Office Hours: By Appointment
NSBEP#: R0440

AREAS OF PRACTICE

Abuse:
- Emotional
- Physical
- Sexual

Adoption Issues
Anger Management
Anxiety
Assertiveness / Social Skills
Behaviour Problems
Blended / Step Family Issues
Body Image Issues
Caregiver Stress
Conflict Resolution
Couple Therapy
Depression
Family of Origin Issues
Grief / Loss / Bereavement
Obsessive-Compulsive
Parenting Issues
Personal Growth / Wellness
Phobias / Fears/ Panic
Relationship Issues
Self Esteem
Separation / Divorce
Sleep Disorders
Stress Management
Trauma, PTSD
Workplace Issues: Stress, Burnout, Harassment, Career Change

TREATMENT APPROACH

Eclectic (mostly)
Cognitive-Behavioural
Interpersonal

POPULATION

Young Adult 19-25
Adult >25

PROFILE

Carla is a Registered Psychologist. She received her Master of Science Degree (Clinical Psychology) from Acadia University in 1997. Carla has been working in private practice with individuals and couples since that time.

Carla offers a practical and client-centered approach in a comfortable and relaxed atmosphere to help clients achieve their goals.

Carla's approach is eclectic in nature, drawing primarily from cognitive-behavioural and solution- focused therapies.