

Dr. Simon B. Sherry, R. Psych
Genest MacGillivray Psychologists
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Office Hours: By Appointment
NSBEP#: R0667



AREAS OF PRACTICE

Alcohol	Eating Disorders	Self Esteem
Anger Management	Family of Origin Issues	Separation/Divorce/Infidelity
Anxiety	Habit Change	Sexual: Orientation
Assertiveness / Social Skills	Obsessive-Compulsive	Sleep Disorders/Problems
Attachment Issues	Personal Growth / Wellness	Stress Management
Attentional Problems/ADHD	Personality Disorders	Trauma/ PTSD
Behaviour Problems	Pain Management	Workplace Issues:
Body image Issues	Perfectionism	Stress / Burnout /
Caregiver Stress	Phobias / Fears/ Panic	Career/ Retirement
Depression/ Loneliness	Relationship Issues	

TREATMENT APPROACH

POPULATION

Cognitive-Behavioural
 Behavioural
 Motivational
 Interpersonal

Young Adult 19-25
 Adult >25

PROFILE

Dr. Simon B. Sherry, Registered Psychologist (R0667), is an Assistant Professor in the Department of Psychology at Dalhousie University. He holds a Ph.D. in Clinical Psychology from the University of Saskatchewan. Dr. Sherry is a specialist in treating perfectionism, depression, health anxiety, and eating disorders and he also treats individuals for a wide variety of other mental health difficulties.

Dr. Sherry's research program investigates the role of personality (e.g., perfectionism and neuroticism) in depression, health anxiety, and eating disorders. He won the Canadian Psychological Association President's New Researcher Award in 2009, distinguishing him as one of Canada's best young researchers in Psychology. In 2011, Dr. Sherry won the H. J. Eysenck Memorial Fund Award, an international award recognizing his excellence in research on personality and mental health difficulties. For more information on his research program, please see www.personality.psychology.dal.ca.

Dr. Sherry sees adults for assessment and treatment at Genest MacGillivray Psychologists. He provides individual treatment for a range of difficulties including depression, health anxiety, eating disorders, anxiety, bipolar disorder, attentional problems (e.g., ADHD), pain, body dysmorphic disorder, body image, work or academic problems (e.g., procrastination), stress, self-esteem, sexual orientation, trauma (e.g., PTSD), alcohol problems, relationship issues, personality disorders, and perfectionism. His clinical services are grounded in evidence-based practices, including cognitive-behavioural, behavioural, motivational, and interpersonal approaches. For more information on his clinical services, please see www.gmPsychologists.com.