

Carol M. Shirley, M.A.S.P., R. Psych.
Roth Associates in Psychology
 255 Lacewood Dr., Ste 203, Halifax NS B3M 4G2
 P: 902-454-6166 F: 902-454-8975
 E: info@rothassociates.ca www.rothassociates.ca
 Office Hours: Daytime and Evening Appointments
 NSBEP#: R0516



AREAS OF PRACTICE

Abuse: Emotional Anger Management Anxiety Assertiveness / Social Skills Attentional Problems/ADHD Behaviour Problems Blended / Step Family Issues Caregiver Stress	Conflict Resolution Dealing with Disabilities: Developmental Depression Family of Origin Issues Grief / Loss / Bereavement Habit Change Parenting Issues Personal Growth / Wellness Phobias / Fears/ Panic	Relationship Issues Self Esteem Separation/Divorce Stress Management Workplace Issues: Stress / Burnout / Harassment
--	--	---

TREATMENT APPROACH	POPULATION
Cognitive-Behavioural Humanistic	Child 5-12 Adolescent 12-15 Adolescent 16-18 Young Adult 19-25 Adult >25

ASSESSMENT SERVICES	OTHER
Behavioural/ Emotional Disabilities: Learning	Intelligence / Cognitive Psychoeducational Consultations Workshops

PROFILE

Carol Shirley successfully counsels individuals, parents, children and families in a wide range of areas including facilitating behavioural changes, reducing sibling rivalry, enhancing low self-esteem and finding alternatives to aggressive or acting-out behaviour. She is experienced in conducting, analyzing and utilizing psychoeducational aptitude and educational tests. Carol helps both children and parents to cope with the turmoil of divorce, the challenge of single parenting and softening the turmoil associated with moving to a new home or community. She works with parents who are seeking to improve their communication, conflict resolution and / or discipline skills. Through all of this, her gentle, accepting and sensitive manner helps make the learning and counseling process feel safe.