



Julia Somody, M.A., Psychologist (Candidate Register)
Waldegrove Psychological Services
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Office Hours: Mon, Wed Noon – 6 pm; Tue, Thur 10 am - 4 pm; Fri 10 am - 1 pm
NSBEP#: C10641

AREAS OF PRACTICE

Abuse:

Emotional
 Physical
 Sexual
 Anxiety
 Attachment Issues
 Blended/Step Family Issues
 Body Image Issues
 Caregiver Stress
 Conflict Resolution
 Depression
 Eating Disorders
 Family of Origin Issues

Grief / Loss / Bereavement
 Personal Growth / Wellness
 Relationship Issues
 Self Esteem

Sexual:

Orientation
 Stress Management

Workplace Issues:

Stress, Burnout,
 Harassment,
 Career Change

TREATMENT APPROACH	POPULATION
Integrated: Psychodynamic / Adlerian Humanistic Cognitive–Behavioural Narrative	Adolescent 16-18 Young Adult 19-25 Adult >25

PROFILE

Julia Somody is a licensed psychologist (Candidate Register) who received her Master of Arts in Counselling Psychology from McGill University. Her diverse work experience includes university counseling services, workplace mediation and change management, corporate training and consulting, career and vocational counseling, crisis counseling, psycho-educational and career exploration workshop facilitation, and psychometric assessment administration and interpretation. Julia specializes in treating adolescents and adults with concerns such as depression, anxiety, grief, work-related stress/burnout, and emotional issues. Her therapeutic approach is integrative, combining treatment approaches to collaboratively work to promote holistic client wellness and provide support for their concerns. Julia currently works in private practice for Waldegrove Psychological Services in downtown Halifax.