

Patricia A. Spens, M.Sc., 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: Fri, 9:30 am - 6:30 pm, Sat 9:30 am - 5 pm
 NSBEP#: R0596 CRHSPP#: 06330



AREAS OF PRACTICE

Abuse: Emotional Physical Sexual Addictions: Substance Alcohol Gambling Sexual Anger Management Anxiety Assertiveness / Social Skills Attentional Problems:/ADHD Autism / PDD Behaviour Problems Blended/Step Family Issues Body Image Issues	Caregiver Stress Conflict Resolution Couple Therapy Dealing with Disabilities: Physical Developmental Learning Depression Eating Disorders Family of Origin Issues Grief / Loss / Bereavement Habit Change Health Issues: Acute/ Chronic Obsessive-Compulsive Parenting Issues Personal Growth / Wellness	Personality Disorders Phobias / Fears/ Panic Relationship Issues Self Esteem Separation / Divorce Sexual: Orientation Dysfunction Sex Therapy Sleep Disorders Stress Management Trauma, PTSD Workplace Issues: Stress, Burnout, Harassment, Career Change
---	---	--

POPULATION

Adolescent 12-15	Adult >25
Adolescent 16-18	Aged ≥ 65
Young Adult 19-25	Institutional/ Organizations

PROFILE

Patricia Spens works with children, adolescents, adults, families and couples. Her wealth of knowledge and experience allows her to provide compassion and understanding to the clients with whom she works. She has the ability to work with individuals who are experiencing symptoms of depression, anxiety, stress, and anger as well as relationship and work-related issues. She also has an expertise working with individuals who have issues with addictions and codependency as well as individuals with developmental disabilities. She is also able to conduct psychological and personality testing. She utilizes various treatment modalities to suit each client that she serves.

Besides her expertise in Counseling, she also has an expertise in Performance Consulting. She is able to work with organizations and business owners to help them improve any issues of performance within their organization. As a Performance Consultant, she is able to develop and provide an individualized strategy that works closely with the organization or business owner's Mission and Vision that they have for their organization.