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NSBEP#: R0283 CRHSP#: 05472



97

AREAS OF PRACTICE

Abuse: Physical Anger Management Anxiety Assertiveness / Social Skills Attentional Problems/ADHD Behaviour Problems Blended/Step Family Issues Caregiver Stress Couple Therapy Dealing with Disabilities: Physical Developmental	Depression Family of Origin Issues Habit Change Health Issues: Acute/ Chronic Obsessive-Compulsive Parenting Issues Phobias / Fears/ Panic Relationship Issues Separation / Divorce	Sexual: Orientation Sleep Disorders/Problems Stress Management Trauma, PTSD Workplace Issues: Stress, Burnout, Harassment, Career Change
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural

Child <5
 Child 5-12
 Adolescent 12-15
 Adolescent 16-18
 Young Adult 19-25
 Adult >25

ASSESSMENT SERVICES

Behavioural / Emotional
 Pain: Chronic / Acute
 PTSD

PROFILE

Services are provided with the goal of meeting the needs of the individual (child, teen, adult, couple or family). Assessment focuses on the clear identification of problem areas and mutually negotiated goals. Treatment is designed to be practical and effective. Interventions are regularly monitored.