

Trinda L. Power, M.Sc., R. Psych.
Power Psychological Services
35 Inglis Place, Truro NS B2N 4B5
C: 902-986-2456 F: 902-843-5523
Office Hours: By Appointment
NSBEP#: R0650

81

AREAS OF PRACTICE

Anger Management	Phobias / Fears / Panic
Anxiety	Self Esteem
Assertiveness / Social Skills	Stress Management
Depression	Workplace Issues:
Grief /Loss/ Bereavement	Stress / Burnout /
Habit Change	Harassment /
Obsessive-Compulsive Disorder	Career Change

TREATMENT APPROACH

Cognitive-Behavioural

POPULATION

Young Adult 19-25
Adult >25

PROFILE

Ms. Power received her Master of Science degree from Saint Mary's University in Halifax NS. She is a Registered Clinical Psychologist and has worked both in hospital outpatient mental health and community-based addiction settings over the past 10 years. Recognizing the importance of the therapeutic alliance, her approach to treatment is client-centred and collaborative. Her areas of practice include depression and anxiety management, adjustment disorders and stress management. She is also certified by the National Acupuncture Detoxification Association (NADA) to provide auricular acupuncture.