

Stephen W. Theriault, M.Sc., R. Psych.
Valley Psychological Service
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Office Hours: By Appointment
NSBEP#: R0451 CRHSPP#: 06079



AREAS OF PRACTICE

Abuse: Emotional Physical	Dealing with Disabilities: Physical Depression	Separation / Divorce Sleep Disorders Stress Management
Addictions: Substance/ Alcohol/ Gambling	Family of Origin Issues Habit Change	Trauma, PTSD
Anxiety	Health Issues: Acute/ Chronic	Workplace Issues: Stress / Burnout / Harassment / Career Change
Assertiveness / Social Skills	Personal Growth/Wellness	
Attentional Problems/ADHD	Personality Disorders	
Conflict Resolution	Phobias / Fears/ Panic	
Couple Therapy		

TREATMENT APPROACH

Cognitive-Behavioural

POPULATION

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

ASSESSMENT

Behavioural / Emotional	Intelligence / Cognitive	Personality
Custody Access	Pain: Chronic/ Acute	PTSD
Disabilities: Physical	Parental Capacity	

PROFILE

I am a Registered Psychologist with the N.S. Board of Examiners in Psychology and I have been working as a Psychologist in Nova Scotia since 1998. I am also a member of APNS and the Cdn. Register of Health Service Providers in Psychology (CRHSPP). I have been trained as a practitioner in Psychosocial Rehabilitation for individuals with severe mental illnesses.

I have been approved as a service provider for a variety of organizations including the Dept of Community Services, Victim Services, Dept of National Defense, Provincial Employee Assistance Program, and the NS Worker's Compensation Board, as well as many health plans which provide coverage for services provided by a registered Psychologist, such as Blue Cross, Sunlife, Clairca, Great West Life.

Approach:

My approach to therapy is primarily Cognitive-Behavioural, which focuses on helping individuals to understand the relationships between their thinking, emotional experience and behaviours and to change one or all where appropriate. I also use techniques from interpersonal and system therapies, especially with couples and families.

Services Provided:

- Therapy with individuals (adolescents & adults) or groups with various emotional, stress, or adjustment difficulties, including depression, anxiety, grief, and adjustment to difficult life changes or circumstances. I have a special interest in post-traumatic issues, including individuals who have suffered abusive upbringings.
- I have worked extensively in the assessment and treatment of individuals who are experiencing chronic pain
- Assessment of parent capacity, as well as parental appropriateness for custody of, or access to children.
- Cognitive (intellectual) assessment of children, adolescents and adults.
- Couple and/or Family Therapy, to focus on improved communication & conflict resolution in families.