Stephanie Tompkins, M.A., R. Psych.
Stress Management, Lifestyle & Wellness Counselling

269 King St,
Bridgewater NS B4V 1A7
P / F: 902-543-9104
Office Hours: Tue, Wed, Thr, 9 - 4 pm

Ste 306, 6155 North St,, Gladstone Prof Ctr,
Halifax NS B3K 5R3
P: 902-478-3997
Office Hours: Monday, 9 am - 4 pm

E-Mail: tompkins.cameron@ns.sympatico.ca
NSBEP#: R0359

AREAS OF PRACTICE

Abuse: Emotional/ Physical/ Sexual
Anger Management
Anxiety
Assertiveness / Social Skills
Blended /Step Family Issues
Body Image Issues
Caregiver Stress
Dealing with Disabilities: Physical
Depression
Family of Origin Issues
Grief / Loss / Bereavement
Health Issues: Acute/ Chronic
Pain Management
Parenting Issues
Personal Growth / Wellness
Phobias / Fears/ Panic
Relationship Issues
Self Esteem
Separation / Divorce
Sleep Disorders
Stress Management
Trauma, PTSD
Workplace Issues: Stress / Burnout / Harassment / Career Change

TREATMENT APPROACH	POPULATION	LANGUAGES
Cognitive-Behavioural	Adolescent 16-18 Young Adult 19-25 Adult >25 Aged ≥ 65	French

OTHER

Workshops

PROFILE

I have over 30 years experience in the practice of psychology; the first 20 in hospital and rehabilitation centres, and since 1999 in full-time private clinical practice. I see mainly individuals, with a wide variety of personal problems, and work in both English and French. My patients typically say that I am very easy to talk to. My style is quite personal, informal and fairly direct, always considering the person as a whole, with caring and compassion. I believe we all have challenges presented to us at various times in life, and often an unbiased, independent opinion and guidance on how to address them, helps greatly. My basic approach is Cognitive-Behavioural, but with a fair bit of teaching about normal psychological processes and using insight-oriented ideas and a variety of relaxation techniques, where appropriate. I have been a single parent of two for 20+ years, and understand well how stressful our "modern" day-to-day life can be. My practice is based three days a week in Bridgewater and one day a week in Halifax. I am also a service provider for about a dozen Employee Assistance Plans (EAPs), which offer short-term counselling funding for employees and their families, in addition to their regular insurance benefits.