



Laurie Tracey, M.A., R. Psych.
Breakthrough
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NSBEP#: R0683

AREAS OF PRACTICE

<p>Abuse: Emotional / Physical/ Sexual Anger Management Anxiety Attachment Issues Assertiveness / Social Skills Attentional Problems/ADHD Behaviour Problems Body Image Issues Caregiver Stress Conflict Resolution Dealing with Disabilities: Learning</p>	<p>Depression Eating Disorders Family of Origin Issues Grief / Loss / Bereavement Habit Change Health Issues: Acute/ Chronic Parenting Issues Personal Growth / Wellness Phobias / Fears/ Panic Relationship Issues Self Esteem Separation / Divorce</p>	<p>Sexual: Orientation Dysfunction Stress Management Trauma, PTSD Workplace Issues: Stress, Burnout, Harassment, Career Change</p>
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TREATMENT APPROACH

Emotion-Focused
Process Experiential
Solution-Focused
Cognitive-Behavioural

POPULATION

Adolescent 16-18
Young Adult 19-25
Adult >25

ASSESSMENT SERVICES

Behavioural / Emotional
Disabilities:
Learning

Intelligence / Cognitive
Psychoeducational

OTHER

Consultations
Workshops

PROFILE

Laurie completed her Master of Arts degree in Counselling Psychology at the University of Toronto. Her therapeutic approach is primarily based on an emotion-focused model, which focuses on the awareness and management of emotions in order to gain a sense of consistency and wholeness. She also draws on cognitive-behavioural and solution-focused models to meet client goals and to facilitate change. Laurie works collaboratively with clients and emphasizes an empathic and genuine client-therapist relationship. Her practice includes individual therapy, couple therapy, and psychological consultation. Her areas of interest include anxiety and coping with life stressors, attachment issues, depression, interpersonal and intrapersonal issues, LGBT issues, sexuality, personal growth and wellness. For more information please visit: breakthrough.ns.ca