

**Billur Ugursal, M.A., R. Psych**  
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**NSBEP#: R0581**



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<b>AREAS OF PRACTICE</b>
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<b>Abuse:</b> Emotional/ Physical/ Sexual <b>Addictions:</b> Sexual Anger Management Anxiety Assertiveness/ Social Skills Attachment Issues Behaviour Problems Body Image Issues Caregiver Stress	Couple Therapy Obsessive-Compulsive Parenting Issues Personal Growth/ Wellness Personality Disorders Pain Management Phobias/Fears/ Panic Relationship Issues Self Esteem	Separation/Divorce/Infidelity Sleep Disorders/Problems Stress Management Trauma, PTSD <b>Workplace Issues:</b> Stress/ Burnout/ Career/ Bullying/ Harassment
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<b>TREATMENT APPROACH</b>	<b>POPULATION</b>
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Cognitive-Behavioural Schema Therapy Hypnotherapy	Adult >25 Aged ≥ 65 Family
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<b>ASSESSMENT SERVICES</b>	<b>LANGUAGE</b>
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Custody /Access Forensic: Sexual Deviation Personality	German Turkish
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<b>PROFILE</b>
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Billur Ugursal holds Bachelor's and Masters degrees in Psychology. She has worked at the Nova Scotia Hospital, for the IWK Assessment Services, the Halifax Regional School Board and in private practice. She offers psychotherapy to individual adults as well as couples for relationship issues, depression, anxiety, OCD, PTSD and mood issues.