

Dr. Valerie Grant, Psychologist (Candidate Register)
Gorman & Garland Psychological Services
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Office Hours: By Appointment, Afternoons and Evenings
NSBEP #: C10624

AREAS OF PRACTICE

Abuse: Emotional Physical Sexual Anxiety Depression /Loneliness Family of Origin Issues	Habit Change Obsessive-Compulsive Disorder Personal Growth / Wellness Personality Disorders Phobias / Fears /Panic Relationship Issues	Self Esteem Sleep Disorders/Problems Stress Management Trauma/PTSD
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural
 Schema-Focused

Young Adult 19-25
 Adult >25

ASSESSMENT SERVICES	OTHER
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Behavioural / Emotional

Consultations

PROFILE

Dr. Valerie Grant, Psychologist (Candidate Register), completed her Ph.D. in Clinical Psychology at Dalhousie University. She currently splits her work time between an adult community mental health clinic in Lower Sackville and her private practice with Gorman & Garland Psychological Services. Recent professional experience included a position at the Dalhousie Counselling Services Centre. Her predoctoral full-time internship included work in the Mood Disorders Program and the Anxiety Treatment and Research Centre at St. Joseph's Healthcare in Hamilton, Ontario.

Dr. Grant provides psychological assessment and therapy to adults. She has a special interest in cognitive-behavioural therapy (CBT) and schema-focused interventions. Areas of practice are mood disorders, including major depression and dysthymia, and anxiety disorders, including panic (with or without agoraphobia), obsessive-compulsive disorder (OCD), social anxiety, generalized anxiety, posttraumatic stress disorder (PTSD), and specific phobias. Other areas of interest include stress-related problems, insomnia, procrastination, hypochondriasis/ health anxiety, perfectionism, and interpersonal difficulties.