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 Roth Associates in Psychology  
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 NSBEP#: R0313 CRHSPP#: 05120



**AREAS OF PRACTICE**

<b>Abuse:</b> Emotional / Physical / Sexual	Eating Disorders	Self Esteem
Anger Management	Grief / Loss / Bereavement	Separation / Divorce / Infidelity
Anxiety	Habit Change	<b>Sexual:</b> Orientation/ Dysfunction
Assertiveness /Social Skills	<b>Health Issues:</b> Acute / Chronic / Terminal / Life Threatening	Stress Management
Attachment Issues	Obsessive-Compulsive	Trauma, PTSD
Body Image Issues	Personal Growth/ Wellness	<b>Workplace Issues:</b> Stress / Burnout/ Career/ Retirement / Coaching/ Negotiation / Bullying/ Harassment
Caregiver Stress	Personality Disorders	
Conflict Resolution	Pain Management	
Couple Therapy	Phobias / Fears / Panic	
<b>Dealing with Disabilities:</b> Physical	Relationship Issues	
Depression / Loneliness	<b>Rehabilitation:</b> Cognitive	

TREATMENT APPROACH	POPULATION
Cognitive-Behavioural Holistic Existential	Young Adult 19-25 Adult >25 Aged ≥ 65 Family (bereavement issues) Institutional/ Organization

ASSESSMENT SERVICES	OTHER
Behavioural / Emotional Pain: Chronic/ Acute Personality PTSD	Consultations Workshops

**PROFILE**

Virginia Walford works with adults and couples. She brings deep sensitivity, gentleness and compassion to clients who are experiencing loss, grief and bereavement. Individuals and their families who are facing infant death, chronic/ terminal illness, the need for palliative care or caregiver stress have found wonderful support, clarity and strength in their work with her. Other areas of counseling expertise that Virginia has include post-traumatic stress, gay/lesbian concerns and aging issues. Virginia also facilitates support groups and offers presentations, workshops and seminars for health care professionals in high-stress careers.