

Dr. Margo C. Watt, R. Psych.
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Office Hours: By Appointment
NSBEP#: R0428

AREAS OF PRACTICE

Abuse: Emotional Physical Sexual Anxiety Disorders Addictions: Substance Abuse Anger Management Assertiveness / Social Skills	Conflict Resolution Chronic Pain Depression Grief / Loss / Bereavement Habit Change Health Issues: Acute / Chronic Pain Personal Growth / Wellness Personality Disorders	Physical Activity & Health Sexual: Offender Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Harassment, Career Change
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TREATMENT APPROACH

Cognitive-Behavioural

POPULATION

Young Adult 19-25
 Adult >25
 Aged ≥ 65

ASSESSMENT SERVICES

Behavioural / Emotional
 Intelligence / Cognitive
 Pain: Chronic / Acute

Personality
 PTSD

OTHER

Consultations
 Workshops
 Referrals for Court or
 Litigation

PROFILE

Dr. Watt is a registered psychologist in the Province of Nova Scotia. She is a Clinical Psychologist with training and experience in mental health (including assessment and treatment of anxiety and mood disorders, substance abuse, and personality disorders), health psychology (including stress and pain management, health anxiety, and physical activity), and forensic psychology (including needs and risk assessment). Her therapeutic approach is predominantly cognitive-behavioural -- both individual and group. She accepts both physician-based and self-referrals. To initiate a referral, please call: 902-752-7034