

Shelley West, M.Sc., R. Psych.
325 Main St., Kentville NS B4N 1K5
C: 902-690-7281 F: 902-678-7955
Office Hours: By Appointment
E: swest@ns.sympatico.ca
NSBEP#: R0665

AREAS OF PRACTICE

Abuse: Emotional/ Physical/ Sexual Anger Management Anxiety Assertiveness Behaviour Problems Dealing with Disabilities: Physical Depression/ Loneliness Family of Origin Issues Family Violence	Grief / Loss / Bereavement Habit Change Health Issues: Acute/ Chronic Obsessive-Compulsive Parenting Issues Personal Growth / Wellness Personality Disorders Phobias / Fears/ Panic Relationship Issues Self Esteem	Sleep Disorders/Problems Stress Management Suicidal Ideation Trauma, PTSD Workplace Issues: Stress/ Burnout/ Career / Retirement
---	--	---

TREATMENT APPROACH

Cognitive-Behavioural
 Client-Centred

POPULATION

Young Adult 18-25
 Adult >25

ASSESSMENT SERVICES

Behavioural / Emotional
 Career / Vocational

Pain: Chronic / Acute
 PTSD

PROFILE

Ms. Shelley West holds a M.Sc. Degree in Clinical Psychology from Acadia University. She is a member of the Canadian Psychological Association and the Association of Psychologists of Nova Scotia. Ms. West specializes in Cognitive Behavioural therapy and uses a client-centred approach. She has experience in individual Cognitive Behavioural therapy for adults with issues such as depression, anxiety, stress, anger, family violence, grief, chronic pain, and sleeping difficulties.