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Whelan Psychological Services
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NSBEP#: R0430 CRHSPP#: 06055

AREAS OF PRACTICE

<p>Abuse: Emotional/ Physical/ Sexual</p> <p>Addictions: Substance/ Alcohol/ Gambling/ Sexual</p> <p>Anger Management Anxiety Attachment Issues Attentional/ADHD Conflict Resolution Couple Therapy Depression Eating Disorders</p>	<p>Family of Origin issues Grief / Loss / Bereavement Obsessive-Compulsive Personality Disorder Phobias / Fears /Panic Stress Management Surgery Preparation Trauma, PTSD</p> <p>Workplace Issues: Stress</p>
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural Psychodynamic Interpersonal Group Therapy	Adolescent 16-18 Young Adult 19-25 Adult >25
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ASSESSMENT SERVICES	OTHER
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Adult ADHD Behavioural / Emotional Pain: Chronic/Acute Personality	Psychoeducational PTSD Complex PTSD	Consultations Workshops
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PROFILE

Dr. John Whelan serves as the lead psychologist for Whelan Psychological Services Inc. His work focuses primarily on assessing and treating trauma and concurrent disorders (e.g., addiction and PTSD), personality disorders, and developmental (complex) trauma. His treatment approach is best described as emotion-focussed CBT and incorporation of psychodynamic principles when working with complex trauma, personality issues, and chronic addiction. Dr. Whelan has served in Director positions for inpatient addiction facilities beginning in the late 1980s and up to the time of entering full-time private practice in 2005. He completed a Master's Degree in Clinical/Community Psychology in 1994 and a PhD in Clinical Psychology in 2001. He provides assessment, therapy, and consultation services on behalf of civilian and federal organizations. His consulting activities include provision of program reviews and recommendations to private addiction treatment facilities and to federal government committees on military PTSD. Dr. Whelan is registered for practice in Nova Scotia and in Newfoundland and Labrador and is listed on the Canadian Register of Health Service Providers in Psychology. He holds membership in a number of professional organizations, including the Canadian Society of Addiction Medicine, International Society for Traumatic Stress Studies, Association of Psychologists of Nova Scotia, and the Canadian Psychological Association.