

**Julie Wong, M.Sc., R. Psych.**  
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**Office Hours: By Appointment**  
**NSBEP#: R0336                      CRHSPP#: 05826**

<b>AREAS OF PRACTICE</b>
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<b>Abuse:</b> Emotional Physical Sexual Anxiety Assertiveness / Social Skills Body Image Issues Caregiver Stress	Depression Family of Origin Issues Grief / Loss / Bereavement Obsessive-Compulsive Personal Growth / Wellness Phobias / Fears/ Panic Relationship Issues Self Esteem	Separation / Divorce Stress Management <b>Workplace Issues:</b> Stress / Burnout / Harassment / Career Change
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<b>TREATMENT APPROACH</b>	<b>POPULATION</b>
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Cognitive-Behavioural Humanistic	Young Adult 19-25 Adult >25
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<b>PROFILE</b>
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Julie Wong is a clinical psychologist who has worked in the mental health field for over 19 years. Her main areas of practice have been in addressing depression, anxiety, adjustment problems and related life issues. Cognitive-behavioral strategies have been a large part of her therapy approach. And in recent years, she has been incorporating mindfulness-based acceptance and commitment therapy into her work. Her orientation continues to be humanistic.