

Dr. Marc Woods, R. Psych.

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Office Hours: Monday-Friday, Typically 9:30-4:30, but flexible as needed
NSBEP#: R0670

AREAS OF PRACTICE		
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Abuse: Emotional Physical / Sexual	Depression Eating Disorders	Phobias / Fears/ Panic Relationship Issues
Anger Management	Family of Origin Issues	Self Esteem
Anxiety	Grief / Loss / Bereavement	Separation / Divorce
Assertiveness / Social Skills	Habit Change	Sexual: Dysfunction
Attentional Problems/ADHD	Health Issues: Acute/	Sleep Disorders /Problems
Body image issues	Chronic	Stress Management
Caregiver Stress	Obsessive-Compulsive	Trauma, PTSD
Conflict Resolution	Personal Growth / Wellness	Workplace Issues:
Dealing with Disabilities:	Pain Management	Stress / Burnout /
Physical	Personality Disorders	Harassment / Career

TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural	Adolescent 16-18
Acceptance-based	Young Adult 19-25
Interpersonal	Adult >25
Emotion-focused	

ASSESSMENT SERVICES	OTHER
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Behavioural / Emotional; Disabilities: Physical Pain Assessment	Personality Psychoeducational PTSD	Consultations Workshops
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PROFILE

Dr. Marc Woods works with adolescents and young and older adults who are affected by a wide variety of psychosocial difficulties (e.g., anxiety, depression, pain, health problems, relationship issues, stress, low motivation). As an athlete who competed for 5 years at the University level, he also has interest in exercise and sport psychology and helping people to motivate themselves to adopt healthy lifestyles (e.g., via exercise, diet, etc.). He has particular expertise in working with people who have been injured or have chronic pain or other significant health problems; his PhD research, conducted at the University of Regina, was the first to evaluate a new treatment for chronic pain. He has also worked extensively in hospital and private practice interdisciplinary settings established for the treatment of acute and chronic pain. He is an Adjunct Professor in the Dept. of Medicine at the University of Saskatchewan.

Dr. Woods integrates a number of therapeutic approaches to best meet the needs of the individual client. He primarily practices cognitive behavioural therapy (CBT), acceptance-based therapies (which incorporate mindfulness), humanistic therapy, and utilizes interpersonal and emotion-focused approaches. He emphasizes collaboration in therapy, and development of a strong therapeutic relationship to improve success in treatment. He currently works in a number of locations (Halifax, Elmsdale, Fall River) and has adopted flexible work hours so as to accommodate his clients' needs whenever possible.