

Dr. Nina Woulff, R. Psych.
Dr. Nina Woulff, Psychologist & Associates
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 Office Hours: Monday - Friday, 9 am - 8 pm
 NSBEP#: R0040

AREAS OF PRACTICE

Abuse: Emotional/ Physical/ Sexual Adoption Issues Anxiety Assertiveness / Social Skills Attentional Problems/ADHD Behaviour Problems Blended/tep Family Issues Caregiver Stress Conflict Resolution Couple Therapy	Dealing with Disabilities: Physical Developmental Learning Depression Family of Origin Issues 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 Separation / Divorce Sexual: Orientation Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Harassment / Career Change
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural
 Family Therapy
 Psychodynamic

Child <5
 Child 5-12
 Adolescent 12-15
 Adolescent 16-18
 Young Adult 19-25
 Adult >25
 Aged ≥ 65

ASSESSMENT SERVICES	OTHER
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Cognitive Assessments
 Adult ADHD

Consultations
 Workshops

PROFILE

I have practiced for over 30 years, working with children, parents, couples and individuals. Initially I seek to understand the unique nature of each client's problems. Working collaboratively with clients, reasonable and realistic goals are established. During subsequent sessions I offer new ways of understanding difficulties and choices of new coping strategies and solutions.

In work with individuals my goal is to help clients move away from frustration, anxiety, confusion and despair and move toward greater peace, effectiveness and optimism.

In work with couples and families I strive to help people repair rifts, transcend stalemates and learn to communicate and nurture more effectively.