

**Joann E. Doran, M.A.**  
**Breakthrough**  
 Suite 401, 3845 Joseph Howe Drive, Halifax NS B3L 4H9  
 P: 902-455-9939 (ext 105) F: 902-454-4986  
 E-Mail: [jdoran@breakthrough.ns.ca](mailto:jdoran@breakthrough.ns.ca) [www.breakthrough.ns.ca](http://www.breakthrough.ns.ca)  
 Office Hours: Monday - Friday, 9 am - 5 pm  
 NSBEP#: C10533

<b>AREAS OF PRACTICE</b>
--------------------------

<b>Abuse:</b>	Behaviour Problems	Relationship Issues
Emotional	Blended / Step Family	Self Esteem
Physical	Issues	Separation / Divorce
Sexual	Body Image Issues	Sleep Disorders
Adoption Issues	Conflict Resolution	Stress Management
Anger Management	Depression	
Anxiety	Family of Origin Issues	
Assertiveness / Social Skills	Grief / Loss / Bereavement	
Attachment Issues	Parenting	
Attentional Problems/ADHD	Phobias / Fears	

<b>TREATMENT APPROACH</b>	<b>POPULATION</b>	<b>LANGUAGE</b>
---------------------------	-------------------	-----------------

Emotion-Focused Cognitive-Behavioural Mindfulness-Based Cognitive-Behavioural Narrative Solution-Focused	Child ≤ 12 Adolescent 12-15 Adolescent 16-19	English Greek
--	--	------------------

<b>ASSESSMENT SERVICES</b>	<b>OTHER</b>
----------------------------	--------------

<b>Disabilities:</b> Learning Intelligence / Cognitive Psychoeducational	Consultations Workshops
---	----------------------------

<b>PROFILE</b>
----------------

Joann is a psychologist (Cand. Reg.) and an educator who provides individual therapy for children and youth within a broad context of social-emotional issues (e.g. anxiety, body-image/self esteem, loss and divorce). Joann has a particular interest in providing therapy to facilitate healthy adolescent-parent relationships. She has extensive experience working with youth and parents through the Restorative Justice Program with a focus on healing after family violence. Additionally, Joann has expertise in providing psychological assessments for the identification of learning differences and disabilities.

Joann believes that desired changes can be realized within a safe environment, where a strong therapeutic alliance encourages empathic communication.