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#### AREAS OF PRACTICE

|  |   |   |
|--|---|---|
| <b>Abuse:</b> Emotional /<br>Physical / Sexual<br>Anxiety<br>Assertiveness / Social Skills<br>Caregiver - Stress<br>Depression<br>Family of Origin Issues<br>Grief / Loss / Bereavement<br>Guilt<br>Habit Change | <b>Health Issues:</b><br>Acute / Chronic/<br>Terminal/ Life Threatening<br>Obsessive-Compulsive<br>Disorder<br>Panic Disorder<br>Perfectionism<br>Personal Growth /Wellness<br>Phobias / Fears /Panic<br>Relationship Issues<br>Self Esteem | Separation /Divorce /<br>Infidelity<br>Sexual - Orientation<br>Sleep Disorders / Problems<br>Stress Management<br>Trauma, PTSD<br><b>Workplace Issues:</b><br>Stress / Burnout<br>Career / Retirement |
|--|---|---|

#### TREATMENT APPROACH

Cognitive-Behavioural  
 Mindfulness  
 supplemented by other approaches to  
 individualize treatment.

#### POPULATION

Adolescent 16-18  
 Young Adult 19-25  
 Adult >25  
 Aged ≥65

#### ASSESSMENT SERVICES

Behavioural / Emotional  
 Personality

#### PROFILE

Goals for therapy are set in the initial session. A thorough assessment leads to an understanding of how the client, guided by the therapist, can move quickly toward those goals. Where appropriate, symptom checklists, personality tests and other measures can aid this process. Throughout the sessions, clients are encouraged to identify and build on their own strengths.

Therapy may be very focused and short-term, as when the goal is to no longer have panic attacks, or more broad, as when the goal is to understand how past issues make difficulties with present relationships. Often, goals are very specific: to come out of a depression or grieve a loss; to no longer be troubled by obsessive-compulsive disorder; to have better tools for managing chronic pain; to overcome anxiety following a motor vehicle accident in order to be able to drive again or return to work. Sometimes clients set several goals that are more general and inter-relate: for example, to develop self-confidence, overcome a tendency toward self-blame, become more assertive, feel better about one's body, and learn good stress management. Focused work within the session is complemented by between-session exercises in the context of an individualized treatment plan. Whatever the purpose of the sessions, the overall goal is the same: to help clients to get the most out of our time together.