



Pamela Dixon, M.Sc., R. Psych.
Dixon Psychological Services
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 NSBEP#: R0236

AREAS OF PRACTICE

Abuse: Emotional Physical / Sexual	Depression /Loneliness Eating Disorders	Self Esteem Separation/ Divorce/ Infidelity
Addictions: Substance / Alcohol	Family of Origin Issues Grief / Loss / Bereavement	Sexual: Orientation Stress Management
Anger Management Anxiety	Habit Change Health Issues: Acute/ Chronic/ Terminal/ Life Threatening	Trauma, PTSD Workplace Issues: Stress / Burnout / Bullying / Career
Assertiveness / Social Skills Attachment Issues	Obesity Obsessive-Compulsive	Coaching/ Negotiation Harassment
Blended / Step Family Issues	Parenting Issues Personal Growth / Wellness	
Body Image Issues Caregiver Stress	Phobias / Fears/Panic	
Conflict Resolution Couple Therapy	Relationship Issues	

TREATMENT APPROACH

Cognitive-Behavioural
 Emotion-Focused
 Mindfulness & Acceptance Based

POPULATION

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

OTHER

Consultations
 Workshops

PROFILE

I have been in practice as a registered psychologist for over 25 years providing individual, couple, group and family counseling. I have worked in both the mental health and community-based counseling sectors. I have also provided training to students in a variety of health professions and served on several community and professional boards. My clinical work utilizes an integration of treatment approaches chosen collaboratively with clients to address mutually agreed upon goals. I have a particular interest in helping individuals cope with developmental and interpersonal trauma and relationship problems.