



Judie MacDougall, M.A., R. Psych.
MacDougall Psychological Services
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 Office Hours: Monday - Thursday, By Appointment
 NSBEP#: R0502

AREAS OF PRACTICE

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| Abuse: Emotional / Physical / Sexual Anxiety Assertiveness / Social Skills Body Image Issues Couple Therapy Depression Family of Origin Issues | Family Violence Grief / Loss / Bereavement Health Issues: Acute/ Chronic Personal Growth / Wellness Phobias/ Fears/ Panic Relationship Issues Self-Esteem | Sexual: Orientation Stress Management Trauma/ PTSD |
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TREATMENT APPROACH

POPULATION

Cognitive-Behavioural
 Emotion-Focused
 Feminist-Oriented
 Psychoeducational

Young Adult 19-25
 Adult > 25

PROFILE

For the past 20+ years, Judie has worked in counselling settings with individuals and couples in a collaborative and supportive manner. Areas of practice include anxiety, depression, intimate partner violence, stress and relationship concerns.

She has a specific interest and experience in work with individuals marginalized by the mainstream, including culture, race or sexual and gender identity.