

Dr. Sarah Nunes, R. Psych.
CBT Halifax
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Office Hours: Noon to 8 pm
NSBEP#: R0791

AREAS OF PRACTICE

Anxiety Assertiveness / Social Skills Couple Therapy Depression / Loneliness Family of Origin Issues Habit Change Obsessive-Compulsive Disorder Parenting Issues	Personal Growth / Wellness Phobias/ Fears / Panic Relationship Issues Separation / Divorce / Infidelity Sexual: Orientation Stress Management Workplace Issues: Stress / Burnout
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural Therapy	Adolescent 12-15 Adolescent 16-18 Young Adult 19-25 Adult >25
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PROFILE

Dr. Nunes has been a registered psychologist since 2012. She completed her Master's degree in Counselling Psychology at the University of Western Ontario and her Ph.D. in Counselling Psychology at The University of Calgary.

Dr. Nunes is an anxiety specialist. She treats general anxiety, worry, panic, social anxiety, phobias as well as Obsessive-Compulsive Disorder. The therapeutic approach she uses is called Cognitive Behavioural Therapy (CBT). CBT involves altering the dysfunctional beliefs (and behaviours) that are associated with one's problems. CBT is backed by research and is the most effective treatment for depression and anxiety, among other things. Dr. Nunes also treats depression and low mood), relationship problems, obsessive-compulsive disorders (i.e., hair-pulling and skin-picking), low self-esteem, anger and impulse control problems and adjustment and identity issues.

Dr. Nunes has 9 years of clinical experience with adults and adolescents. She has worked in community agencies, university counselling centers and in private practice. She has added expertise treating immigrant and LGBT populations, students (i.e., professional, international, and graduate), and engineers.