

Carolyn Scott, M.A., R. Psych.

Zen Psychological Services.
Suite 111, 208 Main St., Antigonish NS
B2G 2B9

P: 902-4305-1414

Carolyn@zenpsychologicalservices.com
www.zenpsychologicalservices.com

ME Family Therapy
Suite 6, 46 Inglis St., Truro,
NS B2N 5N2

P: 902-897-2770 F: 902-895-0151

www.mefamilytherapy.ca
(Satellite Office: Antigonish)

Office Hours: Mon-Thur, 9 am - 4 pm (Truro/Antigonish);

Friday, 10 am - 4 pm (Antigonish)

NSBEP#: R0630

AREAS OF PRACTICE		
-------------------	--	--

Abuse: Emotional Physical / Sexual	Conflict Resolution Couple Therapy	Self Esteem Separation / Divorce/ Infidelity
Addictions: Substance/ Alcohol	Depression /Loneliness Eating Disorders	Sexual: Orientation Stress Management
Anger Management Anxiety	Family of Origin Issues Grief / Loss / Bereavement	Trauma, PTSD
Assertiveness / Social Skills Attachment Issues	Habit Change Obesity	Workplace Issues: Stress, Burnout, Career /Retirement Bullying /Harassment
Attentional Problems/ ADHD Behaviour Problems	Personal Growth/Wellness Personality Disorders	
Body Image Issues Caregiver Stress	Phobias / Fears/ Panic Relationship Issues	

TREATMENT APPROACH		POPULATION	
Client Centered	Skills-Based (DBT)	Adolescent 12-15	Adult >25
Empowerment	Cognitive-Behavioural	Adolescent 16-18	Aged ≥ 65
		Young Adult 19-25	

PROFILE

Carolyn Scott, MA, offers individual therapy for adolescents and adults as well as couples and family therapy. Carolyn has a client centered approach based upon the principles of empowerment and a general therapeutic orientation that is grounded in established best practices including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT) and Mindfulness practice.

Carolyn received her Masters in Counseling Psychology degree in 1999 from Trinity Western University and a Bachelor of Arts degree majoring in Psychology with a minor in Sociology from Dalhousie University in 1987.

In addition to providing therapeutic services in treatment centers for addiction, Carolyn served as a Psychologist for Corrections Canada for 10 years. During that time as well as in recent years, Carolyn has provided psychological services in private practice settings as well specializing in addictions, trauma recovery, anxiety, depression, grief and loss, mood disorders, personality disorders, self esteem, anger management, workplace stress, personal growth, empowerment, and healthy relationships.

Zen Psychological Services is located in the heart of beautiful downtown Antigonish, NS and ME Family Therapy offices are located in Truro, NS, the hub of Nova Scotia. Clients in both locations will receive confidential treatment in an inviting private practice setting.