

**Billur Ugursal, M.A., R.Psych**

CBI Health Halifax Ste 301, 6155 North St., Halifax B3K 5R3 P: 902-455-6771 Office Hours: Thur. 9–5 pm	CBI Health Bedford Ste 100, 1550 Bedford Hwy, Bedford B4A1E6 Office Hours: Tue. 11-7 pm; Fri. 9-5 pm	Billur Ugursal Practice 111 Cavendish Road, Halifax, B3P 2J6 P: 902-444-7012 Office Hours: By Appointment
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NSBEP#: R0581

AREAS OF PRACTICE

Abuse: Emotional / Physical / Sexual Anger Management Anxiety Assertiveness /Social Skills Attachment Issues Blended / Step Family Issues Body Image Issues Conflict Resolution Couple Therapy Depression / Loneliness Family Violence Grief / Loss / Bereavement	Habit Change Obsessive-Compulsive Disorder Parenting Issues Personal Growth/ Wellness Personality Disorders Pain Management Phobias / Fears / Panic Relationship Issues Self Esteem Separation / Divorce / Infidelity Sleep Disorders Stress Management Trauma / PTSD
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TREATMENT APPROACH**POPULATION**

Cognitive-Behavioral
Schema Therapy
Hypnosis
EMDR

Young Adult 19-25
Adult >25
Aged ≥ 65

ASSESSMENT SERVICES**OTHER****LANGUAGES**

Behaviour / Emotional
Pain: Chronic /Acute
Personality
PTSD

Workshops

German
Turkish

PROFILE

After obtaining a Master's degree from Bosphorous University in Istanbul, I have worked in hospitals and private clinics, providing therapy to adults and older adults.

I believe therapeutic work is collaborative; that is, therapist and client strive to achieve goals established in the initial session(s). I also believe that clients discover their inner resources in therapy that allows them to develop and apply new strategies, guiding them 'out of the maze'. My approach includes cognitive-behavioral strategies, schema focused therapy, teaching self hypnosis and EMDR.