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Nancy Adams, M.A., Psychologist (Candidate Register)



Roth Associates in Psychology
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Office Hours: Monday - Friday (including evenings)

NSBEP#: C10656

AREAS OF PRACTICE

<p>Abuse: Emotional / Physical Sexual</p> <p>Addictions: Substance / Alcohol / Gambling</p> <p>Anger Management Anxiety Assertiveness /Social Skills Caregiver Stress Conflict Resolution Couple Therapy</p>	<p>Dealing with Disabilities: Physical Depression / Loneliness Family of Origin Issues Family Violence Grief/Loss/Bereavement Habit Change</p> <p>Health Issues: Acute / Chronic / Terminal / Life Threatening Obsessive-Compulsive Disorder</p>	<p>Personal Growth/Wellness Pain Management Phobias / Fears / Panic Relationship Issues Self Esteem Separation /Divorce /Infidelity Sleep Disorders Stress Management Trauma, PTSD</p> <p>Workplace: Stress / Burnout/ Career/ Bullying / Harassment</p>
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TREATMENT APPROACH

POPULATION

<p>Cognitive-Behavioural Therapy Emotions-Focused Therapy Acceptance & Commitment Therapy Mindfulness Solutions-Focused Therapy</p>	<p>Young Adult 19-25 Adult >25 Aged ≥65</p>
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ASSESSMENT SERVICES

<p>Anxiety Depression</p>	<p>Pain: Chronic / Acute Personality</p>
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PROFILE

I received a Master of Arts in Counselling Psychology from Trinity Western University in 2012 and a Bachelor of Science (Hons) from Dalhousie University in 2006. I work part-time as a counselling psychologist in private practice.

My treatment philosophy is client-centered, based on client strengths and empowerment, and pragmatic. I tailor interventions (treatments) to the unique needs of each client, and employ the following treatment approaches: cognitive-behavioral therapy, emotions-focused therapy, acceptance and commitment therapy, mindfulness, and solutions-focused therapy.

I work with many individuals who are experiencing pain (acute and chronic). I have training and a particular interest in helping people who have mild to moderate traumatic brain injury, such as following motor vehicle accidents.