



Elvira Alphonse, M.A.S.P., R.Psych.
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Office Hours: Monday - Friday, 9 am - 4 pm
NSBEP#: R0449

AREAS OF PRACTICE

Anger Management Anxiety Assertiveness /Social Skills Attentional Problems / ADHD Autism Spectrum Disorder Behaviour Problems	Dealing with Disabilities: Developmental Learning Gifted / Talented Children Grief / Loss / Bereavement Parenting issues Self Esteem
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TREATMENT APPROACH	POPULATION
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Client-Centred Solution-Focused Mindfulness & Cognitive-Behavioural approaches	Child <5 Child 5-12 Adolescent 12-15 Adolescent 15-18 Adult 19-25
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ASSESSMENT SERVICES	OTHER
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ADHD Behavioural /Emotional Disabilities: Developmental / Learning / Intellectual	Intelligence / Cognitive Psychoeducational	Consultations
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PROFILE

Elvira Alphonse is a psychologist trained in the practice of school psychology with a Masters in Arts in School Psychology. She has over fifteen years of experience working in a school setting and offers comprehensive assessment and intervention services in areas of learning, behavior and social emotional needs. She provides meaningful assessments in the determination of Learning Disabilities, Developmental Disabilities and Attention Deficit Hyperactivity Disorder. In addition, she offers supportive services in social skills, anger management, anxiety, self esteem, behavior programming and executive functioning.

Elvira Alphonse is easily able to consult and collaborate with professionals in school, medical and mental health domains. Her skills in assessment, consultation, counseling and programming allow students and families to achieve their best level of functioning.