


**Alexandra Anderson, M.Sc., Psychologist (Candidate Register)**   
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**AREAS OF PRACTICE**

Anger Management	Conflict Resolution	Pain Management
Anxiety	Depression / Loneliness	Phobias / Fears /Panic
Assertiveness /Social Skills	Family of Origin Issues	Relationship Issues
Attachment Issues	Grief/Loss/ Bereavement	Self Esteem
Attentional Problems / ADHD	Habit Change	Separation / Divorce
Behaviour Problems	<b>Health Issues:</b> Acute /	<b>Sexual:</b> Orientation
Blended /Step Family Issues	Chronic	Sleep Disorders /Problems
Body Image Issues	Obsessive-Compulsive	Stress Management
Caregiver Stress	Personal Growth/ Wellness	

<b>TREATMENT APPROACH</b>	<b>POPULATION</b>
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Cognitive-Behavioural	Adolescent 15-18
Mindfulness– Based	Young Adult 19-25
Dialectical Behavioural	Adult >25

**ASSESSMENT SERVICES**

Behavioural /Emotional  
 Career /Vocational

**PROFILE**

Alexandra is a psychologist (Candidate Register) who received a Master of Science (MSc) degree in Clinical Psychology from Acadia University. Alexandra has experience assisting individuals with anxiety disorders, depression, trauma, grief, low self-esteem, chronic pain, and difficulties with lifestyle changes and transitions, adjustment, anger, assertiveness, and interpersonal relationships.

Her therapeutic approach is client-focused and collaborative. As a therapist, she adopts a compassionate, open-minded approach to each unique person and provides supportive guidance to help clients identify their strengths and resources. In her practice, Alexandra assists clients in identifying and coping with difficult thoughts and feelings, and offers evidence-based strategies and recommendations to facilitate this process.

Alexandra’s clinical training is primarily based in Cognitive-Behavioural Therapy (CBT). She also integrates multiple therapeutic models including mindfulness-based theory, attachment theory, and acceptance and commitment therapy (ACT) to suit the specific needs of every client. She has received additional training in suicide risk assessment, Emotion-Focused therapy for caregivers, and Dialectical Behavior Therapy (DBT). Alexandra has experience working in hospital and university mental health care settings, and is currently working full time in private practice.