

Dr. Maria Angelopoulos, R. Psych.
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www.jmcpsychology.ca Office Hours: Tuesday, Wednesday Evenings NSBEP#: R0389

## AREAS OF PRACTICE

Abuse:Family of Origin IssuesEmotionalGrief / Loss / BereavementPhysicalHealth Issues: Acute & ChronicSexualPersonal Growth/Wellness

Anxiety Phobias / Fears
Assertiveness / Social Skills Self Esteem
Attachment Issues Stress Management

Body Image Issues Trauma, PTSD Couple Therapy

## TREATMENT APPROACH

POPULATION

Cognitive-Behavioural Dynamic Interpersonal Young Adult 19-25 Adult > 25

## **PROFILE**

Dr. Angelopoulos' primary areas of practice are adult mental health and health psychology. She has worked extensively with people experiencing anxiety problems, depression, bereavement /grief, PTSD, eating disorders, and personality disorders, as well as men and women from abusive relationships.

She also has extensive experience in helping people cope with pain, adjustment following loss and trauma.