



Dr. Cate Archibald, R. Psych.
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NSBEP#: R0589

AREAS OF PRACTICE

Abuse: Emotional / Physical	Dealing with Disabilities: Physical	Relationship Issues
Addictions: Substance / Alcohol	Depression	Rehabilitation: Cognitive /Neuropsych/ Brain Injury
Anger Management	Family of Origin Issues	Self Esteem
Anxiety	Grief/Loss/ Bereavement	Separation / Divorce
Assertiveness /Social Skills	Health Issues: Acute / Chronic/ Terminal	Sexual: Orientation
Attentional Problems/ADHD	Life Threatening	Dysfunction
Blended /Step Family Issues	Multiple Sclerosis	Stress Management
Caregiver Stress	Obsessive-Compulsive	Trauma /PTSD
Couple Therapy	Personal Growth/ Wellness	
	Phobias / Fears	

TREATMENT APPROACH

POPULATION

Cognitive-Behavioural
Mindfulness-Based

Existential
EMDR

Adolescent 16-19
Young Adult 19-25
Adult >25
Aged ≥65

ASSESSMENT SERVICES

OTHER

Behavioural /Emotional
Pain: Chronic / Acute
PTSD

Consultations

PROFILE

Dr. Archibald has worked as a registered psychologist for over 18 years primarily with adults, couples and older adolescents in hospital, mental health clinic and private practice settings. She sees individuals for a wide variety of problems including depression, anxiety, pain, chronic illness, cancer, MS, sexual dysfunction, ADHD, grief, phase of life, and work-place difficulties; as well as couples for relationship and sexual issues. She is client-centred and collaborative in her approach, utilizing Cognitive-Behavioral, Mindfulness-Based CBT, as appropriate to the individual(s) with attention to existential and gender-specific aspects. She has recently obtained basic certification in EMDR.

Dr. Archibald studied at the University of St. Andrews in Scotland as an undergraduate and at Dalhousie University in Nova Scotia, for graduate school, receiving her PhD in Clinical Psychology in 1998. She did her internship based at the Foothills Medical Centre in Calgary, working within Psychiatry, the Dual Diagnoses Addiction Centre, and Psycho-social Oncology at the Tom Baker Cancer Centre. She developed a clinical specialization in Multiple Sclerosis beginning with her graduate research at the Dalhousie MS Research Unit. Following internship, Dr. Archibald worked with the University of Calgary MS Clinic and Research Program in the Faculty of Medicine Dept. of Clinical Neurosciences for more than a decade. Since returning to Nova Scotia, Dr. Archibald joined Nova Scotia Health working in Addiction and Mental Health Services, and also has a private practice in the Annapolis Valley.