

**Dr. Donna Assh, R. Psych.**  
**Suite 201, 6156 Quinpool Road, Halifax NS B3L 1A5**  
**P: 902-422-0337**  
**Office Hours: Monday - Thursday, 8:30 am - 5:30 pm**  
**NSBEP#: R0259**

### AREAS OF PRACTICE

PTSD (1st responders, police officers, military policing personnel) Emotional & Sexual Abuse Anxiety Assertiveness/ Social Skills Couple Therapy Depression Family of Origin Issues Panic Disorder	Personal Growth / Wellness Relationship Issues Self Esteem Separation / Divorce Stress Management <b>Workplace Issues:</b> Stress / Burnout / Career Change / Career Reversal
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TREATMENT APPROACH	POPULATION	LANGUAGE
Cognitive-Behavioural Systemic Mindfully-Based Therapy	Young Adult 19-25 Adult >25	English French

ASSESSMENT SERVICES	OTHER		
ADHD and Adult ADHD Career / Vocational / Psychovocational	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Personality Psychodiagnostic PTSD</td> <td style="width: 50%;">Consultations Workshops</td> </tr> </table>	Personality Psychodiagnostic PTSD	Consultations Workshops
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### PROFILE

Dr. Assh is a registered psychologist with 25 years of experience providing individual adult and couples counseling. Her areas of specialization include assessment and treatment of depression and anxiety disorders, adult attention deficit disorder (ADD) post-traumatic stress disorder, work stress, and adjustment problems. Dr. Assh integrates cognitive-behavior, interpersonal and systemic approaches in her therapy. In addition, Dr. Assh conducts career assessments for individuals in career transition or reversal, youth seeking career guidance, and individuals at mid-career. Independent psychological and psycho-vocational assessments for insurers are also provided.

In the past, Dr. Assh served as a board member for the Nova Scotia Board of Examiners in Psychology, including Vice-Chair. Dr. Assh is a member of the Nova Scotia Board of Examiners in Psychology Continuing Competency Committee.