

Dr. Cheryl Aubie, R. Psych.
Wavelength Psychotherapy
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 Office Hours: Tuesday - Friday
 NSBEP#: R0577

AREAS OF PRACTICE

Abuse: Emotional Anxiety Assertiveness / Social Skills Attachment Issues Body Image Issues Couple Therapy Depression / Loneliness Eating Disorders Family of Origin Issues	Family Violence Grief/ Loss/ Bereavement Habit Change Parenting Issues Personal Growth / Wellness Phobias / Fears / Panic Relationship Issues Separation/ Divorce
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TREATMENT APPROACH

Cognitive-Behavioural
 Emotion-Focused
 Group Therapy

POPULATION

Adolescent 16-18
 Young Adult 19-25
 Adult >25
 Aged ≥65

OTHER

Workshops

PROFILE

Dr. Cheryl Aubie has been a registered psychologist in Nova Scotia since 2007. She completed her Master's and Ph.D. degrees in clinical psychology at the University of Windsor.

Dr. Aubie works to help adults with emotional difficulties including those feeling anxious or depressed, stressed about life events and transitions, and relationship difficulties. She also specializes in treating adults with eating disorders and body image concerns. She works with couples and parents using an attachment and emotion focused approach.

Dr. Aubie is trained in several psychotherapeutic modalities including, emotion focused therapy, emotion focused family therapy, cognitive behavioural therapy, group therapy and motivational interviewing. In addition to individual therapy, Dr. Aubie offers group therapy and emotion focused family therapy (EFFT) workshops for parents and caregivers of individuals struggling with mental health issues such as anxiety, depression, substance use, and eating disorders, regardless of their age.

She also works at the QEII Eating Disorder Clinic and is an Assistant Professor in the Dalhousie University Department of Psychiatry and a Clinical Associate in the Dalhousie University Department of Psychology.