



Harpreet Aulakh, M.A., R. Psych.
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AREAS OF PRACTICE

<p>Abuse: Emotional /Physical / Sexual</p> <p>Addiction: Substance/ Alcohol / Gambling / Sexual / Internet</p> <p>Adoption Issues</p> <p>Anger Management</p> <p>Anxiety</p> <p>Assertiveness / Social Skills</p> <p>Attachment Issues</p> <p>Attentional / ADHD</p> <p>Autism Spectrum Disorder</p> <p>Behaviour Problems</p> <p>Blended/Step Family Issues</p> <p>Body Image Issues</p> <p>Caregiver Stress</p> <p>Conflict Resolution</p>	<p>Couple Therapy</p> <p>Dealing with Disabilities: Physical / Developmental /Learning</p> <p>Depression /Loneliness</p> <p>Eating Disorders / Obesity</p> <p>FASD</p> <p>Family of Origin Issues</p> <p>Family Violence</p> <p>Gifted /Talented Children</p> <p>Grief/Loss/Bereavement</p> <p>Habit Change</p> <p>Health Issues: Chronic /Terminal / Life Threatening</p> <p>Obsessive-Compulsive</p> <p>Pain Management</p> <p>Parenting Issues</p>	<p>Personal Growth / Wellness</p> <p>Personality Disorders</p> <p>Phobias / Fears</p> <p>Relationship Issues</p> <p>Rehabilitation: Cognitive</p> <p>Self Esteem</p> <p>Separation/ Divorce /Infidelity</p> <p>Sexual: Orientation / Dysfunc-tion / Offenders</p> <p>Sleep Disorders /Problems</p> <p>Stress Management</p> <p>Trauma, PTSD</p> <p>Workplace Issues: Stress / Burnout / Career Retirement /Bullying/ Harassment</p>
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural	Narrative	Child 5-12	Young Adult 19-25
Acceptance & Commitment	Emotion-Focused	Adol. 12-15	Adult >25
Solution-Focused	Dialectical Behaviour (DBT)	Adol. 16-18	

ASSESSMENT SERVICES	OTHER
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ADHD /Adult ADHD	Intelligence/Cognitive	Personality	Consultations
Behavioural/ Emotional	Legal / Forensic	Psychoed	Workshops
Disabilities: Physical / Parental Capacity	Learning/ Dev.	PTSD	Referrals Court/ Litigation

PROFILE

Over the past 17 years, Harpreet has worked extensively in both public and private settings providing assessment and therapy services for adolescents, adults and couples. Harpreet works closely with people dealing with difficult issues such as anxiety, depression, trauma (PTSD), brain injuries, relationship issues, and adjustment to life transitions, and she is trained in Emotion Focused Therapy for couples counselling. Also, Harpreet has worked in forensic settings, so she has extensive experience working with individuals with disruptive behaviors, such as anger management, ADHD, ODD, and conduct issues, and she has worked with veterans and first responders dealing with PTSD. As well, Harpreet has specialized training and experience working with individuals who struggle with problem sexual and violent behaviors. She conducts assessments for children, adolescents, and adults, with particular focus on diagnostic mental health assessments, parental capacity assessments, risk assessments and cognitive/academic assessments.

In her down-to-earth style, Harpreet approaches clients holistically. She looks for their unique talents and strengths when working with her clients. She acknowledges that making change for all people is difficult, and she is compassionate in her dealings with her clients. She works closely with individuals from differing cultures, genders, and sexual orientations.

She practices from a theoretically integrative approach, drawing primarily from Cognitive-Behavioral, Acceptance and Commitment, Narrative, Solution-Focused, Dialectical Behavior, and Emotion Focused therapy. She is a keen believer that on-going learning is important, so she continues to stay current to be most effective in helping her clients. For more information see www.aulakhpsychology.ca