



Kjerstin Baldwin, Ph.D., R. Psych.
True North Psychological Services.
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AREAS OF PRACTICE

Anxiety	Sport Psychology
Depression	Stress Management
Health Issues: Acute / Chronic	Trauma /PTSD
Pain Management	Workplace: Stress/ Burnout /
Rehabilitation: Brain Injury	Retirement

POPULATION

Young Adult 19-25
Adult >25

ASSESSMENT SERVICES

Career /Vocational
Pain: Chronic / Acute
PTSD

PROFILE

Dr. Kjerstin Baldwin (Ph.D., R. Psych.) received her Masters and PhD in Counselling Psychology from the University of Calgary. She focuses primarily on cognitive-behavioural therapy as well as EMDR, both evidence-based approaches to treatment. Her specific interests include post-traumatic stress, stress and pain management, occupational mental health, depression, and anxiety. She has worked with individuals, employers, and third party referral sources to address coping with pain and illness, to support return to work, and to manage mental health. Additionally, Dr. Baldwin has worked extensively with developing and current national team athletes providing performance enhancement and personal counselling services, and has attended numerous multi-sport events including several Canada Games as well as Pan-Am and Olympic Games.