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NSBEP#: R0543

AREAS OF PRACTICE

Anger Management Anxiety Assertiveness /Social Skills Attentional Problems/ ADHD Behaviour Problems Blended / Step Family Issues Depression Grief / Loss / Bereavement Habit Change Obsessive-Compulsive Disorder	Parenting Personal Growth / Wellness Personality Disorders Phobias / Fears Relationship Issues Self Esteem Separation / Divorce Sleep Disorders Stress Management
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TREATMENT APPROACH

Cognitive-Behavioural
 Art Therapy

POPULATION

Child 6-12 Young Adult 19-25
 Adolescent 12-15 Adult >25
 Adolescent 16-18

ASSESSMENT SERVICES

ADHD

OTHER

Consultations
 Workshops

PROFILE

I work with children, teens, parents and adults to provide evidence-based treatments for:

- Anxiety
- Mood disorders
- Coping with stress
- Behavior problems
- Adjustment to changes (such as divorce, moves, loss, change of school)

I also work with children, toddlers and their parents who struggle with sleep problems such as:

- Difficulty falling asleep
- Difficulty staying asleep
- Staying in their own rooms

I provide assessments for ADHD and ADD.