



Donna Benigno, M.A.S.P., R. Psych.
Dr. Crystal Lowe-Pearce & Associates
Learning & Development Psychological Services
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NSBEP#:R0448

AREAS OF PRACTICE

Anger Management Assertiveness / Social Skills Attentional Problems / ADHD Autism Spectrum Disorder Behaviour Problems	Dealing with Disabilities: Developmental / Learning Gifted / Talented Children Grief / Loss / Bereavement Parenting Issues Self Esteem
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TREATMENT APPROACH	POPULATION
Client-Centred Developmental Cognitive-Behavioural Solution-Focused	Child 5 –12 Adolescent 12-15 Adolescent 16-18 Young Adult 19-25

ASSESSMENT SERVICES	OTHER
ADHD Behavioural / Emotional Disabilities: Developmental Learning	Giftedness Intelligence / Cognitive Psychoeducational Consultations

PROFILE

Ms. Benigno is a registered psychologist with experience in providing a variety of services to children, adolescents, and young adults. She is committed to providing ethical, competent service in an atmosphere that helps her clients and their families recognize and achieve their true potential and possibilities. With her training in school psychology along with over 16 years of experience, Ms. Benigno offers a range of psychological services; including those related to assessment, counselling/skills training, behaviour support and management, and consultation. She is skilled in the area of psychoeducational assessments, and uses an evidence-based, process oriented approach to clarify individual cognitive and learning profiles, diagnose Learning Disabilities/Disorders and Intellectual Disabilities, and screen for other factors that may impact a person's school based functioning (i.e., social-emotional functioning, behavioural and/or attention-based difficulties, motivation). Ms. Benigno offers behaviour assessments and can help develop strategies to promote an individual's ability to interact successfully with others in their environment. Ms. Benigno provides brief, therapeutic/counseling services to support individuals in a variety of areas including executive functioning, learning disabilities/disorders, ADHD, social skills, parenting and anxiety-based difficulties, particularly as they apply to a school setting. Ms. Benigno's experience within the school system provides her with a unique perspective to effectively advocate and support her clients and their families in developing research-based, practical and realistic plans and recommendations. She can effectively consult with a variety of professionals to help individuals and their families develop and coordinate comprehensive support plans.