



Deborah Bird, M.Sc., R. Psych.
East Coast Integrative Health Center
Suite 305, 6155 North St., Halifax NS B3K 5R3
P: 902-490-0090 F: 902-490-0099
infobirdpsychologicalservices@gmail.com
Office Hours: By Appointment
NSBEP#: R0637

AREAS OF PRACTICE

Abuse: Emotional Physical / Sexual	Body Image Issues Caregiver Stress	Personal Growth /Wellness Personality disorders
Addictions: Substance / Alcohol / Gambling	Couple Therapy Depression / Loneliness Eating Disorders	Phobias / Fears / Panic Relationship Issues Self-Esteem
Adoption Issues Anger Management Anxiety	Family of Origin Issues Family Violence Grief / Loss / Bereavement	Separation /Divorce/ Infidelity Sleep Disorders/ Problems Stress Management
Assertiveness / Social Skills Attachment Issues Attentional /ADHD	Habit Change Health Issues: Acute/ Chronic	Trauma / PTSD Workplace Issues: Stress / Burnout
Behaviour Problems Blended /Step Family Issues	Obsessive-Compulsive Parenting Issues	Retirement Bullying

TREATMENT APPROACH

Cognitive-Behavioural
 Emotion-Focused Therapy
 Mindfulness

POPULATION

Child <5 Adult >25
 Child 5-12 Aged ≥65
 Adolescent 12-15 Family
 Adolescent 16-18
 Young Adult 19-25

ASSESSMENT SERVICES

ADHD and Adult ADHD
 Behavioural / Emotional

PROFILE

I received my Bachelor of Arts degree from St. Thomas University and my Master of Science degree in Clinical Psychology from Capella University. I have 12 years of experience working with children, adolescents, adults, and couples, in school, out-patient mental health and private practice settings.

The treatment modalities that I used are predicated on Evidence Based Techniques such as: Cognitive Behavior Therapy, Emotion Focused Therapy and Mindfulness therapy. I believe that in order to produce effective treatment, a clinician must assess multiple variables that are impacting individuals, couples and families. In most cases, with consent from the client, a collaborative approach is often the cornerstone to successful treatment outcomes.