

**Rebecca Boehm, Ph.D., R.Psych.****Mindful Therapies****168 Ochterloney St., Dartmouth NS****P: 902-576-3576****E-mail: rebecca@drboehm.ca****www.mindfultherapies.org****Office Hours: Afternoons, Evenings, Weekends****NSBEP#: R0754****AREAS OF PRACTICE**

Adoption Issues	Personal Growth / Wellness	Trauma /PTSD
Anxiety	Phobias / Fears /Panic	<b>Workplace Issues:</b>
Caregiver Stress	Relationship Issues	Stress / Burnout
Conflict Resolution	Self Esteem	Bullying / Harassment
Depression /Loneliness	Separation / Divorce	Career / Retirement
Family of Origin Issues	/ Infidelity	Coaching/ Negotiation
Grief / Loss / Bereavement	<b>Sexual:</b> Orientation /	
Habit Change	Dysfunction	
<b>Health Issues:</b>	Sleep Disorders /Problems	
Acute / Chronic	Stress Management	

**TREATMENT APPROACH****POPULATION**

Mindfulness  
Cognitive-Behavioural  
Interpersonal Process

Adolescent 16-18  
Young Adult 19-25  
Adult >25  
Institutional /Organizational

**ASSESSMENT SERVICES****OTHER**

Behavioural / Emotional  
Intelligence /Cognitive  
Legal /Forensic

Consultations

**PROFILE**

Dr. Boehm received her PhD from the University of Saskatchewan in Clinical Psychology. She has a broad base of training and experience in late adolescent and adult mental health. She incorporates principles of mindfulness, positive psychology, interpersonal therapy and cognitive behavioural therapies into her practice. She has lived in Nova Scotia since 2008 and has worked in the public health system with specialties in Addictions, Trauma, and Assessment.