



**Michael Bryson, M.A., R.Psych.**  
**Bryson Counselling & Consulting Inc.**  
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**Office Hours: Mon, Wed, Thurs, 8 am- 8 pm, Tues, Fri, 8 am-6 pm**  
**NSBEP#: R0477**                                      **CRHSP#: 06281**

<b>AREAS OF PRACTICE</b>
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<b>Abuse:</b> Emotional Physical / Sexual <b>Addictions:</b> Substance Alcohol / Gambling Sexual / Internet Anger Management Anxiety Assertiveness / Social Skills Behaviour Problems Blended / Step Family Issues Body Image Issues Caregiver Stress Conflict Resolution Couple Therapy	Depression / Loneliness Eating Disorders Family of Origin Issues Family Violence Grief / Loss / Bereavement Habit Change <b>Health Issues:</b> Acute/ Chronic/Terminal/ Life Threatening Obesity Obsessive-Compulsive Personal Growth / Wellness Personality Disorders Pain Management	Phobias / Fears /Panic Relationship Issues <b>Rehabilitation:</b> Cognitive Self Esteem Separation /Divorce /Infidelity <b>Sexual:</b> Orientation Sleep Disorders /Problems Stress Management Trauma, PTSD <b>Workplace Issues:</b> Stress / Burnout / Harassment / Career / Retirement
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<b>TREATMENT APPROACH</b>	<b>POPULATION</b>
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Cognitive-Behavioural Cognitive Processing Theory	Child 5-12                      Young Adult 19-25 Adolescent 12-15          Adult >25 Adolescent 16-18          Aged ≥ 65 Family
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<b>ASSESSMENT SERVICES</b>	<b>OTHER</b>
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Pain: Chronic / Acute	Consultations
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<b>PROFILE</b>
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Michael Bryson, MA, completed an Honours BA at the University College of Cape Breton (Cape Breton University), followed by a Master's of Arts Clinical Psychology at Lakehead University.

Michael has offered group and individual counselling including anger, assertiveness, stress and pain management. He has extensive experience in addictions (alcohol, street-drug, prescription, and gambling), including the development and facilitations of treatment programs. Michael particularly enjoys working with couples and families. His treatment approach utilizes proven and scientifically-based Cognitive Behavioural treatments focused on achieving objective and measurable goals and outcomes.

Volunteer work includes membership on a district health council, and chair of a working committee on community supports for mental health consumers. Additionally, he was the co-ordinator of a community needs assessment on the effect of alcohol and drug use in a northern native community.

He is the past chair of the Help Line and was a member of the advisory board for a men's anger treatment program. Michael enjoys a close working relationship with local physicians, psychiatrists and medical specialists. He works closely with various provincial workers compensation programs and private health insurers.