



Dr. Gordon Butler, R. Psych.
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 Office Hours: Tuesday & Wednesday Evenings
 NSBEP#: R0215 CRHSP#: 03489

AREAS OF PRACTICE

Anxiety Depression	Health Issues: Acute Chronic Terminal Life Threatening	Stress Management
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural	
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	Adolescent 16-18 Young Adult 19-25 Adult >25 Aged ≥ 65
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PROFILE

Dr. Butler treats young and older adults who are affected by anxiety, depression, stress and health related issues. He has a particular interest in Health Psychology and issues related to coping and dealing with medical problems. Dr. Butler has more than 25 years experience working in a tertiary care hospital where he has helped people deal with a variety of genetic, chronic, newly acquired and traumatic illnesses and conditions (e.g., cardiac and respiratory diseases).

Dr. Butler completed his psychological training at UNB, Memorial and Queen's universities. He worked as a psychologist in Newfoundland, Ontario, and Alberta before resettling in Halifax. Dr. Butler holds appointments as Lecturer and Clinical Associate with the Dalhousie University Departments of Medicine (Psychiatry) and Psychology, respectively. He is a past-President of the Association of Psychologists of Nova Scotia and past Chair of the Nova Scotia Board of Examiners in Psychology, and he continues to be involved with both organizations.

Dr. Butler uses relaxation, cognitive behavioural and humanistic approaches to help people deal and cope with their problems. He offers appointments on Tuesday and Wednesday evenings.