



Dr. Kathy Hubley Carruthers, R. Psych.
Counselling & Psychological Services
1st Floor, 1331 Brenton St. Halifax NS B3J 2K5
P: 902-407-1234 F: 902-407-1235
admin@hubleycarruthers.com www.hubleycarruthers.com
Office Hours: Monday - Friday, 9 am - 5 pm, Tuesday evenings
NSBEP#: R0461

AREAS OF PRACTICE

Abuse: Emotional / Physical / Sexual	Couple Therapy	Personality Disorders
Anger Management	Dealing with Disabilities: Learning	Phobias / Fears / Panic
Anxiety	Depression / Loneliness	Relationship Issues
Assertiveness / Social Skills	Family of Origin Issues	Self Esteem
Attachment Issues	Family Therapy	Stress Management
Attentional Problems/ADHD	Grief / Loss / Bereavement	Separation/ Divorce / Infidelity
Blended/Step Family Issues	Habit Change	Trauma /PTSD
Body Image Issues	Obsessive-Compulsive	Workplace Issues:
Caregiver Stress	Parenting Issues	Burnout / Career
Conflict Resolution	Perfectionism	Coaching/ Negotiation
Co-Parenting	Personal Growth /Wellness	

TREATMENT APPROACH

POPULATION

Cognitive-Behavioural	Emotion-Focused Couple	Adolescent 12-15	Adult >25
Mindfulness Meditation	(EFT) / Family Therapy)	Adolescent 16-18	Family
Solution-Focused	(EFFT)	Young Adult 19-25	Couples
Couple Therapy	Family Systems Therapy		
Mediation	Conjoint Trauma Therapy		

ASSESSMENT SERVICES

Adult ADHD	Disabilities: Learning	Personality
Behavioural /Emotional	Intelligence / Cognitive	Psychoeducational (screen)
Career /Vocational	Job Selection	PTSD

PROFILE

Dr. Kathy Hubley Carruthers holds a B.Sc. with honours (Psychology) from Acadia University (1994), a M.Sc. in Counselling Psychology from the University of Calgary (1999), and a Ph.D. in Applied Psychology from the University of Calgary (2002). As part of her doctoral training, she participated in the Family Therapy Training Program through the American Association for Marital and Family Therapy (AAMFT). She is a specialist in couples and family counselling. She is extensively trained in Cognitive Behavioural Therapy (CBT). She also incorporates Mindfulness-Based, Emotion-Focused and Solution-Focused treatments in therapy.

Dr. Hubley Carruthers sees adolescents, couples and families with a wide variety of concerns including relationship problems, anxiety and mood management difficulties, learning and attention issues, and job/career concerns. She has a special interest in relational issues such as co-parenting, recovering from the crisis of infidelity, trust building, intimacy building, and forgiveness. She does work in rebuilding after separation/divorce.

In addition to therapy, Dr. Hubley Carruthers offers psychology assessment for a wide variety of presenting concerns (i.e., job pre-selection, PTSD, anxiety, depression, ADHD). She is a contract psychologist for Corrections Service Canada and the Public Service Commission as well as the RCMP. Dr. Hubley Carruthers has extensive training and experience in the area of stress management and workplace wellness. She completed her doctoral research in the areas of stress management, burnout, and work-family balance. She continues to offer job coaching and job transition support services. Dr. Hubley Carruthers has 18 years of experience working in family service agencies, teaching hospitals and private practice settings in Calgary and Halifax.