Dr. Jason Chatman, R. Psych.
Dr. Jason Chatman Psychological Services
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Office Hours: Tues & Thurs 9 am - 9 pm; Wed 9 am- 5 pm; Fri 9 am - 1 pm
NSBEP#: R0655

AREAS OF PRACTICE

Adoption Issues
Anger Management
Anxiety
Assertiveness /Social Skills
Attachment Issues
Attentional Problems / ADHD
Behaviour Problems
Blended / Step Family Issues
Caregiver Stress
Conflict Resolution
Dealing with Disabilities: Learning
Depression / Loneliness
Family Violence
Grief / Loss /Bereavement
Obsessive-Compulsive
Parenting Issues
Personal Growth / Wellness
Personality Disorders
Phobias /Fears / Panic
Relationship Issues
Self Esteem
Sexual: Orientation
Stress Management
Trauma, PTSD
Workplace: Stress / Burnout / Bullying

TREATMENT APPROACH

Cognitive-Behavioural
Acceptance and Commitment Therapy
Family Systems

POPULATION

Child 5 –12
Adolescent 12-15
Adolescent 16-18
Young Adult 19-25
Adult >25
Family

ASSESSMENT SERVICES

ADHD
Adult ADHD
Behavioural /Emotional
Intelligence / Cognitive
Psychoeducational

OTHER

Consultations
Workshops

PROFILE

Dr. Jason Chatman is a Registered Psychologist who has many years of experience in clinical and academic settings. He works with children, adolescents, and adults using an evidence-based approach to both assessment and treatment. In particular, his work with individuals employs a cognitive-behavioural perspective, incorporating elements of acceptance and commitment therapy. Dr. Chatman also has extensive experience assisting families resolve conflict, improve communication, and develop stronger and more satisfying relationships using family systems and solution-focused family therapy approaches. He has a special interest in helping youth and adults across the lifespan overcome anxiety, depression, and develop better relationships with family and friends. Other services include, but are not limited to: attention problems/ADHD, stress management, childhood behaviour problems, self-injurious behaviour, assertive communication, and attachment parenting. Dr. Chatman is also an Adjunct (Clinical Associate) in the Department of Psychology at Dalhousie University.