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NSBEP#: R0570

AREAS OF PRACTICE

Abuse: Emotional / Physical / Sexual Anxiety Assertiveness / Social Skills Attentional Problems / ADHD Attachment Issues Caregiver Stress Family of Origin Issues Grief / Loss / Bereavement	Obsessive-Compulsive Disorder Phobias / Fears / Panic Sleep Disorders / Problems Stress Management Trauma / PTSD Workplace Stress
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TREATMENT APPROACH	POPULATION
Cognitive-Behavioural Mindfulness	Young Adult 19-25 Adult >25 Aged ≥65

PROFILE

My education and clinical training have afforded me diverse opportunities. I have a PhD in Clinical Psychology from Lakehead University and a Masters in Gerontology from the University of Waterloo. I welcomed the opportunity in 2003 to return to my home province as a Pre-Doctoral Intern at the QEII Health Sciences Centre. Since beginning my journey as a Clinical Psychologist, I have been fortunate to have worked in a variety of settings, including a Mental Health Day Treatment program for individuals with severe and persistent mental illness, a Mental Health Outpatient program, a Pain Management clinic, and a University Counselling Centre. I have been in Private Practice since 2005.

I use empirically-validated approaches to therapy and am continually updating my skills and knowledge of the research. Although I have strong foundations in Cognitive-Behavioural and Mindfulness Strategies, I tailor the treatment to the specific needs of the client. I believe the benefits of therapy depend on a strong therapeutic alliance grounded in trust, authenticity, and connectedness. I have a down-to-earth, genuine style and it is important that my clients feel comfortable and free of judgment. I believe it is a privilege to be witness to my clients' journeys through self-discovery and transformation. They have been my greatest teachers.