

Doreen Coady Shadbolt, M.Ed., R. Psych.
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 Office Hours: Evenings / Weekends
 NSBEP#: R0393

AREAS OF PRACTICE

Abuse: Emotional / Physical / Sexual	Family of Origin Issues
Addictions: Substance	Family Violence
Adoption Issues	Gifted / Talented children
Anxiety	Grief / Loss / Bereavement
Assertiveness / Social Skills	Parenting Issues
Attachment Issues	Personal Growth / Wellness
Attentional Problems / ADHD	Phobias / Fears / Panic
Behaviour Problems	Relationship Issues
Blended / Step Family Issues	Separation / Divorce
Body Image Issues	Sexual: Orientation
Dealing with Disabilities: Learning	Stress Management
Depression / Loneliness	Trauma / PTSD
FASD	

TREATMENT APPROACH	POPULATION	
Cognitive-Behavioural	Child <5	Young Adult 19-25
Dialectic Behaviour Therapy	Child 5 -12	Adult >25
Emotion-Focused Therapy	Adolescent 12-15	Family
Multisystemic Therapy	Adolescent 16-18	Inst/Organizational
Play Therapy		
Family Therapy		

OTHER

Consultations
Workshops

PROFILE

Doreen Coady Shadbolt is a registered psychologist providing therapy to children, youth and families using a variety of therapeutic modalities. She has more than 25 years experience and training in mental health issues. and has worked extensively with children, adolescents and families in the areas of fears, anxiety, depression, behaviour, relationships, trauma, abuse, divorce and family dynamics. Doreen draws from an extensive knowledge of theory and skills to develop interventions that are both meaningful and practical for caregivers and clients.