



Dr. Karen Cochrane, R. Psych.
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AREAS OF PRACTICE

<p>Abuse: Emotional / Physical / Sexual</p> <p>Addictions: Substance / Alcohol / Gambling / Internet</p> <p>Anger Management Anxiety Assertiveness / Social Skills Body Image Issues Caregiver Stress Conflict Resolution</p>	<p>Dealing with Disabilities: Physical / Developmental</p> <p>Depression / Loneliness Family of Origin Grief / Loss / Bereavement Habit Change</p> <p>Health Issues: Acute / Chronic / Terminal / Life Threatening Personal Growth / Wellness Phobias / Fears / Panic</p>	<p>Relationship Issues Self Esteem Separation / Divorce / Infidelity Sleep Disorders / Problems Stress Management</p> <p>Workplace: Stress / Burnout Career / Retirement / Bullying / Harassment</p>
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural	Young Adult 19-25 Adult >25 Aged ≥ 65
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PROFILE

Dr. Karen Cochrane completed her Masters degree in Counselling Psychology at McGill University and her Ph.D. in Counselling Psychology at the University of Alberta. Her previous work settings have included a community mental health center, hospital setting and a college counselling service.

Dr. Cochrane specializes in the areas of anxiety, depression, grief and loss, as well as caregiver stress, chronic illness, and issues facing older adults. She displays warmth, compassion and empathy, supporting clients using a cognitive-behavioral approach to therapy.

For more information, please visit our website: www.fenwickhealth.ca