

Andrea D. Cook, M.A., R. Psych.
Waldegrove Psychological Services
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NSBEP#: R0584 CRHSP#: 06286



AREAS OF PRACTICE

Abuse: Emotional / Physical / Sexual Adoption Issues Anger Management Anxiety Assertiveness / Social Skills Attachment Issues Attentional Problems /ADHD Autism Spectrum Disorder Behaviour Problems Blended / Step Family Issues Body Image Issues Caregiver Stress Conflict Resolution Couple Therapy	Depression / Loneliness Eating Disorders / Obesity Family of Origin Issues Family Violence Gifted /Talented Children Grief / Loss /Bereavement Habit Change Health Issues: Acute /Chronic/ Life Threatening /Terminal Obsessive-Compulsive Parenting Issues Personal Growth / Wellness Pain Management Phobias /Fears / Panic Relationship Issues	Self Esteem Separation / Divorce /Infidelity Sexual: Orientation / Dysfunction Sport Psychology Sleep Disorders /Problems Stress Management Trauma, PTSD Workplace: Stress / Burnout Harassment / Career / Retirement / Coaching / Negotiation / Bullying / Harassment
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ASSESSMENT SERVICES

Career / Vocational PTSD

TREATMENT APPROACH	OTHER	POPULATION
Eclectic: Cognitive-Behavioural Mindfulness Sensorimotor	Consultations Workshops	Adolescent 16-18 Young Adult 19-25 Adult >25 Aged ≥ 65

PROFILE

Andrea Cook established Waldegrove Psychological Services in October 2003 and expanded with new associates in 2011. Ms. Cook has worked in a variety of settings including Dalhousie University Counselling Services, Dept. of National Defence, Montreal Children's Hospital's Adolescent Day Treatment Program (Internship), Newfoundland and Labrador youth correctional services, and private practice. Ms. Cook was a part-time faculty member at Saint Mary's University from 2004-2010 teaching Adolescent Development and Personality; Normal Abnormal. She was the chair of the APNS' Post Trauma Services Committee from 2005 to 2008 and is a member of International Association of Trauma Professionals and a general member of the International Association of Yoga Therapists.

Ms. Cook has specialized in treating adolescents and young adults, but is currently narrowing her focus to couples therapy, trauma and first responder/military/veterans work. Other areas of interest and expertise include, but not limited to; work-related stress/burnout, depression, anxiety, Adult Children of Alcoholics, emotional regulation, family of origin, and relationship issues. Ms. Cook integrates various forms of therapy catered to the individual client's issues and needs. She enjoys combining evidence-based approaches such as cognitive-behavioural therapy with more Eastern philosophies, reflecting her direct and practice, yet open treatment style. She believes in a collaborative and supportive approach to therapy.