



**Valerie Corkum, Ph.D., R. Psych.**  
**Corkum & Associates Psychological Services Ltd.**  
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**Office Hours: Tuesday - Friday, Day & Evening Appointments**  
**NSBEP#: R0324**

### AREAS OF PRACTICE

|   |   |  |
|---|---|--|
| Adoption Issues<br>Anger Management<br>Anxiety<br>Assertiveness / Social Skills<br>Attentional Problems-ADHD<br>Autism Spectrum Disorder<br>Behaviour Problems<br>Blended /Step Family Issues<br>Caregiver Stress | <b>Dealing with Disabilities:</b><br>Physical /<br>Developmental /Learning<br>Depression<br>Grief / Loss / Bereavement<br>Habit Change<br><b>Health Issues:</b> Acute/<br>Chronic<br>Obsessive-Compulsive<br>Parenting Issues<br>Personal Growth / Wellness | Phobias / Fears/ Panic<br>Relationship Issues<br>Self-Esteem<br>Separation / Divorce<br>Sleep Disorders / Problems<br>Stress Management<br>Trauma, PTSD<br><b>Workplace Issues:</b><br>Stress / Burnout /<br>Harassment / Career<br>Change |
|---|---|--|

### TREATMENT APPROACH

Cognitive-Behavioural  
 Developmental  
 Family-Oriented  
 Multidisciplinary

### POPULATION

|                  |                   |
|------------------|-------------------|
| Child <5         | Adolescent 16-18  |
| Child 5-12       | Young Adult 18-25 |
| Adolescent 12-15 | Adult >25         |

### ASSESSMENT SERVICES

|  |   |
|--|---|
| Behaviour / Emotional<br><b>Disabilities:</b><br>Developmental<br>Learning | Intelligence / Cognitive<br>Psychoeducational |
|--|---|

### OTHER

Consultations  
 Workshops

### PROFILE

Dr. Corkum is a registered psychologist with more than 20 years of experience providing psychological services to children, adolescents, adults and families. She has worked in hospital, mental health clinic and private practice settings. She is a past president of the Association of Psychologists of Nova Scotia. She has extensive experience in working on multidisciplinary teams along with family physicians, psychiatrists, speech-language pathologists, occupational therapists, and social workers. Her clinical work utilizes an integration of cognitive, behavioural, developmental, and family-oriented approaches to assessment and treatment.

Service is provided through office-based appointments as well as home, preschool and school-based consultation as needed. Areas of clinical expertise include: learning disabilities, developmental disabilities (such as Autism), attention deficits, anxiety (including OCD), depression, adjustment issues (such as separation / divorce), parenting, behaviour problems, and grief /loss.