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 NSBEP#: R0021 CRHSP#: 01723

AREAS OF PRACTICE

Addictions: Substance / Alcohol Gambling / Sexual Anger Management Anxiety Assertiveness / Social Skills Body Image Issues Depression Eating Disorders	Grief / Loss / Bereavement Habit Change Health Issues: Acute/ Chronic Obsessive-Compulsive Pain Management Phobias / Fears Procrastination Self Esteem	Sexual: Orientation Sleep Disorders / Problems Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Harassment / Career Change
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TREATMENT APPROACH

Cognitive-Behavioural

POPULATION

Adolescent 16-18
 Young Adult 19-25
 Adult >25

OTHER

Workshops

PROFILE

Assisting people in understanding and overcoming their personal problems, and in developing skills to cope independently as soon as possible, is the primary focus of my professional practice. Warmth, empathy and respect are important in any psychological therapy, and I endeavour to provide these within the therapy I offer.

My qualifications include over 25 years of professional experience in providing individual therapy, group programs and workshops, university teaching and clinical supervision. I have an Honours Psychology BA from Dalhousie University and a MA and PhD in Clinical Psychology from Queen's University.

My therapeutic orientation is "Cognitive-Behavioural" which means understanding personal problems as learned habits of thinking, feeling and behaving and focusing therapy on learning new ways of thinking and coping. It is also an orientation for which there is good scientific evidence of effectiveness for a variety of psychological problems.

My private practice is a part-time activity and so I have only a limited number of appointments available at a time.

In terms of personal characteristics, I have been married for more than 30 years, have three adult children and grew up in Nova Scotia. However it is my belief and experience that people of very diverse characteristics can share understanding.