



Jennifer Denney-Hazel, M.Sc., R. Psych.
Dr. Kiran Pure & Associates Ltd
90 Portland St., Dartmouth NS B2Y 1H6
P: 902-444-3669 F: 902-444-3665
E: drpure@drpureandassociates.com drpure@drpureandassociates.com
Office Hours: Monday - Friday, one Saturday a month
NSBEP#: R0684

AREAS OF PRACTICE

Anger Management Anxiety Assertiveness / Social Skills Attentional Problems-ADHD Behaviour Problems Dealing with Disabilities: Developmental Learning	Depression Obsessive Compulsive Disorder Parenting Issues Phobias / Fears/ Panic Stress Management
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ASSESSMENT SERVICES

POPULATION

ADHD Behaviour / Emotional Disabilities: Developmental /	Learning Intelligence / Cognitive Neuropsychological Psychoeducational	Child 5-12 Adolescent 12-15 Adolescent 16-19 Family
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TREATMENT APPROACH

OTHER

Cognitive-Behavioural Behavioural	Consultations
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PROFILE

I received my Bachelor of Science with an Honours in Psychology from Saint Mary's University, Halifax, and my Masters of Science in Clinical Psychology from Acadia University, Wolfville, NS. I have been an associate at Dr. Kiran Pure and Associates Ltd. since 2005. In addition to private practice work, I have also worked as a member of a rural multidisciplinary outpatient mental health clinic. I provide therapy to children, adolescents, and their families for a variety of issues including, but not limited to, anxiety, depression, parenting, attention and behavioural issues. My approaches to therapy primarily utilize a cognitive behavioral approach, and use of research based/ supported treatments. I offer comprehensive psychological assessments exploring learning and attentional issues. My goal is to provide the most efficient and effective assessment and treatment for your child.