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**Office Hours: By Appointment**  
**NSBEP#: R0355**

AREAS OF PRACTICE		
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<b>Abuse:</b>	Family of Origin Issues	Stress Management
Emotional / Physical	Grief / Loss / Bereavement	Trauma, PTSD
Sexual	Obsessive-Compulsive	<b>Workplace Issues:</b>
Anxiety	Personal Growth / Wellness	Stress / Burnout /
Assertiveness / Social Skills	Phobias / Fears /Panic	Harassment / Career
Attachment Issues	Relationship Issues	Change
Body Image Issues	Self Esteem	
Eating Disorders	Separation / Divorce	

TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural	Adolescent 16-18
Brief Psychodynamic	Young Adult 19-25
Hypnosis	Adult >25
EMDR	

OTHER
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Consultations
Workshops

PROFILE
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My background is primarily mental health with a special interest in anxiety disorders and PTSD. I tailor treatments to the needs of the client.