

Joann E. Doran, M.A., R. Psych.
Breakthrough
3845 Joseph Howe Drive., Halifax NS
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Office Hours: Monday - Thursday
NSBEP#: R0713

AREAS OF PRACTICE

Abuse: Emotional / Physical / Sexual Adoption Issues Anger Management Anxiety Assertiveness / Social Skills Attachment Issues Attentional Problems/ ADHD Behaviour Problems Body Image Issues	Caregiver Stress Conflict Resolution Dealing with Disabilities: Learning / Developmental Depression /Loneliness Eating Disorders Family of Origin Issues Family Violence Gifted / Talented Children Grief / Loss / Bereavement	Habit Change Parenting Issues Personal Growth / Wellness Phobias / Fears /Panic Relationship Issues Self Esteem Separation / Divorce Sleep disorders /Problems Stress Management Trauma, PTSD
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TREATMENT APPROACH	POPULATION
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Eclectic /Holistic Cognitive-Behavioural	Emotion-Focused Humanistic	Child 5-15 Adolescent 16-19 Family
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ASSESSMENT SERVICES	OTHER
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ADHD / Adult ADHD Behavioural / Emotional Disabilities: Learning	Intelligence / Cognitive Psychoeducational	Consultations Workshops
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PROFILE

Joann provides individual therapy for children and youth who are experiencing a number of life challenges such as anxiety, stress, trauma, or loss and divorce. One of her passions is helping parents develop caring, mindful, attuned communication with their children, whether they be toddlers or teens. Joann works collaboratively with parents offering practical guidance and recommendations to create happier relationships and families. As a certified practitioner of Dyadic Developmental Psychotherapy (DDP) she has extensive experience working with children, adolescents and their caregivers. She works with foster and adoptive children and families to create safe, loving attachments when there has been complex trauma and disrupted attachment relationships. Her focus in providing therapy is to help people discover their inherent strengths and resiliency. She values open communication and works collaboratively. In her individual work with teens, she uses a holistic, mindful approach, offering them tools and guidance to explore their life experiences and cultivate deeper awareness, kindness and self-regulation. Joann also runs mindfulness groups for children and teens as well as girls' groups for Highly Sensitive Persons.

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