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AREAS OF PRACTICE

Abuse: Emotional / Physical Sexual Adoption Issues Anxiety Assertiveness / Social Skills Attachment Issues Caregiver Stress Depression / Loneliness	Family of Origin Issues Family Violence Health Issues: Acute/ Chronic/ Personal Growth / Wellness Personality Disorders Pain Management Phobias / Fears / Panic Relationship Issues	Self Esteem Separation / Divorce Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Harassment / Career
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural Mindfulness Acceptance-Based Self-Compassion Stress Management Groups for Women	Young Adult 19-25 Adult >25
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OTHER

Consultations
Workshops