



**Giselle Ellefsen, M.Sc., R.Psych.**  
**Marsh-Knickle & Associates**  
**1278 Bedford Highway, Bedford, NS B4A 1C7**  
**P: 902-832-0830 F: 902-404-3963**  
**giselleellefsen@hotmail.com www.mkpsych.com**  
**Office Hours: Varied - Day & Evenings**  
**NSBEP#: R0658**

#### AREAS OF PRACTICE

Anger Management	<b>Disabilities:</b> Developmental	Self Esteem
Anxiety	Learning	Separation
Assertiveness / Social Skills	Depression / Loneliness	Stress Management
Attentional / ADHD	Family of Origin Issues	
Behaviour Problems	Gifted / Talented Children	
Blended/Step Family Issues	Grief / Loss / Bereavement	
Body Image Issues	Parenting Issues	
Bullying - Child Only	Phobias / Fears /Panic	

#### TREATMENT APPROACH

Cognitive-Behavioural

#### POPULATION

Child 5-12  
 Adolescent 12-15  
 Adolescent 16-18  
 Young Adult 19-25

#### ASSESSMENT SERVICES

ADHD	Personality
Behavioural / Emotional	Psychoeducational
Disabilities: Developmental/ Learning	Psychoeducational with ESL populations

#### PROFILE

Giselle Ellefsen provides services to children, adolescents, young adults and their families. She received her Masters of Science in Applied Psychology from the University of Calgary and a Bachelor of Science in Psychology from Dalhousie University. Giselle has developed a wealth of experience and knowledge from her work at the Calgary Board of Education where she worked on a multidisciplinary team with students in traditional learning environments, as well as a specialized treatment centre for students with emotional and behavioral disorders.

Giselle provides high quality psychoeducational assessments for learning disorders, developmental disabilities, ADHD and social/emotional challenges. She offers consultation to schools and acts as a liaison for parents and teachers regarding their child's learning needs. She also helps identify and address behavior problems, teaches parenting skills and offers counseling for a variety of issues including anxiety, depression, adjustment to divorce, grief and loss, communication and social skills, anger management and emotional regulation.

Giselle emphasizes a cognitive behavioral approach to treatment and offers flexible hours at Marsh-Knickle and Associates including after school and evening appointments.