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NSBEP#: R0358

AREAS OF PRACTICE

Abuse: Emotional Physical Sexual Adoption Issues Anger Management Anxiety Assertiveness / Social Skills Attentional / ADHD Behaviour Problems	Blended/Step Family Issues Body Image Issues Depression Family of Origin Issues Grief / Loss / Bereavement Health Issues: Acute/ Chronic Obsessive-Compulsive Parenting Issues Personal Growth / Wellness	Phobias / Fears /Panic Relationship Issues Self Esteem Separation / Divorce Stress Management Workplace Issues: Stress / Burnout / Harassment / Career Change
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural
 Dialectical-Behavioural
 Interpersonal

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

ASSESSMENT SERVICES	OTHER
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Behavioural / Emotional

Consultations

PROFILE

Kristel Englund holds a Master's degree in Psychology and has over 18 years experience working with children, adolescents, adults and families. She had experience in Education and Corrections before entering private practice. She offers psychological services based on an integrative approach to health as she has extensive training in mind /body therapies and spirituality and health.

The foundation of her treatment approach is based on cognitive-behavioural therapy, dialectical behaviour therapy and interpersonal therapy. She also draws on transpersonal theory. Areas of clinical expertise include: adolescent issues, parent-teen conflict, depression, anxiety, stress, abuse, trauma, childhood wounds, anger, health issues, spirituality and health, self-esteem.