



Andrea Ennis, M.Sc., Psychologist (Candidate Register)
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AREAS OF PRACTICE

Abuse: Emotional / Physical Sexual	Depression / Loneliness Family of Origin Issues Family Violence	Stress Management Trauma /PTSD
Addictions: Substance/ Alcohol / Gambling	Grief / Loss / Bereavement Obsessive-Compulsive	
Anger Management Anxiety	Personal Growth / Wellness Personality Disorders	
Assertiveness / Social Skills Attachment Issues	Phobias / Fears /Panic Self Esteem	
Behaviour Problems	Sleep Disorders /Problems	

TREATMENT APPROACH

Cognitive-Behavioural
Dialectical-Behavioural
Mindfulness-Based

POPULATION

Young Adult 19-25
Adult >25

ASSESSMENT SERVICES

Behavioural / Emotional
Personality

PROFILE

Andrea completed her undergraduate training at Memorial University of Newfoundland and she holds a Master of Science degree in Clinical Psychology from Acadia University . Andrea has diversified experience in a variety of settings, including the correctional system, the military, university health services, and private practice.

Andrea's clinical practice includes providing assessment and individual psychological treatment to adults facing a wide range of difficulties and mental health issues, such as anxiety- and depression-related disorders, personality disorders, trauma and abuse, grief and loss, emotions management difficulties, and addictions. Andrea's practice is primarily based in Cognitive-Behavioural Therapy; however, she draws from a number of other evidence-based therapies, such as Mindfulness, Acceptance and Commitment, and Solutions-Focused techniques. She strives to create a comfortable, empathic, and empowering environment in which the therapeutic alliance is cornerstone to personal growth and change.