

Suzanne Farmer, M.Sc., Psychologist (Candidate Register)

Cornerstone Psychological Services

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Office Hours: By Appointment

NSBEP#: C10677

AREAS OF PRACTICE

Abuse: Emotional /	Habit Change
Physical /Sexual	Obesity
Anxiety	Personal Growth/Wellness
Assertiveness / Social Skills	Phobias / Fears /Panic
Attachment Issues	Relationship Issues
Blended/Step Family Issues	Self Esteem
Body Image Issues	Separation/Divorce/Infidelity
Conflict Resolution	Stress Management
Couple Therapy	Workplace Issues:
Grief / Loss / Bereavement	Stress

POPULATION

Young Adult 19-25
 Adult >25
 Couples

PROFILE

I completed my undergraduate training at Mount Saint Vincent University, and received a Masters of Science in Clinical Psychology from Acadia University. My training was grounded in Cognitive Behavioral Therapy, but I continue to study and incorporate other theoretical frameworks such as Solution Focused Therapy, Motivational Interviewing, Acceptance and Commitment Therapy, Interpersonal Therapy, and Emotion Focused Therapy.

I work with adults and couples, and have experience treating mood disorders such as depression and anxiety, adjustment problems, grief, relationship difficulties, trauma, lifestyle change, and low self-esteem. I strive to empower clients so that they may find their own path and direction, and tailor my treatment approach to promote meaningful, lasting change.