



**Pauline Faulkner, M.A., R. Psych.**  
**Pauline Faulkner Psychological Services**  
 5991 Spring Garden Road, Halifax NS B3H 1Y6  
 P: 902-444-3663 F: 902-444-3599  
 E-Mail: [faulknerpsyc@eastlink.ca](mailto:faulknerpsyc@eastlink.ca)  
 Office Hours: By Appointment. Monday - Friday, 9 am - 5 pm  
 NSBEP#: R0552 CRHSP#: 06252

#### AREAS OF PRACTICE

|   |   |   |
|---|---|---|
| <b>Abuse:</b> Emotional / Physical /Sexual  | Blended/Step Family Issues<br>Body Image Issues   | Phobias / Fears /Panic<br>Relationship Issues                           |
| <b>Addictions:</b> Substance Alcohol /Gambling<br>Sexual / Internet                           | Couple Therapy<br>Depression/ Loneliness<br>Family of Origin Issues                     | Self Esteem<br>Separation/Divorce/Infidelity                            |
| Anger Management<br>Anxiety   | Grief / Loss / Bereavement<br>Habit Change  | <b>Sexual:</b> Orientation<br>Stress Management<br>Trauma, PTSD         |
| Assertiveness / Social Skills<br>Attachment Issues<br>Attentional /ADHD<br>Behaviour Problems | Obsessive/Compulsive<br>Parenting Issues<br>Personal Growth/Wellness<br>Pain Management | <b>Workplace Issues:</b><br>Stress / Burnout /<br>Bullying / Harassment |

#### TREATMENT APPROACH

Cognitive-Behavioural (CBT) Schema-Focused  
 Mindfulness-Based Cognitive Emotionally-Focused (EFT)  
 -Behavioural (MBCT) Interpersonal (IT)  
 Dialectical Behavioural (DBT)

#### POPULATION

Young Adult 19-25  
 Adult >25  
 Family  
 Couples

#### PROFILE

I have been practicing counseling psychology in the province of Nova Scotia since 1999. Prior to beginning my formal study and training in psychology, I was self-employed as a Lifestyles Consultant for almost 20 years. In this capacity I was also well-known and respected for my teachings of Hatha Yoga and holistic concepts. These ancient practices are incorporated into my clinical sessions in the form of Mindfulness Cognitive Behavior Therapy.

To deepen, broaden and refresh my knowledge in the areas of my practice, I annually invest in several extensive programs of professional development. My study and experience have allowed me to design individual therapeutic treatment modules according to the distinct needs and concerns presented by the client. I draw from several well-established, empirically-based approaches, including cognitive and behavioral, interpersonal, schema-focused, dialectical behavioral, and emotion-focused therapies, often incorporating an experientially-inspired approach.

In addition to administering psychotherapy to individuals, I also work with couples and those experiencing problematic relationships. The treatment model is chosen according to the presenting problems. I have been inspired by methods developed by relationship specialists such as John Gottman, Sue Johnson, Dan Wile, Esther Perel, Gary Chapman, and Harville Hendrix.

The goal of each counseling session is to work collaboratively with the client to attain life-enhancement strategies. To this end, I combine my experience, training and wisdom with a warm, albeit direct, counseling approach.