

**Dr. John Gainer, R. Psych.**  
**Dr. J. Gainer & Associates**  
**207 Alexandra St, Sydney NS B1S 2E8**  
**P: 902-539-1235 F: 902-593-3306**  
**E-Mail: drgainer@ns.aliantzinc.ca**  
**Office Hours: Tuesday, Wednesday, Thursday, 8:30 am - 8 pm**  
**NSBEP#: R0255 CRHSP#: 05611**

#### AREAS OF PRACTICE

Anxiety Body Image Issues Couple Therapy Depression Eating Disorders Grief / Loss / Bereavement Habit Change <b>Health Issues:</b> Acute / Chronic	Heath Psychology Obesity Obsessive-Compulsive Personality Disorders Phobias / Fears/ Panic Relationship Issues <b>Sexual:</b> Orientation/ Dysfunction/ Sex Therapy	Sleep Disorders / Problems Stress Management Trauma, PTSD <b>Workplace Issues:</b> Stress / Burnout / Harassment / Career Change
--	--	--

#### TREATMENT APPROACH

Cognitive-Behavioural  
Interpersonal

#### POPULATION

Adolescent 12-15  
Adolescent 16-18  
Young Adult 19-25  
Adult  
Aged ≥ 65

#### ASSESSMENT SERVICES

Behavioural  
Forensic

Pain: Chronic  
Psycho-diagnostic

#### PROFILE

Dr. Gainer has provided a full range of clinical assessment and treatment services in both hospital and private practice for over 25 years. As a graduate of McGill University, with a doctorate in clinical psychology and clinical training at the Royal Victoria Hospital's Allen Memorial Institute of Psychiatry, as well as regular continuing education throughout his career, Dr. Gainer maintains a strong, diverse and evidence-based practice.

His professional career includes serving as clinical coordinator of the Cape Breton Regional Hospital's Eating Disorder Clinic, Professional Practice Leader for psychologists in the Cape Breton District Health Authority and President of the Association of Psychologists of Nova Scotia, who subsequently awarded him the distinction of Fellowship. He has also served on numerous provincial boards and committees, including government appointments in the areas of health, justice and health research. In addition to his registration as a psychologist with the Nova Scotia Board of Examiners in Psychology, Dr. Gainer is also registered with the Canadian Register of Health Service Providers in Psychology and is a member in good standing of the Association of Psychologists of Nova Scotia, the Canadian Psychological Association, the American Psychological Association, the Academy for Eating Disorders and the Eating Disorder Association of Canada.

Dr. Gainer enjoys a strong relationship with local physicians, medical specialists and other healthcare professionals and routinely coordinates comprehensive assessment and treatment services for a broad range of psychological problems.