

**Debra Garland, M.A., R. Psych.**  
**Garland Psychological Services Inc**  
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**Office Hours: Monday, 1 - 7:30 pm, Tuesday & Thursday 9 am - 4:30 pm**  
**NSBEP#: R0413**

AREAS OF PRACTICE	
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Anger Management	Depression
Anxiety	Parenting Issues
Assertiveness / Social Skills	Pain Management
Attachment Issues	Relationship Issues
Behaviour Problems	Separation / Divorce
Blended / Step Family Issues	Stress Management
Couple Therapy	

TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural Eclectic	Adolescent 12-15 Adolescent 16-19 Young Adults 19-25 Adult>25 Family
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ASSESSMENT SERVICES	OTHER
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Behavioural / Emotional Custody / Access Pain: Chronic Parental Capacity	Parental Alienation Personality Psychoeducational	Consultations Referrals for Court or Litigation
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PROFILE
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Debra has worked in a healthcare setting for the IWK Community Mental Health Clinic in Dartmouth as well as for Nova Scotia School Boards prior to opening a private practice in 1997 in Dartmouth. For 18 years Debra has worked with children, parents, and families. Although a recognized court expert within the family court system, Debra's primary focus has become providing intervention/treatment in the areas of co-parenting as a facilitator/coach/educator with the goals of reducing parental conflict while encouraging parental cooperation and mutual respect. Debra also works with families experiencing alignment or alienation of a child or children. Therapy is offered using a goal-directed, cognitive-behavioural approach. As a trained Collaborative Family Law Professional and Mediator Debra is qualified to work with a Collaborative Family Law team within the collaborative process to assist families to negotiate through the separation and divorce process. This may include the development of parenting plans while identifying and working with the family's interests.

Debra's office hours are Tuesday & Thursday 9-4:30, Monday afternoon and evening.