

**Dr. Myles Genest, R. Psych.**  
**Genest MacGillivray Psychologists**  
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**Office Hours: Tuesday - Thursday, 9 am - 5 pm**  
**NSBEP#: R0263 CRHSP#: 03069**

#### AREAS OF PRACTICE

Anger Management	Self Esteem
Anxiety	Separation / Divorce /Infidelity
Conflict Resolution	<b>Sexual:</b> Orientation/ Dysfunction/ Sex Therapy
Couple Therapy	Stress Management
Depression	Trauma, PTSD
Habit Change	<b>Workplace Issues:</b> Stress / Burnout / Harassment / Career Change
Personal Growth / Wellness	
Phobias / Fears	
Relationship Issues	

TREATMENT APPROACH	POPULATION
Cognitive-Behavioural	Young Adult 19-25
Couples Conflict-Resolution & Communication Skills	Adult >25 Aged ≥65

ASSESSMENT SERVICES	OTHER
Behavioural / Emotional	Pain: Chronic / Acute
Legal / Forensic / Insurance:	Personality
Injury, Disability,	PTSD
DSM Diagnosis	
Psycho-Diagnostic	Consultations
Post MVA	Workshops
IME	Referrals for Court or Litigation

#### PROFILE

Dr. Myles Genest has many years of experience as a psychologist in clinical and academic settings. He is a specialist in couples' counselling and he sees individuals for a wide variety of problems, including depression, anxiety, pain, post-trauma, and workplace difficulties. He has extensive experience assisting couples to recover from serious conflict and to make use of a crisis to forge a stronger, more satisfying relationship. His work with individuals is from a cognitive-behavioural perspective, incorporating elements of mindfulness and emotion-focussed therapy. Dr. Genest has a PhD in Psychology from the University of Waterloo. He was professor in the Psychology Department at Acadia University from 1992 to 2000 and Head of the Department from 1992 to 1998. He has taught at several universities, and has served on the boards and executives of several professional bodies.

Genest MacGillivray Psychologists currently has eight psychologists, with a broad spectrum of specialties. For more information, please see the website:  
[www.gmPsychologists.com](http://www.gmPsychologists.com).