



**Dr. Maureen Gorman, R. Psych**  
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**Office Hours: Monday, Wednesday & Thursday., 8:30 am to 7 pm**  
**In-home visits available by arrangement**  
**NSBEP #: R0229**

### AREAS OF PRACTICE

Aging	Depression	Relationship Issues
Anxiety	Early Stage Dementia	Retirement
Assertiveness / Social Skills	Family of Origin Issues	Self Esteem
Behaviour Problems	Grief / Loss / Bereavement	Separation/ Divorce
Caregiver Stress	Habit Change	Sleep
Children & Grief	Health Issues: Acute /	Stress Management /
Couple Therapy	Chronic	Burnout
Dealing with Disabilities:	Personal Growth /Wellness	Work Place Issues
Physical	Phobias / Fears /Panic	

### TREATMENT APPROACH

### POPULATION

Cognitive-	Psychodynamic	Young Adult 19-25
Behavioural	Schema Focused	Adult >25
Hypnotherapy	Emotion-Focused	Aged ≥65
Interpersonal		Children & Adolescents for Grief

### ASSESSMENT SERVICES

### OTHER

Behavioural / Emotional	Pain: Chronic / Acute	Consultations
Career	PTSD	Workshops
Personality		

### PROFILE

I received my training at University of Guelph (BA Hons 1973, MA Applied 1975) and York University (PhD 1983). In December 2009, I “retired” after 26 years of working with clients who are “over 50” and their caregivers in a hospital setting. Now in full time Private Practice, I work with adults of all ages and children/adolescents who are bereaved. My interests evolved over the years from child psychology (e.g., children’s concepts of death) to thanatology (death) and grief, to developmental problems throughout the lifespan (e.g., transition into retirement) and problems associated with aging (e.g. late life depression, Alzheimer’s Disease). I am also currently enjoying my work with students at two local universities.

A developmental focus continues to help me help clients sort out viable options for themselves, such as in the areas of stress management and problems coping (work and personal), emotional trauma, communication problems, adjustment and loss issues, death and dying, feeling “overwhelmed,” self-esteem and empowerment issues; and more often than not when several problems are present at one time. I enjoy working with clients as well as conducting psychoeducational workshops in small or large group settings. I also have experience in conducting professional training workshops in my identified areas of practice.