



Dr. Ayala Gorodzinsky, R. Psych.
Dr. Daniel Chorney & Associates
 Suite 1160, 5991 Spring Garden Rd., Halifax Professional Ctr., Halifax, NS
 P: 902-444-1160 F: 902-444-3210
 E: dragorodzinsky@gmail.com
Office Hours: Weekday, weekend & evening appointments available
NSBEP#: R0782

AREAS OF PRACTICE

Anxiety Assertiveness / Social Skills Behaviour Problems Dealing with Disabilities: Learning Depression / Loneliness Habit Change Health Issues: Acute / Chronic Obsessive-Compulsive	Parenting Issues Personal Growth / Wellness Pain Management Phobias / Fears / Panic Self Esteem Stress Management Workplace Issues: Stress
--	---

TREATMENT APPROACH

Cognitive-Behavioural
 Acceptance & Commitment Therapy

POPULATION

Child <5
 Child 5-12
 Adolescent 13-15
 Adolescent 16-18
 Young Adult 19-25
 Adult

ASSESSMENT SERVICES

ADHD Behavioural / Emotional Disabilities: Learning	Intelligence / Cognitive Pain: Chronic / Acute Psychoeducational
--	--

PROFILE

Dr. Ayala Gorodzinsky works with children, adolescents, and young adults using evidence-based treatment options, including cognitive-behavioural and acceptance and commitment therapies. She works with individuals and families coping with a range of concerns, such as difficulty coping with stressful situations, anxiety and depression, managing difficult emotions, and children who show disruptive behaviors. Along with therapy, Dr. Gorodzinsky also performs psychoeducational and ADHD assessments. Dr. Gorodzinsky also has extensive training and experience helping individuals manage chronic medical conditions or coping with and overcoming anxiety about medical procedures. Dr. Gorodzinsky completed her undergraduate training in psychology and biology at McMaster University in Ontario before completing her Ph.D. in clinical psychology at the University of Wisconsin-Milwaukee and her clinical internship in Minneapolis, Minnesota.