

**S. Margaret Grant, M.Sc., R. Psych.**  
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 Office Hours: Days and Some Evenings  
 NSBEP#: R0331

#### AREAS OF PRACTICE

<b>Abuse:</b> Emotional Physical / Sexual	Blended/Step Family Issues Body Image Issues Caregiver Stress Conflict Resolution Couple Therapy Depression Family of Origin Issues Grief / Loss / Bereavement	Personal Growth / Wellness Personality Disorders Phobias / Fears /Panic Relationship Issues Self Esteem Separation / Divorce Stress Management Trauma, PTSD
<b>Addictions:</b> Substance / Alcohol Adoption Issues Anger Management Anxiety Attachment Issues Assertiveness / Social Skills Behaviour Problems	<b>Health issues:</b> Acute/ Chronic	

#### TREATMENT APPROACH

Cognitive-Behavioural  
 Emotion-Focused  
 EMDR

#### POPULATION

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

#### ASSESSMENT SERVICES

Behavioural / Emotional  
 Career / Vocational  
 Intelligence / Cognitive  
 Personality  
 PTSD

#### PROFILE

In private practice since 1991, I work with individuals, couples and families to create and maintain happier, healthier and more productive lives. My non-professional activities include yoga, riding my horse, walking my dogs, and working in my Peace Garden.