



Dr. Joanne Gusella, R. Psych.
Halifax Professional Centre
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NSBEP#: R0219 CRHSP#: 04516

AREAS OF PRACTICE

Anxiety	Grief / Loss / Bereavement	Self Esteem
Anger Management	Habit Change	Stress Management
Assertiveness / Social Skills	Obsessive-Compulsive	Workplace Issues:
Behaviour Problems	Parenting Issues	Stress / Burnout /
Body Image Issues	Personal Growth / Wellness	Harassment / Career
Caregiver Stress	Phobias / Fears /Panic	Change
Depression	Relationship Issues	
Eating Disorders		

TREATMENT APPROACH

POPULATION

Cognitive-Behavioural	Interpersonal Therapy	Child <5
Psycho-Educational	techniques	Child 5-12
Narrative	Acceptance & Commitment	Adolescent 13-15
Solution-Focused Therapy	Therapy techniques	Adolescent 16-18
Emotion-Focused Therapy	Family Based Treatment for	Young Adult 19-25
	Anorexia Nervosa	Adult

ASSESSMENT SERVICES

OTHER

Behavioural / Emotional
Eating Disorders in Youth & Adults

Consultations

PROFILE

Dr. Joanne Gusella has been practicing as a registered psychologist in Nova Scotia for 28 years. She received her Ph.D. from Queen's University in 1986. She treats children, adolescents and adults using individual and family therapy.

Dr. Gusella has expertise in helping youth and adults who are feeling anxious or depressed, to be able to manage stress, regulate their emotions, and improve their relationships with others, as well as to find and harness their own voice, in order to be able to move forward towards their personal goals. She also has a specialty in the treatment of eating disorders in children and youth using Family Based Therapy, and in treating adults with individual therapy. Along with a Cognitive Behavioural Approach, Dr. Gusella utilizes a variety of therapeutic strategies emerging from Narrative and Solution Focused Therapy, Interpersonal Therapy, Acceptance and Commitment Therapy, as well as Emotion Focused Family Therapy.

Dr. Gusella is an Assistant Professor with Dalhousie Psychiatry. She is also a representative on the Nova Scotia Eating Disorder Treatment Network, whose mandate is to enhance evidence-based services to individuals who develop an eating disorder. Her most recent research at the IWK Health Centre has involved evaluating Family Based Treatment Informed practice, and a 2-day workshop based on principles of Emotion Focused Family Therapy.