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Office Hours: By Appointment
NSBEP#: R0545 **CRHSP#: 04730**

AREAS OF PRACTICE

Anger Management Anxiety Assertiveness / Social Skills Behaviour Problems Conflict Resolution Couple Therapy	Depression / Loneliness Family Violence Grief / Loss / Bereavement Phobias/ Fears/ Panic Stress Management Trauma, PTSD	Workplace Issues: Stress / Burnout / Bullying / Harassment
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural Interpersonal Family Therapy	Adolescent 16-18 Aged ≥ 65 Young Adult 19-25 Organizations Adult >25
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ASSESSMENT SERVICES	OTHER
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PTSD	Workshops Referrals for Court or Litigation
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PROFILE

After retiring from a successful clinical and consulting practice in Toronto from 1990 to 2008, I have a part-time clinical practice at Antigonish Harbour. I have over 30 years professional experience in psychologist and administration positions in federal and provincial correctional, mental health and physical rehabilitation facilities.

My clinical work has focussed on emotional adjustment, related to anxiety, depression, anger/ aggression; conflict, work stress and trauma, and career adjustment. I work with families and teens in crisis, and with individuals and couples in the management of conflict and abuse. I also provide personal consulting and coaching services in workplace skills (supervision, management, and mentoring) and career management.

In the last 20 years I have consulted with a large number of organizational and government agencies with an emphasis on dealing with mental health in the workplace and interpersonal violence/conflict, as well as assessment, mediation and treatment in crisis and emergency situations, involving tragedy, conflict, and violence. I also work extensively in the job analysis, selection and succession planning of highly specialized personnel, such as police and security officers. I have extensive experience in providing forensic and risk assessments in criminal, immigration, and family law, as well as consultation in the supervision and treatment of high-risk offenders.

I am registered as a psychologist in Nova Scotia and the Canadian Registry of Health Service Providers in Psychology, with qualification to deliver psychological services in clinical, forensic, and organizational psychology.