

Carleen Hall, M.Sc., R. Psych.
Carleen Hall Psychological Services Inc.
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 Office Hours: Variable
 NSBEP#: R0535 CRHSP#: 06164



AREAS OF PRACTICE

Anger Management	Self Esteem
Anxiety	Separation /Divorce
Depression	Trauma, PTSD
Grief / Loss / Bereavement	Workplace Issues:
Health Issues: Acute / Chronic	Stress / Burnout / Career
Personal Growth/Wellness	Change / Harassment
Phobias / Fears /Panic	
Relationship Issues	

TREATMENT APPROACH

Cognitive-Behavioural EMDR
 Client-Centred

POPULATION

Young Adult 19-25
 Adult >25

ASSESSMENT SERVICES

Pain: Chronic /Acute

PROFILE

Carleen works collaboratively with clients to define and progress towards goals using evidence-based therapeutic techniques such as Cognitive-Behavioural Therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR).

She is a client-centred psychologist who works with clients at their pace and within their comfort level. She encourages her clients to actively participate in their progress, both during and after therapy sessions.