



Dr. Jennifer Hendrick, R. Psych.
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Office Hours: By Appointment
NSBEP#: R0271

AREAS OF PRACTICE

Caregiver Stress	Separation / Divorce
Depression	Sexual: Orientation
Grief / Loss / Bereavement	Stress Management
Health Issues: Acute/ Chronic/ Terminal /Life Threatening	Workplace: Stress/ Burnout
Personal Growth / Wellness	
Self Esteem	

TREATMENT APPROACH

Cognitive-Behavioural
 Interpersonal
 Psychoeducational

POPULATION

Young Adult 19-25
 Adult >25
 Aged ≥ 65

PROFILE

I received my Ph.D. in Clinical Psychology in 1991 from Queen's University. I maintain a private practice in addition to my position as a Psychologist at a teaching hospital in Halifax. In my private practice I provide client-centered psychological services, using evidence-based therapies to achieve clients' goals in collaboration with them.

With over 20 years of experience in clinical and health psychology, I offer adults assistance in coping with a variety of issues, including grief and loss, chronic and life-threatening illness, depression, and life stressors. Self-referrals or referrals from health care professionals are welcome.