



**Dr. Joanna Hessen-Kayfitz, Psychologist (Candidate Register)**  
**Dr. Kathy Hubley Carruthers Counselling & Psychological Services**  
 1st Floor, 1331 Brenton St. Halifax NS B3J 2K5  
 P: 902-407-1234 F: 902-407-1235  
 joanna@hubleycarruthers.com www.hubleycarruthers.com  
 Office Hours: Wednesday Evenings  
 NSBEP#: C10680

#### AREAS OF PRACTICE

Anger Management	Personality Disorders
Assertiveness / Social Skills	Phobias / Fears /Panic
Attachment Issues	Relationship Issues
Depression / Loneliness	Stress Management
Grief / Loss / Bereavement	
Parenting Issues	

#### TREATMENT APPROACH

#### POPULATION

Cognitive-Behavioural	Adolescent 16-18
Emotion-Focused Therapy	Young Adult 19-25
Psychodynamic Therapy	Adult >25
Mindfulness	

#### ASSESSMENT SERVICES

Intelligence / Cognitive  
 Forensic  
 Personality

#### PROFILE

Dr. Joanna-Hessen Kayfitz is a Psychologist on the Candidate Register with the Nova Scotia Board of Examiners in Psychology. She received her BA with honours in Psychology from the University of Manitoba (2006) and an MA and PhD in Clinical Psychology from the University of Windsor in 2008 and 2013, respectively. Dr. Hessen-Kayfitz completed her pre-doctoral residency right here in Halifax with the Capital District Health Authority Mental Health and Addictions Program, where she completed specialty training in Forensic Psychology through the East Coast Forensic Hospital, as well as intensive Short-Term Dynamic Psychotherapy through the Centre for Emotions and Health. Dr. Hessen-Kayfitz also competed generalist training through the Bedford/Sackville Community Mental Health clinic. During her residency, Dr. Hessen-Kayfitz worked with a variety of adult patients, providing individual and group therapy, as well as both forensic and psychodiagnostic assessment. Dr. Hessen-Kayfitz uses a variety of therapeutic modalities including cognitive behavioural therapy, emotion-focused therapy, and psychodynamic therapy, which she selects and integrates based on her patients unique presenting difficulties and readiness for change,

In addition to her work at Dr. Kathy Hubley Carruthers Counselling & Psychological Services, Dr. Hessen-Kayfitz is employed full-time at the IWK Health Centre Youth Forensic Services, where she conducts forensic assessments ordered by the Provincial Youth Court. She is also a research associate with the Centre for Emotions and Health, where she collaborates in research examining relational characteristics that are influential in treatment planning and outcome.