



Dr. Heather Higgins, R. Psych.
Breakthrough Psychological & Counselling Services
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 NSBEP#: R0328 CHRSP#: 02914

AREAS OF PRACTICE

Abuse: Emotional / Physical / Sexual Anxiety Assertiveness / Social Skills Attachment Issues Behaviour Problems Caregiver Stress Couple Therapy	Depression/ Loneliness Family of Origin Issues Grief / Loss / Bereavement Habit Change / Hoarding Personal Growth / Wellness Phobias / Fears/ Panic Relationship Issues Self Esteem	Separation / Divorce Stress Management Trauma, PTSD Workplace Issues: Burnout / Career Retirement
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TREATMENT APPROACH

Emotion-Focused
 Humanistic /Existential
 Cognitive-Behavioural
 Experiential

POPULATION

Young Adult 19-25
 Adult >25
 Aged ≥ 65

OTHER

Workshops / Groups

PROFILE

Dr. Heather Higgins has been a Registered Psychologist for over 30 years. She received her Ph.D. from the University of British Columbia, and she worked in Vancouver and Toronto before returning to Halifax. Heather has practised in a variety of settings, including a community mental health clinic and she also taught in a university graduate counselling program for several years. Currently, Heather works full-time in private practice, providing therapy for adults who are dealing with anxiety, depression, stress, loss, low self-esteem, relationship issues, career issues, and adjustment to life transitions. Heather believes that empathic understanding is essential in developing a strong therapeutic relationship and supporting change and growth. Her approach is primarily Humanistic-Existential, and she also uses Cognitive-Behavioural strategies when they may be helpful for clients in resolving emotional distress. Heather has a special interest in working with individuals in mid-life and beyond, who are coping with change and transition in their lives. She is also keenly interested in the field of Positive Psychology and how this approach can help people develop their strengths and improve their emotional well-being.