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Philippe Isler Psychological Services**

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NSBEP#: R0473 CRHSP#: 06063**

<b>AREAS OF PRACTICE</b>
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<b>Abuse:</b> Emotional / Physical / Sexual Anger Management Anxiety Attachment Issues Assertiveness / Social Skills Behaviour Problems Body Image Issues	Caregiver Stress Couple Therapy Depression Family of Origin Issues Grief / Loss / Bereavement Personal Growth / Wellness Relationship Issues Self Esteem	Stress Management Trauma, PTSD <b>Workplace Issues:</b> Stress / Burnout / Harassment / Career Change
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<b>TREATMENT APPROACH</b>	<b>POPULATION</b>
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Cognitive-Behavioural Psychodynamic Humanistic Process-Oriented	Adolescent 16-18 Young Adult 19-25 Adult >25
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<b>LANGUAGE</b>
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English  
French

<b>PROFILE</b>
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I have over 20 years experience helping people develop insight, resolve issues, and make changes in their lives. My background is in a holistic approach integrating a number of theoretical orientations and therapeutic approaches. Some people seek a practical solution-oriented approach to help them with their problems, others also look for varying degrees of personal growth and change, when they seek help for problems. I adjust my own approach to helping each client accordingly. My focus is on helping each person in a way that is appropriate and effective for that person.

Human life is sometimes described as a "journey of learning." The problems and challenges that bring people to counselling and psychotherapy can frequently be seen on this level, as "problems of living." Obstacles, problems and issues are not personal failings, they are opportunities to learn, to develop, and sometimes to heal - in other words, to live a happier and more fulfilling life.