

### Shannon Johnson, Ph.D., R. Psych.

**Erica Baker Psychological Services Ltd.**    **Aulakh Psychological & Counselling Svcs**  
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**Office Hours: Monday - Friday, 8:30 am - 5 pm**  
**NSBEP#: R0615**

#### AREAS OF PRACTICE

Anger Management	<b>Dealing with Disabilities:</b>	Phobias / Fears / Panic
Anxiety	Physical /Developmental /	Relationship Issues
Assertiveness / Social Skills	Learning	<b>Rehabilitation:</b> Cognitive/
Attentional Problems / ADHD	Depression /Loneliness	Neuropsych/ Brain Injury
Autism Spectrum Disorder	Habit Change	Self Esteem
Behavioural Problems	Personal Health /Wellness	Stress Management

#### TREATMENT APPROACH

#### POPULATION

Behavioural	Mindfulness-Oriented	Adolescent 13-15    Adult>25
Cognitive-Behavioural	Acceptance & Commitment	Adolescent 16-18    Aged ≥ 65
		Young Adult 19-25

#### ASSESSMENT SERVICES

#### OTHER

Adult ADHD	Intelligence / Cognitive	Consultations
Autism Spectrum Disorder	Legal / Forensic / Insurance	Workshops
(Adult & Adolescent)	Neuropsychological	Referrals for Court
Behavioural /Emotional	Psychoeducational	or Litigation
<b>Disabilities:</b> Developmental	PTSD	
/ Learning		

#### PROFILE

Dr. Shannon Johnson is a Registered Psychologist specializing in neuropsychological, psycho-educational, and autism spectrum diagnostic assessments, as well as intervention for teens and adults. Dr. Johnson completed her Ph.D. in Clinical Psychology & Neuropsychology at the University of Victoria, a clinical internship at the Medical University of South Carolina and a post-doctoral fellowship at Indiana University. She is an Associate Professor of Psychology and Neuroscience at Dalhousie University. Her research examines the perceptual and cognitive abilities of individuals on the autism spectrum, as well as the health benefits of spending time in nature.

At Erica Baker Psychological Services, Dr. Johnson provides assessment and coaching services. She has expertise in assessment and/or diagnosis of acquired brain injury, autism spectrum disorder, cognitive problems secondary to medical conditions, learning difficulties, and neurodegenerative disorders. She conducts independent medical evaluations (IME), medical-legal assessments, disability assessments, and provides expert witness testimony. She provides intervention for those needing support for cognitive and social deficits (e.g., adults and teens on the autism spectrum).

At Aulakh Psychological and Counseling Services, Dr. Johnson provides individual therapy for teens and adults with difficulties such as anxiety, depression, stress, attention problems, relationship problems, and behavior problems, as well as those seeking personal growth and lifestyle changes. As a clinician-scientist with over 15 years of clinical experience, she relies on research evidence to guide her practice. Dr. Johnson integrates a variety of approaches, including cognitive-behavioural, behavioural, mindfulness-based, and acceptance-based models, and tailors therapy to the goals and preferences of each person.