



Adam Kayfitz, Ph.D., R. Psych.
Dr. Kathy Hubley Carruthers Counselling & Psychological Services
1st Floor, 1331 Brenton St. Halifax NS B3J 2K5
P: 902-407-1234 F: 902-407-1235
admin@hubleycarruthers.com www.hubleycarruthers.com
Office Hours: Tuesdays 3:30 – 7:30 pm
NSBEP#: R0740

AREAS OF PRACTICE

Anger Management Anxiety Assertiveness / Social Skills Attachment Issues Behavioural Problems Caregiver Stress Depression	Parenting Issues Personal Growth / Wellness Phobias / Fears/ Panic Self Esteem Relationship Issues Stress Management Trauma / PTSD
---	--

TREATMENT APPROACH

POPULATION

Eclectic: Cognitive-Behavioural Solution-Focused Psychodynamic Emotion-Focused	Child 5-12 Adolescent 13-15 Adolescent 16-18 Young Adult 19-25 Family
--	---

PROFILE

Dr. Adam Kayfitz is a registered psychologist with the Nova Scotia Board of Examiners in Professional Psychology. He received a B.A. with honours (psychology) from Wilfred Laurier University (2004) and a M.A. and Ph.D. in Clinical Psychology from the University of Windsor in 2007 and 2011, respectively. Dr. Kayfitz completed his doctoral internship at the Hincks-Dellcrest Treatment Centre, a well-known child and adolescent mental health agency, in Toronto. At Dr. Kathy Hubley Carruthers Counselling and Psychological Services, Dr. Kayfitz sees children, adolescents, and young adults ranging in age from 8-25 as well as parents and families. He has experience working with individuals from diverse backgrounds on issues including anxiety, depression, emotional dysregulation, non-compliance, family relationship conflicts, and parent/child relationship difficulties. Dr. Kayfitz uses a variety of therapeutic modalities including cognitive behavioural therapy, solution-focused therapy, psychodynamic therapy, and emotion-focused therapy. He also uses mindfulness and positive psychology based approaches. He has a particular interest and focus on working with parents to support their loved ones with mental health challenges. He helps to empower and support parents with the skills to help their children cope with strong feelings and he helps parents cope with the challenging feelings of raising a child/teen. He holds a strong belief that parents are the best hope to help their children heal from challenges. He adopts a collaborative, empathic, and playful approach to treatment that is guided by attention to the particular goals, strengths, and unique needs of clients and their families.