



Tara Kennedy, M.A, Psychologist (Candidate Register)
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NSBEP#: C10657

AREAS OF PRACTICE

Abuse: Emotional / Physical / Sexual Anxiety Assertiveness / Social Skills Body Image Issues Depression Eating Disorders Habit Change	Health Issues: Acute / Chronic/ Terminal Obsessive-Compulsive Personal Growth & Wellness Pain Management Phobias / Fears / Panic Relationship Issues	Self Esteem Sexual: Orientation Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Career
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TREATMENT APPROACH

POPULATION

Acceptance & Commitment Therapy Mindfulness Cognitive-Behavioural Therapy	Adolescent 16-18 Young Adult 19-25 Adult >25
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ASSESSMENT SERVICES

ADHD Adult Disabilities: Learning Intelligence/Cognitive	Psychoeducational PTSD
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PROFILE

Tara received her Master of Arts Degree (Counselling Psychology) from the University of Toronto. Tara enjoys working with adolescents and adults from various backgrounds, cultures, religions, and sexual orientations. She offers an open and comfortable therapeutic environment and has experience working with individuals with a variety of personal and professional concerns.

Tara works from primarily Acceptance and Commitment Therapy (ACT) and Mindfulness based modalities, incorporating other approaches when appropriate. Through these orientations, she emphasizes techniques that clients can integrate into their daily lives. Through psychotherapy, Tara guides her clients to achieve their highest sense of well-being, fulfillment and personal growth.