

Dr. Dayna Lee-Baggley, R. Psych (formerly Dayna Sherry)



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Partners for Healthier Weight
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E: healthier.weight@partnersforcare.ca
http://partnersfor care.ca/healthier_weight

Office Hours: By Appointment NSBEP#: R0598

AREAS OF PRACTICE

Addictions: Food	Depression / Loneliness	Self Esteem
Anger Management	Eating Disorders / Obesity	Separation /Divorce/ Infidelity
Anxiety	Family of Origin Issues	Sexual: Sex Therapy
Assertiveness / Social Skills	Grief / Loss / Bereavement	Sleep Disorders / Problems
Attachment Issues	Habit Change	Stress Management
Behaviour Problems	Health Issues: Acute/Chronic / Weight Loss & Maintenance	
Blended / Step Family Issues	Terminal / Life Threatening	Workplace Issues:
Body Image Issues	Obsessive-Compulsive	Stress / Burnout /
Caregiver Stress	Personal Growth / Wellness	Career/ Retirement /
Conflict Resolution	Pain Management	Coaching/ Negotiation /
Couple Therapy	Phobias / Fears / Panic	Bullying / Harassment
Disabilities: Physical	Relationship Issues	

TREATMENT APPROACH	POPULATION	OTHER
Acceptance & Commitment	Mindfulness Interpersonal	Young Adult 19-25 Adult >25
Cognitive-Behavioural Behaviour Motivation	Emotionally-focused therapy for couples	Aged ≥ 65 Institutional/ Org
		Consultations Workshops: Professional Resiliency ACT

PROFILE

Dr. Dayna Lee-Baggley (formerly Dr. Dayna Sherry) obtained her Ph.D. in Clinical Psychology from the University of British Columbia. Dr. Dayna Lee-Baggley (Registration #R0598) provides individual therapy and couples therapy. She provides treatment for adults for a variety of problems including anxiety and depression, chronic illnesses, chronic pain, headaches, promoting lifestyle changes, stress management, insomnia, grief, and interpersonal problems.

Dr. Dayna Lee-Baggley provides individual and group therapy at Partners for Healthier Weight and has unique expertise in weight management and pre- and post-bariatric surgery concerns (partnersforcare.ca/healthier_weight).

Dr. Lee-Baggley is committed to evidence-based therapeutic approaches, including cognitive-behavioural (CBT), behavioural, motivational, acceptance and commitment, mindfulness, and interpersonal orientations. In particular, Dr. Lee-Baggley has expertise in Acceptance and Commitment Therapy (ACT).

Dr. Dayna Lee-Baggley also provides couples therapy. She is trained in Emotionally Focused Couple Therapy (EFT), an empirically supported treatment designed to reduce conflict and increase intimacy and connection between couples (www.iceeft.com).

In addition to her private practice, Dr. Dayna Lee-Baggley works as a Clinical Health Psychologist at a one of the main teaching hospitals in Halifax. She works with individuals with chronic and life-threatening medical conditions. She is also a core faculty member of the Behaviour Change Institute, where she provides training to healthcare providers on behaviour change counselling skills and workshops on professional resiliency (www.behaviourchangeinstitute.ca).

Dr. Dayna Lee-Baggley has an active research program on behavior change, health, obesity, and Acceptance and Commitment Therapy with over 30 peer-reviewed publications and 100 scholarly presentations.