



Erica Lundberg, M.A., Psychologist (Candidate Register)
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AREAS OF PRACTICE		
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Anger Management	Family of Origin Issues	Phobias / Fears / Panic
Anxiety	Gender Identity	Relationship Issues
Attachment Issues	Gifted / Talented Children	Self-Esteem
Body Image Issues	Grief / Loss / Bereavement	Separation / Divorce
Caregiver Stress	Habit Change	Sexual: Orientation
Dealing with Disabilities:	Health Issues: Acute /	Stress Management
Physical	Chronic	Trauma / PTSD
Depression / Loneliness	Obsessive-Compulsive	Workplace: Stress/ Burnout/
Eating Disorders	Personal Growth / Wellness	Career

TREATMENT APPROACH	POPULATION
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Integrative:	Acceptance & Commitment	Adolescent 12-15
Cognitive-Behavioural	Therapy	Adolescent 16-18
Emotion-Focused	Solution-Focused	Young Adult 19-25
Mindfulness		Adult >25

ASSESSMENT SERVICES	OTHER
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PTSD

Consultations
Workshops

PROFILE

Ms. Lundberg received her Bachelor of Arts with honors specialization in Psychology and her Masters of Arts in Counselling Psychology from the University of Western Ontario. She has experience in health-care, community, and education-based treatments for a wide variety of issues. She focuses primarily on mood disorders, anxiety disorders, stress, and those coping with trauma (i.e., PTSD) and transition (i.e. family changes, grief). Ms. Lundberg works with individuals; she works with children as young as 9 years old, adolescents, and adults up to retirement age. She works with many post-secondary students and early career professionals.

Ms. Lundberg respects and celebrates human diversity. She welcomes members of the LGBTQ community. She welcomes individuals from different cultural and religious backgrounds and people with diverse cognitive abilities.

Ms. Lundberg values a good fit between the intervention she employs and an individual's presenting issue and abilities. She incorporates techniques from emotion-focused therapy, cognitive-behavioural therapy, acceptance and commitment therapy, mindfulness-based therapy, art therapy, and solution-focused therapy. Ms. Lundberg is an approved counsellor with the Department of Justice, Victim Services' Criminal Injuries Counselling Program.