

Patricia MacDonald, M.A., Psychologist (Candidate Register),

Waldegrove Psychological Services

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Office Hours: Mon. 9-5 pm, Tue. 11-6 pm, Wed 10-5 pm, Thur. 10:30-5:30 pm

NSBEP#: C10700

AREAS OF PRACTICE

Abuse: Emotional / Physical / Sexual	Caregiver Stress Depression / Loneliness	Phobias/ Fears/ Panic Relationship Issues
Addictions: Internet Anxiety	Family of Origin Issues Family Violence	Self-Esteem Sexual: Orientation
Assertiveness / Social Skills	Grief / Loss / Bereavement	Sleep Disorders / Problems
Attachment Issues	Habit Change	Stress Management
Attentional Problems/ADHD	Obsessive-Compulsive Disorder	Trauma / PTSD
Behaviour Problems	Personal Growth / Wellness	Workplace: Stress/ Burnout / Bullying / Harassment
Blended / Step Family Issues	Personality Disorders	
Body Image Issues		

TREATMENT APPROACH**POPULATION**

Cognitive-Behavioural Therapy
Cognitive-Processing Therapy
Emotionally-Focused Therapy

Adolescent 16-18
Young Adult 19-25
Adult > 25
Aged ≥ 65

ASSESSMENT SERVICES

PTSD

PROFILE

Patricia MacDonald received her Master of Arts in Counselling Psychology from McGill University. Previous work experience includes university psychological counselling services, crisis intervention, career and vocational counselling, and psychometric assessment administration, and interpretation. Patricia works extensively with individuals who had experienced trauma, anxiety, and with adult children of alcoholics.

Patricia has clinical interests and experience in treating adolescents and adults experiencing difficulties with; anxiety disorders (panic, social, specific, and generalized anxiety disorder), depression, trauma (sexual, physical, psychological, and emotional), post-traumatic stress disorder (PTSD), emotion dysregulation, perfectionism, adult children of alcoholics and personal growth.

In working with individuals, Patricia values a collaborative approach built on openness and trust; establishing a secure and stable environment is important to her. She relies on best practices and empirically validated interventions such as Cognitive-Behavioural Therapy (CBT), Cognitive Processing Therapy (CPT), and Emotionally Focused therapy (EFT), while also integrating other interventions based on client's needs.