

Barbara MacLean, M.Sc., R. Psych.
Barbara MacLean Psychological Services
 29 Fairview Ave, Stellarton NS
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 Office Hours: Wednesdays, Thursday By Appointment
 NSBEP#: R0420

AREAS OF PRACTICE

Abuse: Emotional Physical Sexual Anger Management Anxiety Assertiveness / Social Skills Behaviour Problems Blended/Step Family Issues Body Image Issues Caregiver Stress Conflict Resolution Depression	Eating Disorders Family of Origin Issues Grief / Loss / Bereavement Habit Change Health Issues: Acute/ Chronic Obsessive-Compulsive Parenting Issues Personal Growth / Wellness Phobias / Fears Relationship Issues	Self Esteem Separation / Divorce Sexual: Orientation Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Harassment / Career Change
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural Behavioural Solution-Focused Narrative	Child < 5 Child 5-12 Adolescent 13-15 Adolescent 16-18 Young Adult 19-25 Adult >25 Aged ≥ 65
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ASSESSMENT SERVICES	OTHER
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Behavioural / Emotional	Consultations
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PROFILE

I am a registered psychologist; I divide my professional life between a private practice and a public Mental Health Clinic. I use an eclectic therapeutic approach tailored to individual client needs. I especially appreciate the logic and utility of cognitive-behavioural therapy, an evidence-based therapy that focuses on the Inter-relationship of thoughts, behaviours, and emotions. My work is characterized by strong listening skills, empathy, organizational and problem-solving abilities, and a sense of humour.