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AREAS OF PRACTICE

Abuse: Emotional Physical Sexual ADHD Anger Management Anxiety Attachment Issues Assertiveness / Social Skills Body Image Issues Caregiver Stress	Chronic Pain Conflict Resolution Couple Therapy Depression Eating Disorders Family of Origin Issues Grief / Loss / Bereavement Habit Change Obsessive-Compulsive Pain Management Personal Growth / Wellness	Personality Disorders Phobias / Fears/ Panic Relationship Issues Self Esteem Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Harassment / Career Change
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TREATMENT APPROACH

Cognitive-Behavioural
 Schema-Focused
 Adlerian
 Dialectical Behaviour Therapy

POPULATION

Adolescent 17-18
 Young Adult 19-25
 Adult >25
 Aged ≥ 65

PROFILE

I have experience working in a wide range of settings. They include residential treatment settings for youth; rehabilitation counselling for pain sufferers; counselling psychiatric residents in a halfway house; program coordinator, chronic pain clinic; hospital mental health setting; counselling university students; and various private practice settings.

My treatment approach is primarily cognitive-behavioural, however I do draw on psychodynamic therapies for individuals experiencing long term difficulties.