



Farley MacLeod, M.A., R. Psych.
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NSBEP#: R0460 CRHSP#: 06314

AREAS OF PRACTICE

Anxiety	Pain Management	Trauma, PTSD
Assertiveness / Social Skills	Personal Growth / Wellness	Workplace Issues:
Dealing with Disabilities:	Phobias / Fears/ Panic	Stress / Burnout
Physical	Self Esteem	
Depression / Loneliness	Sport Psychology	
Health Issues: Acute/	Sleep Disorders/Problems	
Chronic	Stress Management	

TREATMENT APPROACH

Cognitive-Behavioural

POPULATION

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

ASSESSMENT SERVICES

Behavioural / Emotional
Disabilities:
 Physical

Pain: Chronic / Acute
 PTSD

PROFILE

Mr. MacLeod practices primarily in the following areas: adult mental health (e.g. adjustment issues, depression and anxiety) and health, sport and exercise psychology. His experience also includes dealing with work-related and motor vehicle accident injuries. This consists of assisting clients to return to work, dealing with ongoing pain, and the emotional aspects of such injuries (e.g. PTSD, depression). Mr. MacLeod also works with individual athletes and teams to assist them in reaching high performance goals through the use of techniques such as goal setting, anxiety management and visualization.

Mr. MacLeod utilizes Cognitive-Behavioural techniques to assist clients with their concerns. Such techniques include relaxation and imagery, activity planning and scheduling, and thought monitoring and reframing. In addition to helping clients cope with emotional symptoms, he is interested in assisting them to reach their full potential in life.

Mr. MacLeod's strengths are in his ability to relate to his clients, to assist clients in understanding the nature of their concerns and helping clients realize their role in the treatment process. He provides clients with a "down-to-earth," practical and informed perspective in working through their concerns. Outside of work, he has a special interest in sports and is an avid athlete.