

Dr. Alana K. Matwychuk, R. Psych.
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Office Hours: Monday - Thursday, 9 am - 6 pm
NSBEP#: R0304 CRHSP#: 05965

AREAS OF PRACTICE		
Abuse	Couple Therapy	Relationship Issues
Addictions	Depression	Self Esteem
Aging	Eating Disorders	Separation/ Divorce/ Infidelity
Anger Management	Grief / Loss / Bereavement	Sexual: Orientation/
Anxiety	Habit Change	Dysfunction/ Sex Therapy
Assertiveness / Social Skills	Health Issues: Acute /Chronic	Sleep Disorders / Problems
Attachment Issues	Obesity	Stress Management
Attentional Problems/ADHD	Obsessive-Compulsive	Trauma, PTSD
Body Image Issues	Personal Growth / Wellness	Workplace Issues:
Caregiver Stress	Pain Management	Stress / Burnout /
Conflict Resolution	Phobias / Fears/ Panic	Career/ Harassment

TREATMENT APPROACH	POPULATION
Biopsychosocial	Adolescent 16-18
Cognitive-Behavioural	Young Adult 19-25
Interpersonal	Adult >25
CBT & Prolonged Exposure for PTSD	Aged ≥ 65
	Institutional/ Org

ASSESSMENT SERVICES	OTHER
Adult ADHD	Disability DSM-IV
Behavioural / Emotional	Diagnosis &
Career / Vocational	Treatment Planning
Legal Forensic/Insurance	Pain: Chronic/Acute
	Personality
	PTSD
	Consultations
	Referrals for Court
	or Litigation

PROFILE

Dr Matwychuk was born and raised, surrounded by her Icelandic relatives, in small-town Manitoba, which was a "deep-freeze" in winter, but a bucolic beach / fishing/farming area in summer. She has three degrees in psychology, a B.A.Hons. from the U of Winnipeg, a M.Sc. from the U. of Calgary, a Ph.D. from the U of Minnesota, as well as was the recipient of numerous merit awards during her training. She trained and worked doing research, teaching and clinical work in big-city hospital ER, OP and IP units, maximum prison and university departments (Psych / Medicine / Nursing) before she was brought back to Canada by the Department of Health in 1994. University of Minnesota program was ranked fourth of all psychology graduate programs in North America.

She now has a full-time private practice specializing in Clinical Psychology in Truro, Nova Scotia and is also the Administrative Director of Truro Psychiatric and Psychological Associates Clinic. She offers services in a practical and supportive professional manner for a wide variety of problems using evidence-based assessment and treatment methods, which means the methods are scientifically proven to be effective. She is highly skilled at the differential diagnostic assessment and treatment of psychiatric illnesses, but also enjoys helping clients with their issues. She is recognized as an expert by all levels of court in Nova Scotia.