

**Vanessa McColl, M.Sc. R. Psych.**

**Carleen Hall  
Psychological Svcs  
Ste 235, 250 Baker Dr  
Dartmouth B2W 6L4  
P: 902-406-7413  
F: 902-406-7414**

**pt Health &  
Wellness  
2751 Gladstone  
Halifax B3K 4W6  
P: 902-492-4791  
F: 902-429-8338**

**Premium Health  
Care Solutions  
667 Sackville Dr  
Sackville NS B4C 2S4  
P: 902-865-1524  
F: 902-869-4193**

**Office Hours: Variable. Please Call Ahead  
NSBEP#: R0821**

<b>AREAS OF PRACTICE</b>
--------------------------

<b>Abuse:</b> Emotional / Physical / Sexual	<b>Disabilities:</b> Physical Depression / Loneliness	Relationship Issues Self Esteem
Anger Management	Family of Origin Issues	Separation / Divorce
Anxiety	<b>Heath Issues:</b> Acute/	Sleep Disorders / Problems
Assertiveness / Social Skills	Chronic / Terminal / Life	Stress Management
Attachment Issues	Threatening	<b>Workplace Issues:</b>
Body Image Issues	Personal Growth / Wellness	Stress / Burnout /
Caregiver Stress	Personality Disorders	Career /Retirement /
Conflict Resolution	Pain Management	Bullying / Harassment
	Phobias / Fears / Panic	

<b>TREATMENT APPROACH</b>	<b>POPULATION</b>
---------------------------	-------------------

Cognitive-Behavioural EMDR	Young Adult 19-25 Adult >25 Aged ≥ 65
-------------------------------	---

<b>ASSESSMENT SERVICES</b>
----------------------------

Behavioural / Emotional Pain: Chronic / Acute  
PTSD

<b>PROFILE</b>
----------------

Vanessa graduated from Acadia University with a Master of Science in Clinical Psychology. Her therapeutic approach is primarily cognitive-behavioural, although she tends to draw from other theoretical orientations to meet the needs of her clients. While multiple influences shape who we are and how we develop, such as cultural, familial, and even worldly aspects, Vanessa believes it is paramount for individuals to remain mindful of the interactional relationship of their beliefs and thoughts, feelings, and behaviours as this is pivotal to understanding and modifying them for lasting change. She places an importance on a collaborative approach to therapy, in which the psychologist and client work together to achieve goals and resolve problems. She supports clients in identifying their own unique strengths and inner resources. Her "down-to-earth", practical, and empathic manner helps to establish a positive connection.

Vanessa provides psychotherapy for adults for a wide variety of issues (e.g., anxiety, mood disorders, assertiveness, personal growth, etc.). She specializes in treating clients who have been injured, have chronic pain, or have other significant health problems. She has also expanded her knowledge base to include training in trauma-based therapy such as Eye Movement Desensitization and Reprocessing (EMDR).