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NSBEP#: R0362 CRHSP#: 05015

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 Couple Therapy	Depression Family of Origin Issues Grief / Loss / Bereavement Habit Change Obsessive-Compulsive Parenting Issues Personal Growth / Wellness Phobias / Fears/ Panic Relationship Issues Self Esteem Separation / Divorce	Sexual: Orientation Sex Therapy Sleep Disorders Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Harassment / Career Change
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TREATMENT APPROACH	POPULATION
Eclectic Cognitive-Behavioural Mindfulness-Based Cognitive Therapy Acceptance & Commitment Therapy	Mindfulness Mindful Self Compassion Group Therapy: Mindfulness Based Cognitive Therapy & Mindful Self-Compassion Adolescent 16-18 Young Adult 19-25 Adult >25 Aged ≥65 Groups

OTHER

Consultations
 Workshops

PROFILE

I am an experienced, empathic practitioner who offers practical counselling and assessment services which are evidence-based to those struggling with emotional, mental, relational and life issues. Counselling is offered within an atmosphere of safety and non-judgment. My strength lies in the ability to put clients at ease, which facilitates the process for which healthy change can occur.

Over the years of helping others, I have developed a greater understanding and appreciation of the commonly shared human experiences of suffering, compassion and the desire for inner peace and/or happiness as well as the interconnection between mind, body and emotions on well-being. This has lead me to pursue and embody therapeutic approaches and skills which draw from both Western and Eastern philosophies which facilitate a more meaningful and healthy relationship one has with themselves, with others and with their world.