

**Megan Pearson, M.A., Psychologist (Candidate Register)**  
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### AREAS OF PRACTICE

<b>Abuse:</b> Emotional / Physical / Sexual Anxiety Assertiveness / Social Skills Behaviour Problems Blended / Step Family Issues Caregiver Stress <b>Disabilities:</b> Physical	Depression / Loneliness Family of Origin Issues Family Violence Grief / Loss / Bereavement Habit Change <b>Health Issues:</b> Chronic / Acute Obsessive-Compulsive Pain Management Personal Growth / Wellness	Personality Disorders Phobias / Fears / Panic Relationship Issues Sleep Disorders / Problems Stress Management Trauma, PTSD <b>Workplace:</b> Stress / Burnout
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### TREATMENT APPROACH

### POPULATION

Client-Centred Solution-Focused Dialectic Behavioural Therapy Acceptance & Commitment Therapy Cognitive-Behavioural	Adolescent 16-18 Young Adult 19-25 Adult >25 Aged ≥ 65
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### PROFILE

Megan Pearson completed her B.A. (Hons) at Acadia University and her M.A. in Clinical Psychology at Ryerson University. During her training in Toronto, she engaged in intensive individual and group therapy with women experiencing a wide range of difficulties related to trauma histories. This training work deepened her interest in working with people who are struggling with diagnoses of complex trauma/ Borderline Personality, as well as PTSD.

Since returning to Nova Scotia, Megan has worked in private practice with children, adolescents, adults, and families - helping them address a variety of challenges. She is an approved practitioner for a number of agencies and organizations.

Megan's current focus of practice is with older adolescents and adults; her clinical approach is collaborative, harm reduction, solution focused, and technically integrative. In her work she includes aspects of Rogerian, DBT, CBT, and ACT models. Megan individualizes her approach to match each client's unique personality, needs, and goals.