



**Dr. Alissa Pencer, R. Psych.**  
**Dr. Daniel Chorney & Associates**  
**Ste 1160, 5991 Spring Garden Rd., Hfx Professional Ctr., Halifax, NS B3H 1Y6**  
**P: 902-444-1160 F: 902-444-3210**  
**drpencer@gmail.com www.chorneyandassociates.com**  
**Office Hours: Monday, 9:30 - 8 pm or by appointment**  
**NSBEP#: R0544**

#### AREAS OF PRACTICE

<b>Addictions:</b> Substance / Alcohol Anger Management Anxiety Assertiveness / Social Skills Attentional Problems/ADHD Behaviour Problems <b>Disabilities:</b> Learning Depression / Loneliness	Habit Change <b>Health Issues:</b> Chronic Obsessive-Compulsive Parenting Issues Phobias / Fears / Panic Self Esteem Stress Management Trauma, PTSD
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#### TREATMENT APPROACH

Cognitive-Behavioural  
 Acceptance & Commitment Therapy

#### POPULATION

Child 5-12  
 Adolescent 12-15  
 Adolescent 16-18  
 Young Adult 19-25

#### ASSESSMENT SERVICES

ADHD  
 Behavioural / Emotional  
**Disabilities:** Learning  
 Intelligence / Cognitive  
 Psychoeducational

#### OTHER

Consultations  
 Workshops

#### PROFILE

Dr. Alissa Pencer treats children, adolescents, and young adults using evidence-based treatments (e.g., treatment plans developed and proven to be effective through research). She uses both cognitive-behavioral therapy and acceptance and commitment therapy in her practice. Dr. Pencer specializes in the treatment of anxiety disorders, and has extensive expertise helping youth and young adults overcome obsessive compulsive disorder (OCD). She also treats youth and young adults who struggle with depression, psychosis, coping with stress, self-esteem issues, habit disorders (e.g., hair pulling, skin picking, etc), anger management, assertiveness, and behavioral issues (e.g., non-compliance and defiance, ADHD). Dr. Pencer also does assessment of ADHD and learning disabilities in youth and has expertise completing cognitive/memory assessments for youth with psychosis.

Dr. Pencer received her Ph.D. in clinical psychology from the University of Calgary in 2004 after completing her internship in Child Clinical Psychology at the IWK Health Centre. She previously worked within outpatient mental health services at the IWK Health Centre for over 10 years, most recently with children and adolescents who display severe and complex anxiety disorders including OCD. She also has expertise in helping adolescents and young adults who display signs of psychosis. Dr. Pencer is also an Instructor in the Department of Psychology and Neuroscience and an Assistant Professor in the Department of Psychiatry at Dalhousie University.