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Cornerstone Psychological Services
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Office Hours: Monday - Friday, Day & Evening Appointments
NSBEP#: R0727

AREAS OF PRACTICE

Abuse: Emotional Physical / Sexual Adoption Issues Anger Management Anxiety Assertiveness / Social Skills Attachment Issues Behaviour Problems Caregiver Stress	Couple Therapy Depression Family of Origin Issues Grief / Loss / Bereavement Health Issues: Acute / Chronic Obsessive-Compulsive Parenting Issues Personal Growth / Wellness	Personality Disorders Phobias / Fears / Panic Relationship Issues Self Esteem Separation / Divorce Stress Management
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TREATMENT APPROACH	POPULATION
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Integrative

Adolescent 12-15
 Adolescent 16-18
 Young Adult 19-25
 Adult >25
 Aged ≥ 65
 Family

ASSESSMENT SERVICES	OTHER
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Behavioural / Emotional

Consultations
 Workshops

PROFILE

Brad is a clinical Psychologist who specializes in treating children (10+), adolescents, adults, couples, and families. Brad values theoretical integration and has a clinical approach that draws from neuroscientific and developmental research, along with various dynamic, interpersonal, existential, and cognitive theories. Acknowledging that each of us has a unique experience of the world, he works to understand the whole person, using a tailored approach that best serves the needs of a particular individual, couple, or family. The goal in therapy is to provide clients with real experiences that address underlying issues while promoting real and lasting change. Brad is also a part-time professor at Saint Mary's University and has published in areas related to child/family development. He has a special interest in how the brain, thoughts/emotions, and interpersonal relationships (both past and present) create who we are.