

**Heather Power, M.Sc., R. Psych.**  
**Clinical and Forensic Psychologist**  
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Office Hours: By Appointment

NSBEP#: R0719

<b>AREAS OF PRACTICE</b>		
Adoption issues	Couple Therapy	Relationship Issues
Anger Management	Family of Origin Issues	Self Esteem
Anxiety	Family Violence	Separation / Divorce / Infidelity
Assertiveness / Social Skills	Grief / Loss / Bereavement	<b>Sexual:</b> Dysfunction /
Attachment Issues	Habit Change	Offenders
Attentional Problems / ADHD	<b>Health Issues:</b> Acute / Chronic	Sleep Disorders / Problems
Behavioural Problems	Parenting Issues	Stress Management
Blended / Step Family Issues	Personal Growth / Wellness	Trauma, PTSD
Caregiver Stress	Personality Disorders	<b>Workplace:</b> Stress /Burnout
Conflict Resolution	Pain Management	

  

<b>TREATMENT APPROACH</b>	<b>POPULATION</b>
Cognitive Behavioural	Emotion Focused Couples
Acceptance & Commitment	Therapy
Therapy (ACT)	Positive Psychology
	Mindfulness
	Adolescents 16-18
	Young Adult 19-25
	Adult >25
	Aged ≥ 65

<b>ASSESSMENT SERVICES</b>	<b>OTHER</b>
Behavioural / Emotional	Parental Capacity
Custody / Access	Parental Alienation
Legal / Forensic	Personality
<b>Pain:</b> Chronic /Acute	Consultations
	Workshops
	Referrals for Court or Litigation

<b>PROFILE</b>
<p>Heather graduated from Dalhousie University with a Bachelor of Arts (Honours) in Psychology and a Certificate in Forensic Psychology. She went on to complete a Master of Science in Clinical Psychology degree in 2007 at Acadia University and has been a practicing Clinical and Forensic Psychologist for the past nine years.</p> <p>With a warm and practical approach, Heather offers therapy to individuals and couples who may be experiencing a variety of psychological concerns. She recognizes that therapy is an individual process and she aims to help her clients through open and honest communication during the entire course of therapy. She uses a client-centered, holistic approach to empower clients to draw upon their unique strengths and values in order to achieve their goals.</p> <p>Heather strongly believes in using evidence-based techniques in her therapy practices. She uses Acceptance and Commitment Therapy as her primary approach to individual therapy and Emotionally Focused Therapy as her primary approach to couples therapy. Heather is also experienced in using Cognitive Behavioural, Solution-Focused, and Positive Psychology techniques to enhance therapeutic progress. She is committed to a life-long learning process to promote personal and professional growth to further benefit her clients.</p>