Tara Power, Ph.D., R. Psych.
Empowerment Health Srvs Inc., 64 Queen Street, Truro NS
P: 902-897-1644 F: 902-897-9589
www.empowermenthealth.ca
Office Hours: Mon. - Fri. with some evening appointments NSBEP#: R0678

AREAS OF PRACTICE

Abuse: Emotional / Physical / Sexual
Adoption issues
Anger Management
Anxiety
Assertiveness / Social Skills
Behavioural Problems
Blended / Step Family Issues
Body Image Issues
Caregiver Stress
Conflict Resolution
Couple Therapy
Disabilities: Physical
Depression / Loneliness
Eating Disorders / Obesity
Family of Origin Issues
Family Violence
Grief / Loss / Bereavement
Habit Change
Health Issues: Acute/Chronic/ Terminal / Life Threatening
Obsessive Compulsive
Personal Growth / Wellness
Pain Management
Phobias / Fears /Panic
Relationship Issues
Rehabilitation: Cognitive/ Neuropsych / Brain Injury
Self Esteem
Separation / Divorce
Sexual: Orientation / Dysfunction/ Sex Therapy
Sport Psychology
Sleep Disorders / Problems
Stress Management
Trauma, PTSD
Workplace: Stress /Burnout / Career/ Retirement/ Bullying / Harassment

TREATMENT APPROACH

Cognitive Behavioural
Existential
Schema
Emotional-Focused

POPULATION

Young Adult 19-25 Aged ≥ 65
Adult >25

ASSESSMENT SERVICES

ADHD Adult
Behavioural / Emotional
Disabilities: Physical / Developmental / Learning
Intelligence / Cognitive
Legal/Forensic/Insurance
Pain: Chronic /Acute
Personality
PTSD

OTHER

Consultations
Workshops
Referrals for Court or Litigation

PROFILE

Dr. Power specializes in several interrelated fields. Specifically, she works within the fields of Health Psychology (including dealing with cancer diagnosis, genetic issues and chronic disease), Rehabilitation, Obesity, Sport Psychology, Sexual and Relationship Intimacy and Mental Health (anxiety, depression and Post-Traumatic Stress Disorder (PTSD)). She also provides assessment services relating to adult ADHD, Brain Injury, Personality and Intelligence. Examples of issues she has dealt with include:

- fibromyalgia, chronic fatigue, chronic pain, and epilepsy symptom management
- depression
- burn out
- adjusting to spinal cord and brain injury
- fertility issues and decision making
- sleep disorders
- enabling sport teams to function more cohesively
- disease prevention through weight reduction, smoking cessation or treatment compliance
- stress management
- assisting couples re-ignite sexual intimacy
- dealing with cancer diagnosis
- anxiety and phobias
- assisting recreational and professional athletes reach peak performance
- overcoming PTSD related to a motor vehicle accident, workplace incident or personal assault

She works from a solution-focused, cognitive behavioural therapeutic framework. Drawing largely on Cognitive, Behaviour, and Schema Therapy models, clients are assisted to deal with their current issues as well as develop the tools to address future problems. Dr. Power is a doctoral level psychologist and former lawyer. Her post-doctoral fellowship with the National Cancer Institute of Canada led to numerous publications, teaching and speaking engagements as well as the ability widen and deepen her clinical skills. Her practice in Truro has been open since 2010.