

Trinda L. Power, M.Sc., R. Psych.
Power Psychological Services
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 NSBEP#: R0650

AREAS OF PRACTICE

<p>Abuse: Emotional / Physical / Sexual Anger Management Anxiety Assertiveness / Social Skills Attachment Issues Depression / Loneliness Family of Origin Issues Grief /Loss/ Bereavement Habit Change Health Issues: Acute / Chronic</p>	<p>Obsessive-Compulsive Disorder Personal Growth /Wellness Pain Management Phobias / Fears / Panic Relationship Issues Self Esteem Stress Management Trauma /PTSD Workplace Issues: Stress / Burnout / Career/ Bullying / Harassment</p>
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TREATMENT APPROACH	POPULATION
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<p>Cognitive-Behavioural Solution-focused EMDR</p>	<p>Young Adult 19-25 Adult >25 Aged ≥ 65</p>
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ASSESSMENT SERVICES

Pain: Chronic / Acute

PROFILE

Ms. Power received her Master of Science degree from Saint Mary's University in Halifax NS. She is a Registered Clinical Psychologist, licensed with the Nova Scotia Board of Examiners in Psychology (NSBEP), and has worked in hospital outpatient mental health, community-based and private settings over the past 14 years. Recognizing the importance of the therapeutic alliance, her approach to treatment is client-centred and collaborative and involves a variety of modalities including cognitive-behavioural, solution-focused, supportive and mindfulness-based. She has been trained in Eye Movement Desensitization and Reprocessing (EMDR) for the treatment of trauma/Posttraumatic Stress Disorder (PTSD). She also assesses and treats acute and chronic pain. Her areas of practice include: depression and anxiety management, trauma/PTSD, adjustment disorders and pain and stress management.