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**NSBEP#: R0284**

#### AREAS OF PRACTICE

<b>Abuse:</b> Emotional / Physical <b>Addictions:</b> Gambling/ Sexual/ Internet Anger Management Anxiety Assertiveness / Social Skills Behaviour Problems Couple Therapy	Depression/ Loneliness Grief / Loss / Bereavement Habit Change <b>Health Issues:</b> Acute/ Chronic/Terminal/ Life Threatening Life Coaching Personal Growth / Wellness Phobias / Fears/ Panic	Relationship Issues Self Esteem Separation/Divorce/Infidelity Stress Management Trauma, PTSD
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TREATMENT APPROACH	POPULATION
Mindfulness-Based Therapy Humanist-Existential Cognitive-Behavioural	Young Adult 19-25 Adult >25 Aged ≥ 65

#### PROFILE

I believe the role of a psychologist is to facilitate the process of coping with and / or overcoming personal concerns. My approach / philosophy to assisting individuals, couples and families is a combination of empathy, support and respect, mindfulness and Cognitive-Behavioural therapy. Cognitive-Behavioural therapy assists individuals in recognizing and learning to modify the interactions between their beliefs / thoughts, emotions, behaviours and physiological / bodily responses. This approach has been shown to be effective with a wide range of concerns but especially depression, anger management and anxiety disorders.

Couple and family therapy involves the above approaches, but also includes an emphasis on working with all individuals to determine a balance between individual and couple/family needs and goals. I work with all involved to increase respect and understanding within and across all relationships. Specific strategies include communication, problem-solving and conflict management / resolution strategies, but the emphasis remains on mutual respect and balancing relationship and individual needs.

I believe that effective therapy, like most other services, needs to be clear in its objectives and goals and I endeavor to work with all clients to determine the nature of their concerns, their desired outcome and a mutually agreed upon therapeutic process.