

Anita Sablone, M.A., R. Psych.

Carleen Hall Psychological Services Inc. **Spirit Psychological**
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Office Hrs.: Mondays. (Other Evenings & Weekends By Appointment)
NSBEP#: R0497

AREAS OF PRACTICE

Anger Management	Dealing with Disabilities:	Grief / Loss / Bereavement
Anxiety	Developmental /	Parenting Issues
Assertiveness / Social Skills	Learning	Personal Growth/ Wellness
Attentional Problems/ADHD	Depression	Self Esteem
Autism Spectrum Disorder	FASD	Workplace: Bullying
Behaviour Problems	Gifted / Talented Children	

TREATMENT APPROACH	POPULATION
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Cognitive- Behavioural Solution-Focused	Client-Centred Mindfulness	Child 5-12 Adolescent 12-15 Young Adult 19-25 Adolescent 16-19 Family
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ASSESSMENT SERVICES

ADHD: Up to Age 25	Intelligence / Cognitive
Behavioural / Emotional	Psychoeducational
Disabilities: Developmental / Learning	

PROFILE

I am a psychologist with over eighteen years of practice, both in the school system and in a private practice setting. Through assessment, consultation and counselling services, I am able to provide clarification and support for a wide range of school-related learning, behavioral and social-emotional issues (e.g., learning difficulties, behavioral and parenting challenges, ADHD and mental health concerns such as stress, grief, low mood, anxiety, relational problems).

I am able to uncover and address issues affecting overall functioning such as low motivation, social skills, self-esteem, study skills and time management. Educating clients about their challenges, how to accept /navigate them and feel empowered to self-advocate is a central part of how I support my clients to move forward in a positive way.

Providing personalized, effective interventions that improve functioning at both home and school is paramount to me. Because of my experience in the school system, I collaborate easily with all professionals involved whether they be in school, medical or mental health services. Utilizing my skills in assessment, consultation / collaboration and counselling, I am able to assist with issues that families and their children / teens may face in their journey to optimal functioning.

Most recently, I have been offering alternative techniques, such as mindfulness, alongside a more traditional cognitive-behavioral approach. I have found this to be an excellent tool to reach clients, especially younger children and teens struggling with emotional regulation and attentional challenges.