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**Office Hours: Thursday Afternoon**  
**NSBEP#: R0374**

<b>AREAS OF PRACTICE</b>
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Anxiety	Family of Origin Issues	Self Esteem
Attachment Issues	Grief / Loss / Bereavement	Stress Management
Assertiveness / Social Skills	Health Issues: Acute/	<b>Workplace Issues:</b>
Body Image issues	Chronic	Stress / Burnout /
<b>Dealing with Disabilities:</b>	Obsessive-Compulsive	Harassment / Career
Physical	Disorder	Change
Depression	Personal Growth / Wellness	
Eating Disorders	Phobias / Fears/ Panic	

<b>TREATMENT APPROACH</b>	<b>POPULATION</b>
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Emotion-Focused Attachment Motivational Cognitive-Behavioural	Young Adult 19-25 Adult >25
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<b>PROFILE</b>
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My clinical background is within the areas of mental health and health psychology (managing acute / chronic health problems) with a special interest in eating disorders, anxiety, depression and women's issues. My therapeutic approach is interpersonal and focuses on emotions and attachment.