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NSBEP#: R0656 CRHSP#: 06328

AREAS OF PRACTICE

Abuse: Emotional Physical Sexual Anxiety Assertiveness/Social Skills Attachment Issues	Depression Grief / Loss / Bereavement Habit Change Obsessive-Compulsive Personal Growth / Wellness Personality Disorders Phobias / Fears/ Panic	Relationship Issues Self Esteem Stress Management Trauma, PTSD Workplace Issues: Stress
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TREATMENT APPROACH

Cognitive-Behavioural
EMDR

POPULATION

Young Adult 19-25
Adult >25

ASSESSMENT SERVICES

PTSD

PROFILE

Anita Scott's work with adult clients is collaborative and client-centered. She specializes in treating trauma (e.g. childhood abuse, assault, motor vehicle accidents, etc.) and Post Traumatic Stress Disorder (PTSD). Anita is trained in Cognitive Behavioural Therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR) which are both effective treatments for trauma-based problems. Her approach also incorporates psychodynamic therapy and she recognizes the significance of early attachment, particularly in the treatment of complex trauma.

Anita also treats depression, anxiety, grief/loss, self-esteem problems, and work-related problems. She often works with individuals who are on leave from the workplace (i.e. short- or long-term illness) to help improve overall functioning and assist in the return-to-work process.