

Dr. Belinda Seagram, R. Psych.
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AREAS OF PRACTICE

Abuse: Emotional Physical / Sexual Addictions: Substance/ Alcohol Gambling/ Sexual Adoption Issues Anger Management Anxiety Assertiveness / Social Skills Attachment Issues Attentional Problems/ ADHD Behaviour Problems Blended/Step Family Issues Body Image Issues	Caregiver Stress Conflict Resolution Couple Therapy Dealing with Disabilities: Physical Developmental Learning Depression Eating Disorders Family of Origin Issues Grief / Loss / Bereavement Habit Change Health Issues: Acute/ Chronic	Obsessive-Compulsive Parenting Issues Personal Growth/ Wellness Personality Disorders Phobias / Fears/ Panic Relationship Issues Self Esteem Separation / Divorce Stress Management Trauma, PTSD Workplace Issues: Stress, Burnout, Harassment, Career Change
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TREATMENT APPROACH	POPULATION
Cognitive-Behavioural	Child <5 Young Adult 19-25
Solution-Focused	Child 5-12 Adult >25
Strength-Based	Adolescent 12-15 Organization
Emotion-Focused	Adolescent 16-18

ASSESSMENT SERVICES	OTHER
Behavioural /Emotional Disabilities: Developmental Learning	Intelligence / Cognitive Personality Psychoeducational PTSD Consultations Workshops

PROFILE

Dr. Belinda Seagram is a registered clinical psychologist with a Ph.D. from York University and over 25 years of combined experience in clinical practice, research, teaching and supervision. Using an emotions -focussed, competency-based framework, she works with individuals and families, and organizations, assisting them in recovering from the devastating effects of trauma and the accompanying addictions which often result from such experiences. She is trained in EMDR, Cognitive Behavioural Therapy and Cognitive Processing Therapy. A large part of her current practice involves working with military members, veterans and first responders overcoming the effects of operational stress injuries, which often take the form of Post-Traumatic Stress Disorder. Belinda is interested in understanding how past experiences shape an individual's identity, and the manner in which they define themselves, their relationships, and the world around them. She is interested in building resiliency, helping to restore health and buffer against future adversity. Belinda also has extensive training in couple's therapy. She completed year-long externships in both Emotions-Focussed and Psychobiological Approaches to Couple's Therapy. Belinda has 17 years of experience with high-risk teenagers in residential, hospital and community-based settings, 15 years working with adults, with 7 of those years working with Correctional Service of Canada as Acting Chief Psychologist in a medium-security penitentiary for federal offenders. She designed and delivered training programs for the Crisis Negotiation Team of the Ontario Provincial Police and was involved in forensic investigations in Ontario and Nunavut. After leaving the prison, Belinda worked for 4 years with the Pine River Institute, a residential treatment program for adolescents struggling with serious substance abuse, in the capacity of Wilderness Therapist, Clinical Director and consultant.