

Carla Seymour, M.Sc., R. Psych.
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Office Hours: By Appointment
NSBEP#: R0440

AREAS OF PRACTICE

Abuse: Emotional / Physical / Sexual Adoption Issues Anger Management Anxiety Assertiveness / Social Skills Behaviour Problems Blended / Step Family Issues Body Image Issues Caregiver Stress	Conflict Resolution Couple Therapy Depression Family of Origin Issues Grief / Loss / Bereavement Obsessive-Compulsive Parenting Issues Personal Growth / Wellness Phobias / Fears/ Panic Relationship Issues Self Esteem	Separation / Divorce Sleep Disorders Stress Management Trauma, PTSD Workplace Issues: Stress, Burnout, Harassment, Career Change
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TREATMENT APPROACH

Eclectic (mostly)
 Cognitive-Behavioural
 Interpersonal

POPULATION

Young Adult 19-25
 Adult >25

PROFILE

Carla is a Registered Psychologist. She received her Master of Science Degree (Clinical Psychology) from Acadia University in 1997. Carla has been working in private practice with individuals and couples since that time.

Carla offers a practical and client-centered approach in a comfortable and relaxed atmosphere to help clients achieve their goals.

Carla's approach is eclectic in nature, drawing primarily from cognitive-behavioural and solution- focused therapies.