

Dr. Simon B. Sherry, R. Psych
Genest MacGillivray Psychologists
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Office Hours: By Appointment
NSBEP#: R0667

AREAS OF PRACTICE

Alcohol	Eating Disorders	Self Esteem
Anger Management	Family of Origin Issues	Separation/Divorce/Infidelity
Anxiety	Habit Change	Sexual: Orientation
Assertiveness / Social Skills	Obsessive-Compulsive	Sleep Disorders/Problems
Attachment Issues	Personal Growth / Wellness	Stress Management
Attentional Problems/ADHD	Personality Disorders	Trauma, PTSD
Behaviour Problems	Pain Management	Workplace Issues:
Body image Issues	Perfectionism	Stress / Burnout /
Caregiver Stress	Phobias / Fears/ Panic	Career/ Retirement
Depression/ Loneliness	Relationship Issues	

TREATMENT APPROACH	POPULATION
Cognitive-Behavioural	
Behavioural	Young Adult 19-25
Motivational	Adult >25
Interpersonal	

PROFILE

Dr. Simon B. Sherry, Registered Psychologist (R0667), is a tenured Associate Professor in the Department of Psychology and Neuroscience at Dalhousie University. He holds a Ph.D. in Clinical Psychology. Dr. Sherry is a specialist in assessing and treating depression, anxiety, perfectionism, personality disorders, and eating disorders. He also assesses and treats a wide variety of other mental health difficulties.

Dr. Sherry directs Dalhousie University's Personality Research Team. His research program investigates the role of personality (e.g., perfectionism) in relationship problems, depression, and eating disorders. Dr. Sherry has published 90 scientific articles and earned more than \$2.2 million in grant funds. He has received several awards for his scientific research and clinical practice, including the President's New Researcher Award (2009), the Eysenck Memorial Fund Award (2011), the Discovery Centre's Emerging Professional of Distinction Award (2012), the Scientist-Practitioner Early Career Award (2015), and the Killam Prize (2016). For more information on his research, see www.personality.psychology.dal.ca

Dr. Sherry sees adults for assessment and treatment at Genest MacGillivray Psychologists. He provides treatment for a range of difficulties including depression, anxiety, eating disorders, bipolar disorder, ADHD, pain, body dysmorphic disorder, body image, work or academic problems (e.g., procrastination), stress, self-esteem, sexual orientation, trauma (e.g., PTSD), alcohol misuse, relationship problems, personality disorders, and perfectionism. His clinical services are grounded in evidence-based practices, including cognitive-behavioural, behavioural, motivational, and interpersonal approaches. Dr. Sherry also provides workshops to health professionals across Canada. For more information on these services, see: www.genestpsychology.com.