

**Carol M. Shirley, M.A.S.P., R. Psych.**  
**Enigma: Physical, Emotional & Mental Health Studio**  
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**Office Hours: Monday- Saturday, mornings, afternoons & evenings**  
**NSBEP#: R0516**



### AREAS OF PRACTICE

<b>Abuse:</b> Emotional Anger Management Anxiety Assertiveness / Social Skills Attachment Issues Attentional Problems/ADHD Blended / Step Family Issues	Caregiver Stress Conflict Resolution Depression / Loneliness Family of Origin Issues Grief / Loss / Bereavement Habit Change <b>Health Issues:</b> Acute / Chronic/ Terminal Parenting Issues	Personal Growth / Wellness Phobias / Fears/ Panic Relationship Issues Self Esteem Separation / Divorce Stress Management <b>Workplace Issues:</b> Stress / Burnout / Bullying /Harassment
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### TREATMENT APPROACH

CBT- ACT  
 Humanistic  
 Energy Psychology  
 Culturally Competent

### POPULATION

Child 5-12      Adult >25  
 Adolescent 12-15      Aged ≥ 65  
 Adolescent 16-18      Family  
 Young Adult 19-25      Inst/ Org

### OTHER

Consultations  
 Workshops

### PROFILE

Carol has worked as a nurse and a fitness expert prior to her work as a psychologist. She combines her life experience and knowledge as a psychologist in a very compassionate way to support her clients. Carol successfully integrates her love of mind-body connection with her traditional training. She creatively and intuitively integrates meditation, guided imagery, Emotional Freedom Technique (tapping) and Reiki into her work empowering her clients to help themselves. Enigma: Physical, Emotional & Mental Health Studio offers psychological counseling, meditation, yoga, reflexology and holistic nutritional consulting.

Carol facilitates a monthly Law of Attraction in Action Group..