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 NSBEP#: R0283 CRHSP#: 05472

**AREAS OF PRACTICE**

<p><b>Abuse:</b> Emotional /          Physical          Anger Management          Anxiety          Caregiver Stress          Depression          Family of Origin Issues</p>	<p><b>Health Issues:</b> Acute/ Chronic          Obsessive-Compulsive Disorder          Pain Management          Phobias / Fears/ Panic          Stress Management          Trauma, PTSD</p>
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TREATMENT APPROACH	POPULATION
Cognitive-Behavioural Behavioural	Young Adult 19-25 Adult >25

**PROFILE**

Services are provided with the goal of meeting the needs of the individual . Assessment focuses on the clear identification of problem areas and mutually negotiated goals. Treatment is designed to be practical and effective. Interventions are regularly monitored.