

**Dr. Andrew Starzomski, R. Psych.**  
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**Office Hours: Afternoons, Evenings and Weekends by Appointment**  
**NSBEP#: R0380**

### AREAS OF PRACTICE

|   |   |  |
|---|---|--|
| <b>Abuse:</b> Emotional, Physical, Sexual                         | Attentional Problems/ADHD<br>Autism Spectrum Disorder | Obsessive-Compulsive<br>Personal Growth / Wellness |
| <b>Addictions:</b> Substance, Alcohol, Gambling, Sexual, Internet | Behaviour Problems<br>Caregiver Stress                | Personality Disorders<br>Phobias / Fears/ Panic    |
| Anger Management  | <b>Dealing with Disabilities:</b><br>Developmental    | Relationship Issues<br>Self Esteem                 |
| Anxiety   | Depression / Loneliness                               | <b>Sexual:</b> Offenders                           |
| Assertiveness / Social Skills                                     | Family of Origin Issues                               | Stress Management                                  |
| Attachment Issues   | Family Violence                                       | Trauma/ PTSD                                       |

### TREATMENT APPROACH

### POPULATION

Cognitive-Behavioural  
 Psychodynamic  
 Interpersonal  
 Humanistic

Adolescent 16-18  
 Young Adult 19-25  
 Adult >25

### ASSESSMENT SERVICES

### OTHER

|                                    |                              |
|------------------------------------|------------------------------|
| ADHD - Adult                       | Legal / Forensic/ Insurance: |
| Behavioural/ Emotional             | IME                          |
| <b>Disabilities:</b> Developmental | Personality                  |
| Intelligence / Cognitive           | PTSD                         |
|                                    | Strengths/Wellness           |

Consultations  
 Workshops  
 Referrals for Court  
 or Litigation

### PROFILE

Dr. Starzomski has been offering services in therapy, assessment and consultation in the areas of clinical and forensic psychology since 2001. He is attentive to his client's needs and interests, helping clients use their strengths, assisting with skill development and offering fresh perspectives on challenging circumstances. In years of therapy work he has been involved with a wide range of recovery experiences, cultivating his sound appreciation for the components of sustained change and growth.

Dr. Starzomski's forensic assessment services (e.g., violence risk, dangerous offender, pre-trial and pre-sentence assessments) have been retained by both defense and prosecution services as well as social service and child welfare agencies. He has also completed assessments in contexts of insurance/disability, citizenship applications and professionals' fitness to practice for various licensing boards. He routinely works with other mental health clinicians on their assessments by offering specialized psychological testing and assisting with complex diagnostic considerations.

Dr. Starzomski holds a PhD in Psychology (Forensic) from the University of British Columbia where he contributed to pioneering research related to domestic violence and completed a wide range of clinical training. He has worked in a number of health and correctional systems across Canada and has held leadership roles in the public mental health system and national psychological community. He is affiliated with the Departments of Psychology at Dalhousie and Saint Mary's Universities. He is a co-founder of the Atlantic Minds Wide Open Film Festival, which has explored mental wellness and the building of thriving communities via film.