



Hilary Stephenson, M. Psych., R. Psych.
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AREAS OF PRACTICE

<p>Abuse: Emotional / Physical</p> <p>Addictions: Substance/ Alcohol</p> <p>Anger Management Anxiety Assertiveness / Social Skills Attachment Issues</p>	<p>Attentional Problems/ADHD Couple Therapy Grief / Loss / Bereavement Obsessive-Compulsive Pain Management Phobias / Fears/ Panic Trauma, PTSD</p>
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TREATMENT APPROACH

Cognitive-Behavioural
Acceptance & Commitment Therapy
Motivational Interviewing

POPULATION

Young Adult 18-25
Adult >25

ASSESSMENT SERVICES

Behavioural / Emotional
Pain: Chronic
PTSD

PROFILE

Hilary Stephenson (MPsych) completed her graduate training in clinical psychology at Bond University in Queensland, Australia. Hilary's clinical interests and experience is in the assessment and treatment of anxiety disorders (adult, adolescents), depression, addiction, chronic pain management, posttraumatic stress disorder, and psychosis. Hilary is proficient in various cognitive behavioural therapy, acceptance and commitment therapy, narrative therapy, and motivational-interviewing techniques.

During her time in Australia, Hilary worked at Mirikai, an in-patient drug rehabilitation centre where she provided psychological services including assessment, formulation, treatment to individuals with both addiction and mental illness. She worked with the early Psychosis Team (Queensland Health, Australia) where she provided psychological services to clients, between the ages of 15 and 25, experiencing their first episode of psychosis; including substance-induced, bipolar, schizophrenia, schizoaffective, and depression with psychotic features.