

Dr. Elaine Stoffer, R. Psych.
Fenwick Psychological and Health Services Inc.
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Office Hours: Wednesday & Thursdays, Daytime & Evening
NSBEP#: R0666

AREAS OF PRACTICE

Anxiety	Habit Change	Separation / Divorce/ Infidelity
Assertiveness / Social Skills	Obsessive-Compulsive	Sport Psychology
Body Image Issues	Personal Growth / Wellness	Stress Management
Conflict Resolution	Phobias / Fears/ Panic	Trauma
Couple Therapy	Relationship Issues	Workplace: Stress/ Career/ Coaching/ Harassment
Depression / Loneliness	Self Esteem	
Eating Disorders		
Grief / Loss / Bereavement		

TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural Integrative Mindfulness	Young Adult 19-25 Adult >25
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PROFILE

Dr. Stoffer completed her Master's degree in Psychology from the University of British Columbia and her Ph.D. in Applied Psychology from the University of Calgary. She was a lecturer in the Psychology Department at St Francis Xavier University for seven years.

Her areas of practice include treatment and assistance for depression, anxiety, and self-esteem, disordered eating, stress management, workplace issues, career counselling, relationships issues, couple counselling and sport/performance psychology. Her treatment approach is primarily cognitive-behavioural, however, she incorporates mindfulness, and other self-care modalities into her practice. Dr. Stoffer office services in English.

For more information please visit our website www.fenwickhealth.ca