

**Stephen W. Theriault, M.Sc., R. Psych.**  
**Valley Psychological Service, Mid-Valley Health Centre**  
**474 Main Street, Middleton NS B0S 1P0**

**P:902-679-8224                      F: 902-678-1352**  
**Email: vps@ns.sympatico.ca              Office Hours: By Appointment**  
**NSBEP#: R0451                      CRHSP#: 06079**

<b>AREAS OF PRACTICE</b>
--------------------------

<b>Abuse:</b> Emotional / Physical <b>Addictions:</b> Substance/ Alcohol/ Gambling Anxiety Assertiveness / Social Skills Attentional Problems/ADHD Conflict Resolution Couple Therapy	<b>Dealing with Disabilities:</b> Physical Depression Family of Origin Issues Habit Change <b>Health Issues:</b> Acute/ Chronic Personal Growth/Wellness Personality Disorders	Phobias / Fears/ Panic Separation / Divorce Sleep Disorders Stress Management Trauma, PTSD <b>Workplace Issues:</b> Stress / Burnout / Harassment / Career
---	--	--

<b>TREATMENT APPROACH</b>	<b>POPULATION</b>
---------------------------	-------------------

Cognitive-Behavioural	Adolescent 12-15    Adult >25 Adolescent 16-18    Aged ≥ 65 Young Adult 19-25
-----------------------	---

<b>ASSESSMENT</b>
-------------------

Behavioural / Emotional	Intelligence / Cognitive	Personality
Custody Access	Pain: Chronic/ Acute	PTSD
<b>Disabilities:</b> Physical	Parental Capacity	

<b>PROFILE</b>
----------------

I am a Registered Psychologist with the N.S. Board of Examiners in Psychology and I have been working as a Psychologist in Nova Scotia since 1998. I am also a member of APNS and the Cdn. Register of Health Service Providers in Psychology (CRHSPP). I have been trained as a practitioner in Psychosocial Rehabilitation for individuals with severe mental illnesses.

I have been approved as a service provider for a variety of organizations including the Dept of Community Services, Victim Services, Dept of National Defense. Provincial Employee Assistance Program, and the NS Worker's Compensation Board, as well as many health plans which provide coverage for services provided by a registered Psychologist, such as Blue Cross, Sunlife, Clairca, Great West Life.

Approach:

My approach to therapy is primarily Cognitive-Behavioural, which focuses on helping individuals to understand the relationships between their thinking, emotional experience and behaviours and to change one or all where appropriate. I also use techniques from interpersonal and system therapies, especially with couples and families.

Services Provided:

- Therapy with individuals (adolescents & adults) or groups with various emotional, stress, or adjustment difficulties, including depression, anxiety, grief, and adjustment to difficult life changes or circumstances. I have a special interest in post-traumatic issues, including individuals who have suffered abusive upbringings.
- I have worked extensively in the assessment and treatment of individuals who are experiencing chronic pain
- Assessment of parent capacity, as well as parental appropriateness for custody of, or access to children.
- Cognitive (intellectual) assessment of children, adolescents and adults.
- Couple and/or Family Therapy, to focus on improved communication & conflict resolution in families.