

Laurie Tracey, M.A., R. Psych.
Breakthrough
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Office Hours: Tuesday - Friday, 8 am - 4 pm
NSBEP#: R0683

AREAS OF PRACTICE

Abuse: Emotional / Physical/ Sexual Anger Management Anxiety Attachment Issues Assertiveness / Social Skills Attentional Problems/ADHD Behaviour Problems Body Image Issues Caregiver Stress Conflict Resolution Couple Therapy	Dealing with Disabilities: Learning Depression Eating Disorders Family of Origin Issues Grief / Loss / Bereavement Habit Change Health Issues: Acute/ Chronic Pain Management Parenting Issues Personal Growth / Wellness	Phobias / Fears/ Panic Relationship Issues Self Esteem Separation / Divorce Sexual: Orientation Dysfunction/ Sex Therapy Stress Management Trauma, PTSD Workplace Issues: Stress, Burnout, Harassment/ Career Retirement / Bullying
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TREATMENT APPROACH	POPULATION
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Emotion-Focused Process Experiential Solution-Focused Cognitive-Behavioural	Adolescent 16-18 Young Adult 19-25 Adult >25
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ASSESSMENT SERVICES	OTHER
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Behavioural / Emotional Disabilities: Learning	Intelligence / Cognitive Psychoeducational	Consultations Workshops
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PROFILE

Laurie is a Registered Psychologist with a Masters degree in Counselling Psychology from the University of Toronto. She is a member of the Association of Psychologists of Nova Scotia. Laurie provides counselling services to adults, couples, and adolescents and to those identifying as LGBTQ. She specializes in anxiety and coping with life stressors, couple counselling, personal growth and wellness, depression, trauma and abuse, and sex therapy. She is also skilled in helping individuals adjust to chronic pain and brain injury. Laurie's approach to therapy is collaborative and empathic. She aims to help clients gain an understanding of their emotions, thoughts, and life patterns as a way to feel more certain about decisions and goals, be aware of and assert needs, communicate effectively, and live with meaning and purpose.