

Connie Wanlin, Ed.D., R. Psych.
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NSBEP#: R0710

AREAS OF PRACTICE

Abuse: Emotional Physical / Sexual Addictions: Substance Anger Management Anxiety Assertiveness / Social Skills Attachment Issues Body Image Issues Couple Therapy Depression	Eating Disorders Grief / Loss / Bereavement Habit Change Health Issues: Acute / Chronic Pain Terminal / Life Threatening Obesity Parenting Issues Personal Growth / Wellness Pain Management	Relationship Issues Self Esteem Separation / Divorce / Infidelity Sport Psychology Sleep Disorders / Problems Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Career
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POPULATION

Adolescents 16-18	Family
Young Adult 19-25	Couples
Adult >25	

PROFILE

Dr. Wanlin has practiced for over 10 years. She provides services to address a wide range of emotional and behavioral issues – women’s issues (postpartum depression, birth trauma, health issues, body image, and disordered eating), parenting challenges, relationship and couples therapy, family therapy, personal growth, self-esteem, grief counseling, health issues (chronic illness, terminal illness, chronic pain, traumatic injury, disability), stress (family, workplace), lifestyle change (exercise adherence, smoking cessation, weight management, procrastination), depression and anxiety. She has extensive training in the area of sport, exercise and health psychology.

Dr. Wanlin completed her BA in Psychology and a MSc. in Sport Psychology at the University of Manitoba. She then completed a second Masters in Counseling and a Doctoral Degree in Sport Psychology with additional training in Counseling Psychology at West Virginia University. Her training was grounded in cognitive-behavioral therapy; she also incorporates developmental and systems approaches. She has specialized training in hypnosis, EMDR, Gottman Couples Therapy, and has completed an intensive course in the Developmental Attachment Approach to dealing with parenting/family/child issues.

Dr. Wanlin takes a holistic, solution-focused approach to therapy. She understands that beginning the therapeutic process can be daunting and she hopes to reassure clients that this is a healthy, conscious, proactive step towards life change. She works collaboratively and compassionately with clients to reach their therapeutic goals.