

Shelley West, M.Sc., Registered Psychologist
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Office Hours: Monday - Friday, Day & Evening Appointments Available
NSBEP#: R0665

AREAS OF PRACTICE

<p>Abuse: Emotional/ Physical Anger Management Anxiety Assertiveness Attachment Issues Behaviour Problems Dealing with Disabilities: Physical Depression/ Loneliness Family of Origin Issues</p>	<p>Family Violence Grief / Loss / Bereavement Habit Change Health Issues: Acute/ Chronic Infidelity Obsessive-Compulsive Pain Management Parenting Issues Personal Growth / Wellness Personality Disorders</p>	<p>Phobias / Fears/ Panic Relationship Issues Self Esteem Sleep Disorders/ Problems Stress Management Suicidal Ideations Trauma, PTSD Workplace Issues: Stress/ Burnout / Career / Retirement</p>
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TREATMENT APPROACH

Cognitive-Behavioural
Client-Centred

POPULATION

Young Adult 18-25
Adult >25

ASSESSMENT SERVICES

Behavioural / Emotional
Pain: Acute / Chronic
Personality
Insurance: Section B Assessment / MVAs
PTSD
Suicidality

PROFILE

Ms. Shelley West holds a M.Sc. degree in Clinical Psychology from Acadia University. She is a member of the Canadian Psychological Association and the Association of Psychologists of Nova Scotia. She specializes in Cognitive Behavioural Therapy (CBT), and uses both a collaborative and a client-centred approach.

Ms. West has expertise in individual CBT for adults who experience difficulties with issues such as depression, anxiety, stress, anger, grief, chronic pain, sleep, and relationships.

Ms. West also has expertise in working with clients who have experienced family violence in order to help empower them to both overcome its devastating effects and to make changes to avoid entering into these types of relationships in the future. Ms. West gained her initial interest in, and a wealth of hands-on experience with, helping young women and seniors in abusive situations when she volunteered with Chrysalis House for five years and the Senior Support Network of the VON for three years.

For more information, please visit her website at www.shelleywestpsychologist.ca