

Amy Wiens, M.A., Psychologist (Candidate Register)
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NSBEP#: C10628

AREAS OF PRACTICE

Anger Management Anxiety Assertiveness / Social Skills Attachment Issues Blended/Step Family Issues Body Image Issues Conflict Resolution	Couple Therapy Family of Origin Issues Parenting Issues Personal Growth / Wellness Relationship Issues Separation/ Divorce/ Infidelity Workplace: Stress / Burnout
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TREATMENT APPROACH	POPULATION
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Emotionally-Focused Therapy Family Systems Interpersonal Cognitive-Behavioural Therapy	Adolescent 12-15 Adolescent 16-18 Young Adult 19-25 Adult >25 Family
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PROFILE

Ms. Amy Wiens is a Psychologist (Candidate Register) with the Nova Scotia Board of Examiners in Psychology. She received her B.A. with honours in Psychology from Saint Mary's University (2008) and her M.A. In Counselling Psychology from Trinity Western University (2010). Ms. Wiens' Master of Arts was focused on Marriage and Family Therapy, which has given her the specialized training to help couples, families and individuals.

Ms. Wiens works with individuals, couples, and whole or partial families. Her areas of specialization are in relational issues such as communication, handling conflict, emotional disconnection and building healthy relationships. Ms. Wiens has experience and interest in helping couples navigate through the hardship of infidelity and sorting through the emotional toll of separation / divorce. Another area of interest for Ms. Wiens is working with parents, teaching them ways of connecting with and utilizing affective disciplinary tools when raising children.

Ms. Wiens enjoys her work with individuals as well, seeing clients as young at 12 years old and onward. Her work with individuals includes a wide range of issues such as personal growth, self-esteem, depression, anxiety and other adjustment and mood concerns.

Ms. Wiens utilizes a diverse approach in her therapy, drawing on such theories as Cognitive Behavioural, Interpersonal, Systems and Emotionally Focused Therapy. Her diverse therapeutic approach helps her work with her clients in a way that suits them, while still relying on empirically supported treatment approaches.