

Sarah Jane Williams, M.A., R. Psych.
True North Psychological Services
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NSBEP#: R0733

AREAS OF PRACTICE

Anger Management Assertiveness / Social Skills Attentional Problems/ADHD Behaviour Problems Dealing with Disabilities: Developmental / Learning	Gifted / Talented Children Parenting Personal Growth / Wellness Self Esteem Sleep Disorders / Problems Stress Management
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ASSESSMENT SERVICES	LANGUAGE
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ADHD Adult ADHD Behavioural / Emotional	Disabilities: Developmental / Learning Intelligence / Cognitive Psychoeducational	English
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POPULATION

Child 5-12 Adolescent 12-15 Adolescent 16-18	Young Adult 19-25 (Assessment & supports for ADHD & LD)	Adult >25 (Assessment & supports for ADHD & LD)
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PROFILE

Services include: assessment, counselling, and coaching. Clients are provided with a quiet and supportive environment to share their concerns and explore solutions. Sarah has extensive experience working with individuals regarding ADHD, learning disabilities, stress/anxiety, sleep hygiene, social skills, developmental delays, behavioural difficulties, and emotions.

Assessments provide clients with both a greater awareness of their learning needs, as well as effective strategies. ADHD assessments provide information about inattention, hyperactivity, and impulsivity. Psychoeducational assessments provide information about attention, cognition, language, memory, processing speed, graphomotor control, phonological awareness, executive functioning, and academic skills).

Counselling and/or coaching services provide supports regarding emotional health (self-compassion, relaxation, mindfulness), personal relationships (friends, family), and skill development (time management, organization, memory, planning, task completion, executive functioning). Sarah works within a multi-disciplinary model, collaborating with various professionals.