

Katherine Wilson, M.Sc., Psychologist (Candidate Register)
Cornerstone Psychological Services
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AREAS OF PRACTICE

Abuse: Emotional Anxiety Assertiveness / Social Skills Attachment Issues Body Image Issues Couple Therapy Depression / Loneliness Family of Origin Issues Grief / Loss / Bereavement Habit Change	Obsessive-Compulsive Perfectionism Personal Growth / Wellness Personality Disorders Phobias / Fears/ Panic Relationship Issues Self Esteem Separation / Divorce / Infidelity	Sexual: Orientation / Sex Therapy Sleep Disorders Spiritual / Meditation Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout /
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TREATMENT APPROACH

Cognitive-Behavioural
 Mindfulness
 Emotionally-Focused

POPULATION

Young Adult 19-25
 Adult >25
 Aged ≥ 65
 Couples

PROFILE

Katherine is a licensed Clinical Psychologist (Candidate Register). She completed her Honours B.A. degree in Psychology from Wilfrid Laurier University in Waterloo, Ontario, and holds a Master of Science (M.Sc.) degree in Clinical Psychology from Acadia University. With experience in hospital, university, and private practice health-care settings, Katherine's therapy practice involves working with individual adults and young adults (18+), as well as couples.

Katherine's training is primarily based in cognitive-behavioural therapy, however she draws from other theoretical models as well, such as mindfulness, emotionally-focused, acceptance and commitment, motivational-interviewing, and solution-focused approaches. Above all, Katherine aims to provide a client-focused environment that is comfortable, accepting, and empathetic, and she believes that the therapeutic relationship is of utmost importance in working towards personal growth and lasting change.