

Julie Wong, M.Sc., R. Psych.
P O Box 1524, Digby NS B0V 1A0
P: 902-245-8426
Office Hours: By Appointment
NSBEP#: R0336

AREAS OF PRACTICE		
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Abuse: Emotional / Physical / Sexual	Habit Change	Separation / Divorce
Anxiety	Health Issues: Acute / Chronic	Stress Management
Assertiveness / Social Skills	Obsessive-Compulsive	Workplace Issues: Stress / Burnout /
Body Image Issues	Pain Management	Harassment / Career
Caregiver Stress	Personal Growth / Wellness	Change
Depression	Phobias / Fears/ Panic	
Family of Origin Issues	Relationship Issues	
Grief / Loss / Bereavement	Self Esteem	

TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural Humanistic	Young Adult 19-25 Adult >25
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PROFILE

Julie Wong is a clinical psychologist who has worked in the mental health field for over 23 years. Her main areas of practice have been in addressing depression, anxiety, adjustment problems and related life issues. Cognitive-behavioral strategies have been a large part of her therapy approach. In more recent years, she has been incorporating mindfulness-based acceptance and commitment therapy into her work – including guided mindfulness meditation for interested clients. Her orientation continues to be humanistic, and she uses a collaborative approach in the therapy relationship.