

Dr Marc Woods, R.Psych.

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Office Hours: Monday - Friday, Typically 9 - 5 pm

NSBEP#: R0670

AREAS OF PRACTICE		
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Abuse: Emotional / Physical / Sexual	Depression	Phobias / Fears/ Panic
Anger Management	Eating Disorders	Relationship Issues
Anxiety	Family of Origin Issues	Self Esteem
Assertiveness / Social Skills	Grief / Loss/ Bereavement	Separation / Divorce
Attentional Problems/ADHD	Habit Change	Sexual: Dysfunction
Body Image Issues	Health Issues: Acute/ Chronic	Sleep Disorders / Problems
Caregiver Stress	Obsessive-Compulsive	Stress Management
Conflict Resolution	Personal Growth / Wellness	Trauma / PTSD
Dealing with Disabilities: Physical	Pain Management	Workplace Issues: Stress / Burnout
	Personality Disorders	Harassment / Career

TREATMENT APPROACH		POPULATION
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Cognitive-Behavioural	Interpersonal	Adolescent 16-18
Acceptance-Based	Emotion-focused	Young Adult 19-25
		Adult >25

ASSESSMENT SERVICES	OTHER
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Behavioural / Emotional	Personality	Consultations
Disabilities: Physical	Psychoeducational	Workshops
Pain Assessment	PTSD	

PROFILE

Dr. Marc Woods (Registration #R0670), originally from Newfoundland, completed his Master's (1997-1999) and Doctoral (2001-2005) training in clinical psychology at the University of Regina. He has almost 10 years of clinical experience working in a variety of settings, including private practice, interdisciplinary health teams, in-patient psychiatric care, hospital settings, and university counselling centres. He provided services for five years at the Chronic Pain Centre in Saskatoon and prior to moving to Halifax, was an Adjunct Professor in the Department of Medicine at the University of Saskatchewan.

Dr. Woods provides assessment and treatment for adults and late adolescents experiencing a wide range of difficulties, including but not limited to such problems as depression, anxiety, stress, sleep difficulties, anger management, grief, acceptance, sexual and intimacy issues and behavioural problems. He has particular expertise in assessing and providing psychological treatment for people with pain and health problems. He has worked with members of the military and police force. He also played basketball with Memorial University of Newfoundland's varsity team, and his research and clinical interests reflect his background in athletics.

Dr. Woods has extensive training and experience using multiple therapy approaches, including cognitive behavioural, acceptance based, humanistic, interpersonal and emotion-focused. He practices therapy with a collaborative and client-centred focus that is holistic and solution oriented. Practically speaking, this involves engaging the client actively and meaningfully in the therapy process (e.g., setting goals, identifying the focus in session). He will also use whichever therapy approach/tools best serve the client.