



Dr. Nina Woulff, R. Psych.
Dr. Nina Woulff, Psychologist & Associates
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Office Hours: Monday - Wednesday, 9 am - 9 pm; Thursday - Friday 9 am - 6 pm
NSBEP#: R0040

AREAS OF PRACTICE

Abuse: Emotional/ Physical/ Sexual Adoption Issues Anxiety Assertiveness / Social Skills Attentional Problems/ADHD Behaviour Problems Blended/Step Family Issues Caregiver Stress Conflict Resolution Couple Therapy	Dealing with Disabilities: Physical Developmental Learning Depression Family of Origin Issues Grief / Loss / Bereavement Habit Change Health Issues: Acute/ Chronic Obsessive-Compulsive Parenting Issues Personal Growth / Wellness	Personality Disorders Phobias / Fears/ Panic Relationship Issues Self Esteem Separation / Divorce Sexual: Orientation Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Harassment / Career Change
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TREATMENT APPROACH

Cognitive-Behavioural
 Family Therapy
 Psychodynamic

POPULATION

Child <5	Young Adult 19-25
Child 5-12	Adult >25
Adolescent 12-15	Aged ≥ 65
Adolescent 16-18	

OTHER

Consultations
 Workshops

PROFILE

I have practiced for over 35 years, working with children, parents, couples and individuals. Working collaboratively with clients, reasonable and realistic goals are established. During subsequent sessions new ways of understanding difficulties and choices of new coping strategies and solutions.

I am well versed in the areas of expertise of the different associates in my practice and I speak with each new referral to determine the best therapeutic options for their situation.

In work with individuals, the goals are to help clients move away from frustration, anxiety, confusion and despair and move toward greater peace, effectiveness and optimism. In work with couples and families the goals are to help people repair rifts, transcend stalemates and learn to communicate and nurture more effectively.