

# Services

Psychologists can help with a wide variety of difficulties, including clinical issues and everyday concerns. These include:

<ul style="list-style-type: none"><li>• <a href="#">Anxiety &amp; Panic Attacks</a></li><li>• <a href="#">Depression &amp; Feeling Overwhelmed</a></li><li>• <a href="#">Family Issues</a></li><li>• <a href="#">Communication Problems in Relationships</a><ul style="list-style-type: none"><li>• Stress Management</li></ul></li><li>• <a href="#">Fear of Flying</a></li><li>• <a href="#">Cogmed Working Memory Training</a></li></ul>	<ul style="list-style-type: none"><li>• <a href="#">Attention Deficit Hyperactivity Disorder (ADHD)</a></li><li>• <a href="#">Post-traumatic Stress (PTSD)</a></li><li>• Social Phobia</li><li>• <a href="#">Mindfulness Meditation</a></li><li>• Uncontrollable Worrying<ul style="list-style-type: none"><li>• <a href="#">Marriage Counselling</a></li></ul></li></ul>	<ul style="list-style-type: none"><li>• Trouble Sleeping</li><li>• Ritualistic Thoughts &amp; Behaviours (OCD)</li><li>• <a href="#">School Performance Issues</a></li><li>• Work-life Balance<ul style="list-style-type: none"><li>• Parenting</li></ul></li><li>• <a href="#">Psychological/School Assessments</a></li></ul>
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## What is Cognitive Behaviour Therapy (CBT)?

The goal of cognitive behaviour therapy is to help individuals become aware of thoughts and patterns of behaviour that keep them feeling stuck. Its focus is on the 'here-and-now' to help relieve current symptoms and address current problems. Clinical research shows that cognitive therapy is as effective as medication for the treatment of anxiety and depression, without the associated side effects. When it comes to maintaining wellness and preventing relapse, cognitive therapy is more effective than medication. A typical course of treatment is between 10 and 20 sessions.



## Thinking, Feeling, Doing

Thoughts, feelings and actions are all connected. Learning to change one can change the others.

# Emotion Focused Therapy (EFT) for Couples



Emotion Focused Therapy is an approach to couples and family issues that focuses on identifying and correcting repetitive and dysfunctional patterns that leave people feeling alone and unsupported. EFT helps members of a couple or family to remain engaged with each other in order to better communicate what each really needs from the other. EFT is a short-term therapy, usually lasting between 8 – 20 sessions after the initial assessment. Outcome studies show more than 70% recovery from marital distress within 10 – 12 sessions.