



## Therapy • Consultation • Evaluation

### Psychologists:

Christine Arsenault  
Christine Belliveau  
Dre. Nicole Belliveau (resident in psychology)  
Christian Démoré  
Gino Frenette  
Ginette Gaudet

Michelle Gauthier-Belliveau  
Dre. Mélanie Léger (resident in psychology)  
James MacMillan  
Manon Melanson  
Pierrette Richard  
James Robinson  
Virginie Roy- Girard

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### CLINIC OF APPLIED PSYCHOLOGY

The Clinic of Applied Psychology consists of a team of eleven psychologists and two residents in psychology. The diversity of our professional experience enables us to help clients of all ages in a wide range of problem areas.

All psychologists and residents on staff at the Clinic of Applied Psychology are members in good standing with the College of Psychologists of New Brunswick.

### CONFIDENTIAL AND BILINGUAL SERVICES

The Clinic of Applied Psychology is committed to confidentiality and offers its services in both official languages.

### SEVERAL INTERVENTION MODELS

As we encourage continuous professional development for the psychologists and residents on our team, the Clinic can apply a variety of intervention models. The cognitive-behavioral model, reality therapy, brief and strategic therapy, hypnotherapy, EMDR (Eye Movement Desensitization and Reprocessing) and emotion-focused couples therapy are some of the approaches used at the Clinic of Applied Psychology, to provide quality interventions that meet the clients' needs.

### TYPES OF INTERVENTION

- Individual and group psychotherapy
- Couple and family psychotherapy
- Psychological assessment
- Consultation with individuals and businesses
- Employee Assistance Programs
- Life Coaching
- Thematic workshops  
(stress management, retirement planning, etc.)

### REASONS TO SEEK SERVICES AT THE CLINIC

- Anxiety disorders  
(panic disorder, social anxiety disorder, etc.)
- Depressive disorders
- Obsessive-compulsive disorder
- Stress management
- Sleep disorders
- Burn-out
- Adjustment disorders
- Crisis situations
- Grief
- Marital problems
- Childhood and adolescence problems
- Somatic symptoms disorders
- Coping with medical illnesses
- Posttraumatic Stress Disorder

This list is far from complete. If your particular reason to seek our services is not listed, please do not hesitate to call us. We will be happy to answer your questions and refer you to the appropriate services.

### FEES

The cost of psychological services obtained through independent practitioners is not covered by NB Medicare. However, many private health insurance plans do offer coverage for this type of care. We suggest you check with your private health care plan to determine if psychological services are covered.

### REFERENCES? QUESTIONS?

Contact the Clinic personally. Mireille Bernard, Sylvie Bourque and Linda Daigle – our support staff – will take your call and direct you appropriately. They will gladly answer any question you may have.

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[www.cpamoncton.ca](http://www.cpamoncton.ca)