

Angela Bardick, Registered Psychologist

Description:

Angela Bardick, B.F.A., B.Ed., M.Ed., is a Registered Psychologist in private practice offering counselling for adolescents and adults suffering from eating disorders or body image concerns, as well as other emotional and behavioral issues (trauma, depression, anxiety, life transitions, bereavement). She uses an integrated approach to personal counselling, using aspects of Mindfulness-based approaches (Hakomi), Cognitive Behavioral Therapy, EMDR, and Humanistic therapy to meet the needs of each individual. Angela has conducted research in adolescent eating disorders and male body image, which has been published in international journals and presented at an international conference. Angela has conducted workshops in preventing and treating body image and eating disorders. Physician referrals and self-referrals are welcome.

Serving Medicine Hat, Airdrie, and Calgary regions in Alberta, Canada.

Country: Canada

State: Alberta

City:

Website: <http://www.angelabardick.blogspot.com>