

Referrals accepted from all sources including:

Health Professionals	Case Workers
Individual	Correctional Services
EAP Professionals	Legal Professionals
Physicians	Educational Professionals
Insurance Companies	

Services Provided to:

Adults
Families
Couples

Fees: Psychological services vary according to the treatment and/or assessment provided. Clients are advised to check their insurance coverage as many policies cover psychological services. Organizations are billed directly for client referrals. For the individual, flexible payment plans are available upon request.

**Director: Glenda Morrissey
Registered Psychologist**

- Registered Psychologist, Nova Scotia Board of Examiners in Psychology (NSBEP)
- Canadian Register of Health Service Providers in Psychology (CRHSPP)
- Association of Psychologists of Nova Scotia (APNS)
- International Certified Alcohol & Drug Counsellor (ICADC) Canadian Addiction Counsellors Certification Federation
- Certified Gambling Counsellor (CGC) Canadian Foundation on Compulsive Gambling

For more information or to schedule an appointment, please call:

MRTC

Office Hours: Monday to Friday 9-5

Home visits may be arranged under special circumstances.

3157 Robie Street, Halifax, NS B3K 4R1

(902) 422-0225 Fax: (902) 422-0219

802 Prince Street, Suite 202, Truro, NS B2N 1H1

(902) 896-0026 Fax: (902) 422-0219

Albion Street, Amherst, NS

By appointment

(902) 896-0026 Fax: (902) 422-0219

Website: www.mrtc-gmpsi.ca

**Morrissey
Rehabilitation
& Treatment
Counselling
(MRTC)**

a division of
**GM Psychological
Services
Incorporated**

**Psychological
Services for:
Adults
Families &
Couples**

At Morrissey Rehabilitation & Treatment Counselling (MRTC)

Our counselling and therapy services encourage individuals to transform difficult experiences into opportunities for personal growth and renewal.

MRTC successfully applies counselling skills to a variety of work related and personal difficulties including but not limited to: pain disability prevention, pain/stress management, depression, anxiety, posttraumatic stress, grief/loss, substance abuse/dependence, addictions (alcohol, drug, gambling, internet, etc.), career changes, codependency, relationship issues, etc.

Mission Statement

Our mission is to assist and inspire individuals to reach their full potential no matter where they live in Nova Scotia. Together we will achieve results.

Psychological Assessment & Treatment Services available in the following areas:

- Pain/Stress & Disability Management
- Depression/Anxiety/Posttraumatic Stress Disorder
- Anger Management/Social Skills
- Adjustment Issues
- Grief/Loss/Bereavement
- Substance Abuse/Dependence
- Self-Esteem
- Caregiver Stress
- Addictions (Alcohol, Drug, Gambling, etc.)
- Co-dependency
- Health/Wellness/Personal Growth
- Relationship Issues/Couple Therapy
- Career Change/Burn Out/Vocational Planning

Pain/Stress & Disability Management

Before dealing with stress, it is important to learn to understand it. By identifying potential sources of pain/stress effects and developing techniques to reduce its impact, individuals are free to meet their potential. Through counselling, individuals with soft-tissue injuries, are provided with techniques to restore activity to optimal level by behavioral intervention strategies, as well as addressing the psychological factors involved in the rehabilitation process.

Posttraumatic Stress Disorder / Depression / Anxiety Disorders

MRTC offers psychological services for the assessment and treatment of Acute and Posttraumatic Stress Disorder, Depression & Anxiety Disorders. The purpose and goal is to effect psychological change in the individual.

Health/Wellness & Adjustment Issues

Dealing with a health problem or making lifestyle changes can often be difficult. MRTC offers therapy to assist individuals in accepting and adapting to their health problems and/or major life changes. In addition, MRTC assists clients in adopting healthier lifestyle behaviour.

Addictions (Alcohol, Drug, Gambling, Internet, etc.) Substance Abuse/Dependence

MRTC offers a full range of out-patient assessment and treatment services for the treatment of substance abuse and addictions including: alcohol, drug, gambling, internet, etc. The primary emphasis of treatment is on the individual. Its purpose and goal is to effect psychological change in the individual.

Abstinence and 12-step programs are strongly advocated. The MRTC After-Care Program is designed to promote personal growth and to prevent relapse, keeping recovery alive and active.

Grief/Loss/Bereavement

Grief & loss, whether it involves the ending of a relationship, separation, life threatening illness, or death of a loved one can have a significant impact on one's ability to cope with many aspects of daily living. MRTC offers therapy to individuals requiring assistance with the grief process & working through the experience of loss.

Relationship Issues/Couple Therapy

As family/marriage structures change due to breakdown in communication, stresses can impede family/relationship functioning. MRTC offers psychological counselling for families and/or couples experiencing adjustment difficulties.

Career Changes/Burn Out/Vocational Planning

Career changes due to trauma, injuries or stress can create difficulties psychologically, physically and financially. Individuals will benefit from learning how to deal with change and begin to explore employment alternatives through vocational assessment and planning.

To learn more about MRTC, visit our website at: www.mrtc-gmpsi.ca