

# Joan Wright & Associates

*committed to sensitive and competent  
caring for the community*



## Therapist Information



**H el ene Hamel**, L.Psych., M.(Psych), B.A.(Psych), C.S.W., D.E.C.(ED)

Population Seen: Children, Adolescents, Adults, Families

### Areas of Competency:

- attachment issues
- child anxiety/phobias
- parent consult
- child mood disorders
- assessments (e.g. learning disability, ADHD)
- coping strategies
- child/adolescent sexual, emotional, or physical abuse
- family therapy
- acute stress related issues (e.g. workplace, relationship termination)
- stress management
- self-esteem issues
- mood disorders (depression, bi-polar)
- eating disorders
- Attention Deficit Hyperactivity Disorder (ADHD)