

# Joan Wright & Associates

*committed to sensitive and competent  
caring for the community*



## Therapist Information



**Tracy Houlding, LLB., M.Ed., C.C.C**

Population Seen: Adults, Couples

### Areas of Competency:

- Adult Anxiety/Panic Attacks
- Couples Therapy (heterosexual/homosexual)
- Menopause
- Acute Stress Related Issues (ex: workplace, relationship termination)
- Stress Management
- Self Esteem (Adult)
- Mood Disorders (Depression, Bipolar) (Adult)
- Trauma Survivors (non - PTSD) (Ex: Adult survivor of childhood abuse)