



Ana Sofia Costa

Resident in Psychology, Interim Member, License Pending

Therapeutic Competency Areas:

Attachment Issues (Adolescents and Adult)

Adult Anxiety/Panic Attacks

Anger Issues Adolescents

Anger Issues Adult

Adolescent Coping Strategies

Adolescent Sexual, Physical, Emotional Abuse

Acute Stress Related Issues (Ex: Work Place, relationship termination)

Stress Management

Self-Esteem (Adolescent, Adult)

Trauma Survivors (Non-PTSD)

Eating Disorder

PTSD

Worksafe Issues

ASSESSMENTS:

Preparation for Surgery

Anxiety/Depression (Adult)

Psychological Assessment for PTSD, Personality Disorders