

# Joan Wright & Associates

*committed to sensitive and competent  
caring for the community*



## Therapist Information



**Joan M. Wright, Ph.D., L. Psych**

**Population Seen:** Adults, Adolescents, Couples, Families

### Areas of Competency:

- Pain management
- Anxiety/panic attacks
- Depression
- Anger issues
- Parent consults
- Stress management
- Grief (acute and chronic)
- Trauma survivors
- Eating disorders
- Attachment issues
- Addictions
- Coping
- Sexual disorders
- Sexual education
- Sexual, physical and emotional abuse
- Couples' therapy using emotionally-focused therapy for couples
- Post-Traumatic Stress Disorder (PTSD, military-related and non-military-related)
- Acute stress-related issues (e.g. workplace harassment, relationship termination)

### Methods used:

- Cognitive-Behavioral Therapy
- Emotionally-Focused Therapy for Couples
- Somatic Psychology (Bio-Energetic Analysis)
- EEG Biofeedback (Neurofeedback) Assessment and Training