

December 2017

West Niagara Psychology Centre

www.westniagarapsychology.ca

What is a Psychologist?

A Psychologist studies how we think, feel, and behave from a scientific viewpoint and then applies this knowledge to help people understand, explain, and change their behavior.

Some Psychologists work primarily as researchers and faculty at Universities and at governmental and non-governmental agencies. Others work primarily as practitioners in hospitals, schools, clinics, correctional facilities, employee assistance programs, and private offices. Many psychologists are active in both research and practice.

Psychologists engage in research, teaching, and practice across a wide range of topics having to do with how people think, feel, and behave. Their work can involve individuals, groups, families, as well as larger organizations in government and industry. Some of the topics that Psychologists focus their research or practice on include:

- Learning, Behavior and Mental Health (Depression, Anxiety) issues
- Neurological, Genetic, Psychological, and Social Determinants of Behavior
- Psychological Factors that Contribute to Health and Disease Management
- Rehabilitation and Adjustment to Disability and Chronic Illness
- Cognitive Functions (Learning, Memory, Problem Solving, Intellectual Ability)
- Developmental and Behavioral Abilities and Problems Across the Lifespan
- Criminal Behavior, Crime Prevention, and Support to Victims of Criminal Activity
- Addictions, Substance Use and Abuse
- Stress, Anger, and Other Aspects of Lifestyle Management
- Psychological Factors Related to Performance at Work, School, and Sport

Quote of the Month

“You are braver than you believe, smarter than you seem, and stronger than you think” Winnie the Pooh.

Struggling with Insomnia?

Book: “End the Insomnia Struggle” by Ehrnstrom and Brosse

APP: CBT-I Coach

Online:
www.thesleepschool.org

Treatment:

Cognitive Behavior Therapy for Insomnia (CBT-I)

Acceptance and Commitment Therapy (ACT)

WHAT'S NEW IN GROUP?

Master Your Stress Group is well under way for the second time.

Distress Tolerance Group starts Monday December 4th, 2017

Children's Anxiety Group starting January, 2018

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