

## Dr. Peter MacLean

### Psychologist

*Individual and Couple Therapy  
Career Assessment and Counselling*

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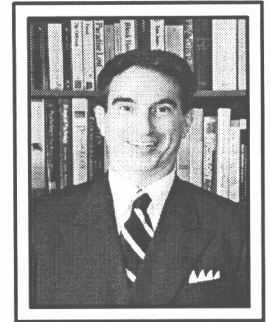
Dr. MacLean is a registered psychologist providing individual psychotherapy and couple therapy for adults. His services also offer career assessment and counselling. More specific areas of practice include:

- Depression (e.g., symptoms of sleep problems, sadness, fatigue)
- Anxiety (e.g., panic attacks, chronic worry)
- Couple therapy, including assessment
- Stress Management and Burnout
- Assertive Communication and Anger Management
- Self-esteem and Identity Issues
- Grief and Loss
- Life Adjustments and Transitions

Dr. MacLean actively stays abreast of recent developments in the field by regularly attending continuing education training courses. As a result, he employs a variety of therapeutic techniques that best meet specific client needs, including Cognitive-Behaviour therapy (CBT), assertiveness training, experiential therapy, Emotion Focused Therapy for couples (EFT), Dialectic Behaviour Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), Brief Psychodynamic Psychotherapy (BPP), and Mindfulness-integrated Cognitive-Behaviour Therapy (Mi-CBT).

Fees for psychological services are often largely covered by extended health insurance plans, such as the federal government's Public Service Health Care Plan (PSHCP), Sun Life, Blue Cross, and other third party plans. Psychological services also qualify as medical expenses for income tax purposes.

Dr. MacLean holds a doctorate in psychology from Purdue University, with undergraduate degrees in psychology and engineering from Queen's.



He is a licensed clinical psychologist with the College of Psychologists of Ontario. His experience includes providing psychological services in psychiatric hospitals, community mental health centres, and private practice.

For an appointment, please contact by phone or email.

**Peter MacLean, Ph.D., C.Psych.**

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*"Love and work are the cornerstones of our humanness."  
- Sigmund Freud*