Vicky is a Registered Provisional Psychologist. She has over 15 years of experience working with adolescents, young adults, and their families. She has background and training in both school and clinical settings. She is a former high school teacher and guidance counsellor and has also treated adolescent patients in a collaborative clinical setting. Vicky supports teens and young adults with relationships, social skills, stress and anxiety, depression and low mood, life transitions, emotion regulation, self-esteem, stress, eating disorders and self-harm. She also specializes in school psychology and intervention of ADHD, Giftedness, Autism Spectrum Disorder (ASD), Specific Learning Disorders, Intellectual Disability, Anxiety Disorders, Depressive Disorders, Eating Disorders, Obsessive Compulsive Disorder (OCD), Phobias, Oppositional Defiant Disorder (ODD) and Schizophrenia. She has a special interest in working with the emerging adult populations who are looking for a safe and modern therapist.

Her treatment approaches include: Cognitive Behaviour Therapy, Solution Focused Therapy, Interpersonal Therapy, Mindfulness-Based Cognitive Therapy, Meditation, Dialectical Behaviour Therapy, Exposure Therapy, Social Skills Training, Acceptance and Commitment, Narrative Therapy, Solution Focused Brief Therapy

She offers sessions to clients in-person and virtually. She is currently accepting clients for immediate booking.

Vicky Minhas B.Ed., M.C., Registered Provisional Psychologist
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