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## COMMON CONCERNS ABOUT SEEING A PSYCHOLOGIST

- **Shouldn't I be able to handle my problems on my own?**

*Life can be complicated. Many people benefit from sharing their problems with someone trained and experienced at listening and who can offer new perspectives.*

- **Will the psychologist tell me what to do? Will I lose control?**

*Like a life coach, a psychologist may help you define the problem, consider your options, and practice changes. You choose what options fit for you, and how to apply these to your life.*

- **Will I be a different person after therapy?**

*You remain the same person. Hopefully you will feel stronger and better able to deal with stressors and make decisions.*

- **How long will it take for me to feel better?**

*Every person and their situation is unique. In therapy, feeling better often starts with building trust in the therapeutic relationship. Here, confidence can grow, and individuals are empowered to make needed life changes.*

- **What are my guarantees?**

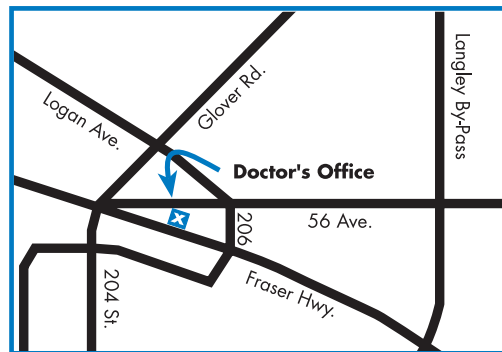
*There are no guarantees in therapy. Sometimes difficult feelings are stirred up and take time to process. Sometimes, feeling better is right around the corner. Sometimes, feeling better takes time, patience, and perseverance. A psychologist can be a support and coach in this process.*

## PAYMENT

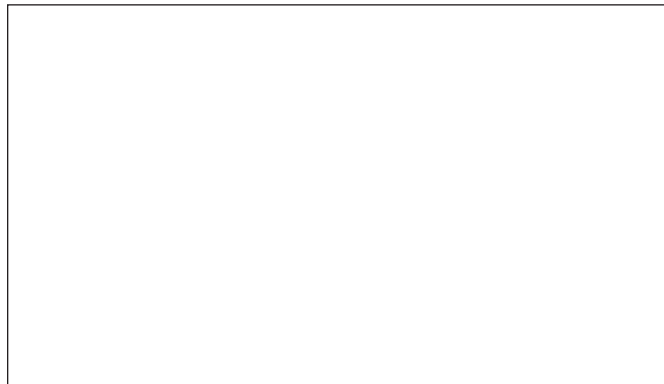
- Most extended medical plans
- Some employee assistance insurance programs
- Direct payment by cheque or cash
- Rates less than BC Psychological Association recommended fees
- Some sliding scale according to ability to pay

## HOURS

- By appointment, weekdays
- Some early evenings and Saturdays



204-20559 Fraser Hwy, Langley, BC V3A 4G3  
Phone (604) 532-9917



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## Psychological Services

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- *Caring*
- *Respectful*
- *Professional*

**Louise M Sturgess, D.Psy., R. Psych.**

**Heather Gretton, Ph.D., R. Psych.**

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## PSYCHOLOGICAL SERVICES



**Louise M Sturgess, D.Psy., R. Psych.**

Dr. Sturgess is a registered psychologist who has been practicing since 1965. She has been in private practice in Vancouver/Langley since 1989. She is registered with the College of Psychologists of BC (#0253) and a member of the BC Psychological Association. Dr Sturgess received her doctoral degree in psychology from the University of Montreal. She also trained in family therapy with Pacific Coast Institute. Dr. Sturgess works with individuals and/or couples with various issues such as anxiety/depression, stress, communications and life transitions. She takes an eclectic approach using cognitive behavioural and family system techniques, mixed with intuitive common sense from life experiences. She is married and the mother of three children.

### *Adults, Adolescents, Seniors*

- Depression, self-esteem
- Anxiety and panic attacks
- Obsessive compulsive behavior
- Post-traumatic stress disorder (PTSD)
- Health issues and stress related illness
- Work & study issues/burnout
- Adult survivors of abuse
- Death, grief, loss and post partum
- Women's issues
- Life transition counselling
- Adjustment to disability

### **Relationship Issues**

- Marital-Premarital
- Couples issues and family relationships
- Separation/Divorce
- Blended families



**Heather Gretton, Ph. D., R. Psych.**

Dr. Heather Gretton obtained her doctorate from University of British Columbia in 1998. She is registered with the College of Psychologists of BC (#1462) and a member of the Canadian Psychological Association. Her experience includes work with adults and adolescents in general clinical psychology, health, rehabilitation, and forensic psychology. Dr. Gretton works with teens and adults. Her therapy practice is primarily based on the cognitive behavioural model. She also integrates into her work an understanding of personality, family background, interpersonal and attachment issues, and their role in psychological and relationship functioning.

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