

New group practice in Kanata-Stittsville by established psychologists, Dr. Vanessa Illing and Dr. Davina Bakerman, providing *Excellence in Mental Health & Wellness*.

We strive to ensure minimal wait times for services.

WE OFFER DIFFICULT-TO-FIND SERVICES

- Adult ADHD comprehensive assessments/diagnosis
- Child/adolescent ADHD comprehensive assessments/diagnosis
- Child/adolescent and adult learning disorder assessments
- Individual therapy for adolescents (14-18 years old)

CHILD & ADOLESCENT ASSESSMENTS

- Psychoeducational: Learning disorders, Giftedness, Nonverbal disabilities
- ADHD assessments
- Social/Emotional/Behavioural assessments
- Psychodiagnostic assessments

ADULT ASSESSMENTS

- ADHD assessments
- Psychovocational: Back-to-work assessments, Retraining options, New career options
- Learning disorders
- Psychodiagnostic assessments

ADOLESCENT (14-18 YEARS OLD) & ADULT INDIVIDUAL THERAPY

- Evidence-based treatment for the following:
 - Depression
 - Anxiety (panic, excessive worrying, social phobia, obsessive-compulsive)
 - Interpersonal/Relationships
 - Adjustment issues
 - Health/Chronic illness
 - Sleep difficulties
 - Stress & Anger management
 - Life transitions/Developmental transitional issues
 - Sexuality/Sexual identity
 - Work place stress or difficulties
 - Assertiveness
 - Behavioural problems
 - Eating disorders/Body Image
 - Self-esteem
 - Trauma

REFERRALS

- Physicians or IHP's can fax referrals to 613-831-1221
- Patients can self-refer by calling 613-831-8181 or by visiting our website www.saterra.ca

We offer free consultations to physicians or IHP's to discuss any mental health-related patient issues.

Call us at 613-831-8181 or email us at info@saterra.ca