

SARAH CARR PSYCHOLOGICAL SERVICES



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CarrPsych.com

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Services



Counselling

We work with individuals and groups aged 10 and up to help with issues related to depression, anxiety, ADHD, PTSD, chronic pain and illness, personality disorders, self-esteem, identity, social/relational and workplace issues, and healthy communication.



Assessment

We provide a wide range of assessments for individuals aged 16 and up, such as diagnostic assessments, disability assessments, and independent medical exams.



Collaborative

We have years of experience working with workers compensation boards, insurance providers, doctors, physiotherapists, occupational therapists, lawyers, and veterans' organizations.

Our Beliefs

- 🌐 **Best practices use evidence-based interventions**
- 🌐 **Ongoing evaluation and outcome measuring is key to providing high-quality, cost-effective services**
- 🌐 **Collaborative treatment yields the best results**

About Us

Established in 2016, we are a private psychology practice in Charlottetown, PE. We are a team of registered psychologists, counselling therapists and graduate students who aim to provide our clients with evidence-based, effective clinical care. Our clinicians are passionate, engaged, growth-oriented, non-judgmental, and professional. All clinical service providers at the practice are licensed to provide psychological or psychotherapy services in Prince Edward Island or are supervised by a licensed provider.