

BEDFORD COUPLE & FAMILY THERAPY

THERAPISTS AT A GLANCE

AGE GROUPS	DR. ADAM	LOIS	DEBORAH	LAURA
Children	●	●		●
Teens & Young Adults	●	●		●
Adults	●	●	●	
AREAS OF PRACTICE				
Worry/Anxiety	●	●		●
Low Mood/Depression	●	●		●
Transition to Motherhood			●	
Life Balance/Stress	●	●	●	●
Difficult Romantic Relationships			●	
Self-Esteem/Self-Compassion	●	●	●	●
Traumatic Life Events	●	●		
Grief/Loss	●	●		●
Brink of Divorce			●	
Pre-Marital			●	
Communication for Couples			●	
Emotional/Physical Intimacy			●	
Affair Recovery			●	
Parenting	●	●		●
Child Challenging Behaviour	●	●		●
Family Conflict/Communication	●	●		●