



## **Dr. Thao Nguyen**

PhD, CPsych

**Clinical Psychologist**

Dr. Nguyen is a Clinical Psychologist registered with the College of Psychologists of Ontario. She received her doctorate degree (PhD) in Clinical Psychology from York University in Toronto.

Dr. Nguyen has more than 10 years of experience practicing psychology in various settings including community mental health, hospital, and private practice settings. She has extensive experience working with adolescents and families as well as adult populations from culturally diverse backgrounds. Dr. Nguyen contributed to the development of a culturally adapted-therapy group in a pilot research project in partnerships between community mental health and hospital organizations. She has previously held a lecturer position in the Psychology Department, Faculty of Health, at York University.

Dr. Nguyen has been providing psychological assessment and treatment services to patients presenting with a wide range of emotional and psychological issues including mood and anxiety disorders, trauma, psychosis, personality disorders/traits, sleep disturbance, chronic pain, school/work-related issues, relationship/marital concerns, parent-child conflict, and learning issues. She is passionate and dedicated to helping patients and their families address their emotional/psychological concerns. Dr. Nguyen uses various treatment approaches including Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT) skills, and Mindfulness-based practices. She has special interests in cultural and relationship issues as well as sleep disturbance.

Dr. Nguyen views health as an integration of both physical and mental health as the body and mind are inter-related systems that can influence each other. As such, she feels honored to work in collaboration with interdisciplinary professionals in a primary health care clinic that provides community-based patients health care services that meet both physical and mental health needs that are effective, affordable, and accessible to early intervention.

