

Heidi Smith Principal Psychologist
Provider Number: 4309613

Heidi Smith is a senior Psychologist and Practice Manager of Aresolution. In addition to helping individuals with depression and/or anxiety issues she is passionate about working with people with relationship, family and parenting issues. Heidi has significant experience with obsessive compulsive disorder and post-traumatic stress disorder.



Heidi is very passionate about helping individuals with obsessive compulsive disorder offering anxiety focused cognitive-behavioural therapy and exposure response therapy for OCD. She has experience with a full range of obsessions and compulsions and many of her clients report satisfaction with the focused nature of their sessions which has helped them overcome their OCD. Heidi can guide you through decisions about medication, using self help books and setting up strategies to overcome your OCD.

Heidi is also very experienced in her work with couples. She helps those with conflict, parenting, trust, intimacy, substance abuse and/or communication issues. Heidi has significant experience in helping couples recover from affairs and also helping them resolve conflict and improve communication. Most people see Heidi between 6 and 24 sessions for couple therapy.

Heidi does a lot of work with people with post-traumatic stress disorder (PTSD). In this area she has helped those who have experienced sexual abuse, military service, assaults, bullying or any other life event that can trigger a trauma response.

Heidi also manages the family dispute resolution department overseeing child focused parenting sessions and child-inclusive mediation. Heidi has significant experience in preparing single expert witness reports.

Heidi is passionate about working with patients with these issues!

Trauma and Post-traumatic Stress Disorder	Anxiety
Obsessive Compulsive Disorder	Bullying
Relationship Counselling – Gottman Method Therapy	Parenting
Family Therapy	Grief and loss
Couple Therapy Retreats	Infertility
Depression	Stress Management
Workplace Issues	Family Separation
Single Expert Witness Reports for the Family Court	Alcohol Use Disorder