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AREAS OF PRACTICE

Abuse: Emotional Addiction: Gambling Anger Management Anxiety Assertiveness / Social Skills Attachment Issues Attentional Problems / ADHD Behaviour Problems Blended /Step Family Issues Body Image Issues Caregiver Stress Conflict Resolution	Couple Therapy Depression /Loneliness Eating Disorders Family of Origin Issues Gifted / Talented Children Grief / Loss / Bereavement Habit Change Health Issues: Acute/ Chronic Obesity Obsessive/Compulsive Parenting Issues	Personal Growth/Wellness Phobias / Fears/ Panic Relationship Issues Self Esteem Separation/Divorce/Infidelity Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Career/ Retirement/ Coaching/ Negotiation/ Bullying/ Harassment
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TREATMENT APPROACH

POPULATION

OTHER

Cognitive-Behavioural
 Humanistic / Rogerian
 Systemic / Strategic
 Behavioural

Child 5-12
 Adolescent 12-15
 Adolescent 16-18
 Young Adult 19-25
 Adult >25
 Aged ≥ 65
 Family / Couples

Consultations

PROFILE

Dr. Durup was trained in Nova Scotia (M.Sc. in Clinical/Community Psychology from Acadia, and a Ph.D. in Clinical Psychology from Dalhousie), however her work has taken her across Canada and also in the USA. Over the past 20 years, she has served clients of varying ages, coping with a broad range of problems. Her clinical experience is broad; she has served work-based, hospital-based, court-based, prison-based, military-based, and general populations. Her clinical work is very much informed by the literature, as she has an extensive teaching and research background. Her research has been in the area of Work and Family Stress, and she has specialized in these areas in her clinical work. In addition to her work, she has been very active in her community with volunteer work, serving on several boards/committees, promoting continuing education for her colleagues, and carrying out public education initiatives for adults and youth in the community. Dr. Durup maintains a full tool-box of therapeutic approaches, strategies, and techniques on which she draws to address the problems her clients face. The choice of tool is arrived at through a collaborative process with the client, taking into consideration the nature of the problem, the characteristics of the client, and the stage of change where the client finds himself or herself. She aims to help clients improve their quality of life by overcoming the stresses of life, learning to cope with personal difficulties and distress, and finding a sense of calm, personal growth, and joy.