



**Laura Mitchell, M.A., Psychologist (Candidate Register)**  
**Lesley Hartman & Associates Inc.**  
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 NSBEP#: C10749

#### AREAS OF PRACTICE

<b>Abuse:</b> Emotional / Physical / Sexual	<b>Disabilities:</b> Developmental Depression / Loneliness Eating Disorders	Phobias / Fears/ Panic Relationship Issues Self Esteem
<b>Addictions:</b> Substance / Alcohol / Gambling / Sexual / Internet	Family of Origin Issues Grief / Loss / Bereavement Habit Change	Separation /Divorce/Infidelity <b>Sexual:</b> Orientation Stress Management Trauma, PTSD
Anger Management Anxiety Assertiveness / Social Skills	<b>Health Issues:</b> Acute/ Chronic / Terminal / Life Threatening	<b>Workplace Issues:</b> Stress / Burnout / Career / Bullying / Harassment
Autism Spectrum Disorder Behaviour Problems Body Image Issues Conflict Resolution	Obsessive-Compulsive Personal Growth / Wellness Personality Disorders	

#### TREATMENT APPROACH

#### POPULATION

Cognitive-Behavioural	Adolescent 13-15
Dialectical Behavioural	Adolescent 16-18
Mindfulness-based approaches	Young Adult 19-25
Emotion-focused therapy	Adult >25

#### ASSESSMENT SERVICES

Behavioural / Emotional	Intelligence / Cognitive
Career / Vocational	Personality

#### PROFILE

Laura is a psychologist (candidate register) who works with adolescents and adults. She has experience helping individuals with a wide variety of concerns including depression, anxiety, grief, trauma, low self-esteem, perfectionism, self-harm/injury, substance abuse, phobias, and relationship and family issues. She has worked in educational settings, residential treatment centers and non-profit organizations to advocate for individuals and assist them in meeting their goals.

Laura's clinical training has been integrative, combining modalities such as Cognitive-Behavioural, Dialectical Behaviour, Emotion-Focused, Systemic and Humanistic therapies. She received a Master of Arts (MA) degree in Counselling Psychology from McGill University. Prior to her graduate studies, Laura completed specialized training in addictions counselling, crisis management and motivational interviewing.

In her practice, Laura adopts a client-centered and collaborative approach, providing evidence-based strategies that are tailored to the unique needs of each person. She believes strongly in the healing power of the therapeutic relationship and in clients' capacities to create positive change through their own strengths and resources. Currently, Laura works full-time in private practice.