

Dr Lesley Roberts, Psychologist (Candidate Register)
Mindful Therapies
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Office Hours: Monday - Friday, 10 am – 4 pm
NSBEP#: C10763

AREAS OF PRACTICE

Abuse: Emotional / Physical / Sexual
 Anxiety
 Depression
Health Issues: Chronic
 Personality Disorders
 Trauma, PTSD

TREATMENT APPROACH	POPULATION
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Emotion-Focused Cognitive-Behavioural Mindfulness	Young Adult 19-25 Adult >25 Aged ≥ 65
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ASSESSMENT SERVICES

Behavioural / Emotional Personality
 Intelligence / Cognitive

PROFILE

Dr. Lesley Roberts is returning home to practice in Nova Scotia after completing her PhD in Clinical Psychology at the University of Saskatchewan. Dr. Roberts's generalist training has provided her with experience working with adults from a variety of cultural backgrounds within hospital, community mental health and addictions services, forensic settings, and private practice. She is interested in continuing to work with individuals who are experiencing emotional and inter-personal problems. In particular, Dr. Roberts is qualified to assist those struggling with anxiety, depression, anger, trauma, addictions, as well as chronic health conditions.

Dr. Roberts works collaboratively and compassionately with her clients to process experiences that contribute to current physical and mental health problems. She draws from several theoretical approaches including cognitive behavioural, emotion-focused, psychodynamic, and mindfulness.