



**Dr. Amber Fougère, R. Psych.**  
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**NSBEP#: R0774**

#### AREAS OF PRACTICE

<b>Abuse:</b> Emotional / Physical /Sexual	Depression / Loneliness Eating Disorders / Obesity	Relationship Issues Self Esteem
<b>Addictions:</b> Substance / Alcohol / Sexual / Internet	Family of Origin Issues Family Violence	Separation / Divorce <b>Sexual:</b> Offenders
Anger Management	Grief / Loss / Bereavement	Stress Management
Anxiety	Habit Change	Trauma /PTSD
Assertiveness / Social Skills	Obsessive-Compulsive	<b>Workplace Issues:</b>
Behaviour Problems	Parenting Issues	Stress / Burnout /
Body Image Issues	Personal Growth / Wellness	Bullying /Harassment
Caregiver Stress	Personality Disorders	
Conflict Resolution	Phobias / Fears / Panic	

#### TREATMENT APPROACH

#### POPULATION

Cognitive-Behavioural Therapy	Adolescent 16-19
Dialectical Behaviour Therapy	Young Adults 19-25
EMDR	Adults>25
Mindfulness-based approaches	
Acceptance & Commitment Therapy	

#### ASSESSMENT SERVICES

<b>Legal /Forensic:</b> Risk Assessment	Personality
	PTSD

#### PROFILE

Amber is a clinical and forensic psychologist who works with adults and older adolescents. She has advanced training and experience working with individuals who struggle with Borderline Personality Disorder and trauma. Amber also specializes in providing assessment and treatment for violence, stalking, arson, and inappropriate sexual behaviour, either prior to or following involvement with the justice system. In addition to these areas, she has worked with individuals struggling with depression, anxiety disorders, substance abuse problems, anger management concerns, self-injury/harm, eating disorders and social skills deficits.

Amber has training and experience in the practice of Cognitive Behavioural Therapy, Dialectical Behaviour Therapy, EMDR, Acceptance and Commitment Therapy and Mindfulness-Based Cognitive Therapy. She tailors the approach used to the unique needs of each of her clients with the goal of achieving the best possible outcomes. Significant time is spent building a strong therapeutic relationship with clients.

Amber began her psychology training at Acadia University, and completed her doctorate at Monash University in Melbourne, Australia. She has worked across a range of settings, including community mental health centres, public and private hospitals, and prisons. She is currently working part time in private practice and at Nova Scotia Health Authority.