



**Dr. Susan Gamberg, R. Psych.**  
**Lesley Hartman & Associates Inc.**  
 Ste 209, 3845 Joseph Howe Drive Halifax NS B3L 4H9  
 P: 902-431-1721 F: 902-444-4119  
 E-mail: [Info@lesleyhartman.ca](mailto:Info@lesleyhartman.ca) W: [lesleyhartmanassociates.ca](http://lesleyhartmanassociates.ca)  
**Office Hours: By Appointment**  
**NSBEP#: R0820**

#### AREAS OF PRACTICE

<b>Abuse:</b> Emotional / Physical / Sexual <b>Addictions:</b> Substance / Alcohol / Sexual / Internet Anger Management Anxiety Assertiveness / Social Skills Behaviour Problems Body Image Issues Caregiver Stress	Conflict Resolution Depression /Loneliness Eating Disorders /Obesity Family of Origin Issues Grief / Loss / Bereavement Habit Change Obsessive-Compulsive Parenting Issues Personal Growth / Wellness Phobias / Fears /Panic	Relationship Issues Self Esteem Separation / Divorce/ Infidelity <b>Sexual:</b> Orientation Stress Management Trauma, PTSD <b>Workplace Issues:</b> Stress / Burnout / Bullying /Harassment / Career/ Coaching
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TREATMENT APPROACH	POPULATION	LANGUAGES
Cognitive-Behavioural Therapy (CBT)	Adolescent 16-18	English
Dialectical Behaviour Therapy (DBT)	Young Adult 19-25	French
Interpersonal Therapy (IPT)	Adult >25	
Mindfulness-Based approaches		
Motivational		

#### ASSESSMENT SERVICES

Behavioural / Emotional  
 Personality

#### PROFILE

Trained at McGill University in Montreal, Dr. Gamberg is a registered psychologist with more than 10 years of experience working with adults and older adolescents in hospital, university and community settings. While she has been trained in Cognitive-behavioural therapy, Dialectical Behaviour therapy and Interpersonal therapy, she also draws upon Compassion-focused and Emotion-focused methods, as well as Mindfulness and Motivational approaches. Her specialties are in the treatment of eating disorders, borderline personality disorder and trauma, and she has extensive experience working with anxiety and mood disorders, self-injury, identity development and relationship concerns. She values diversity and has broad training and proficiency in multicultural competencies. She is creative and respectful, and her approach is specifically adapted to the person and the presenting issue at hand. Aside from clinical work, Dr. Gamberg also enjoys teaching and was a faculty lecturer at McGill University where she taught courses at the graduate and undergraduate level. In addition to private practice, she works for Nova Scotia Health Authority.