



Lesley Hartman, M.A., R. Psych.
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 NSBEP#: R0427

AREAS OF PRACTICE

Abuse: Emotional / Physical / Sexual Addictions: Substance / Alcohol / Gambling / Sexual / Internet Anger Management Anxiety Assertiveness / Social Skills Attentional Problems/ADHD Behaviour Problems Body Image Issues Caregiver Stress	Conflict Resolution Depression Family of Origin Issues Grief / Loss / Bereavement Habit Change Health Issues: Acute/ Chronic /Terminal/ Life Threatening Obsessive-Compulsive Parenting Issues Personal Growth / Wellness Phobias / Fears /Panic	Relationship Issues Rehabilitation: Brain Injury Self Esteem Separation / Divorce Sexual: Orientation Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Harassment / Career/ Bullying
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TREATMENT APPROACH	POPULATION	LANGUAGES
Integrative:	Adolescent 12-15	English
EMDR	Adolescent 16-18	Spanish
Emotionally-Focused Therapy (EFT)	Young Adult 19-25	
Dialectical Behaviour Therapy (DBT)	Adult >25	
Cognitive-Behavioural & Mindfulness- Based Cognitive Behavioural	Family	

OTHER

Consultations Workshops

PROFILE

Lesley has worked with adults, adolescents, couples, families and groups since 1995. She has a Masters in Clinical and Community Psychology from the University of Illinois and draws on training in Cognitive-Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), Mindfulness-based CBT, Narrative Therapy and EFT (Emotionally-Focused Therapy) in her work. She works in a theoretically integrative way that is driven by a combination of a client's goals, the research evidence, clinical experience, and the value she places on well-informed client collaboration and input. She has worked in varied settings including community-based agencies; overseas NGOs; hospitals; part-time private practices and a university counselling centre before entering full-time private practice in 2006. She enjoys working with adults, adolescents and couples of diverse ages, cultural, and sexual identities and can offer services in Spanish as well as English. She provides psychotherapy for a wide range of personal concerns, including: PTSD and trauma, anxiety disorders, depression, emotional recovery from brain injury, relationship issues, and career counseling focused on early and mid-career selection and transitions. Lesley is a certified EMDR therapist who brings a trauma and attachment-informed lens to her work. She has provided training to professionals on LGB-affirmative therapeutic approaches, and provides a safe and welcoming environment for people in the LGBTT communities.