

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



### AREAS OF PRACTICE

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

### OTHER

Consultations  
Workshops

### PROFILE

Lesley has worked with adults, adolescents, families, and groups for 16 years. She has a Masters in Clinical and Community Psychology from the University of Illinois and has been trained in Cognitive-Behavioural, Feminist, Narrative and EMDR approaches. 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 and adolescents 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 among others trauma, anxiety disorders, depression, emotional recovery from brain injury, relationship issues, and career counseling focused on early and mid-career selection and transitions. As a Community Psychologist, she is also skilled in program development specific to prevention of mental and emotional difficulties. She is a skilled group facilitator and trainer, and can custom create group programs or workshops to meet specific needs for the health and human services field.