

**Kirstine Postma, M.Sc., R. Psych.**  
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**Office Hours: Mondays & Tuesdays, 9:30 am - 2:15 pm**  
**NSBEP#: R0701**

#### AREAS OF PRACTICE

<b>Abuse:</b> Emotional Physical Sexual Anger Management Anxiety Assertiveness / Social Skills Behaviour Problems Body image Issues Caregiver Stress	<b>Dealing with Disabilities:</b> Physical Depression Eating Disorders Grief / Loss / Bereavement Habit Change <b>Health Issues:</b> Acute/ Chronic/Terminal / Life Threatening Obsessive-Compulsive	Personal Growth / Wellness Personality Disorders Pain Management Phobias / Fears / Panic Self Esteem Separation Sleep disorders /Problems Stress Management Trauma / PTSD
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TREATMENT APPROACH	POPULATION	LANGUAGE
Mindfulness-based Cognitive Behavioural	Adolescent 16-18	English
Dialectical Behaviour Therapy	Young Adult 19-25	Dutch
EMDR	Adult >25	
Interpersonal	Aged ≥ 65	
Solution-Focused		

ASSESSMENT SERVICES	OTHER
Behavioural / Emotional Pain - Chronic PTSD	Consultations Workshops Groups

#### PROFILE

I am a UK trained Consultant Clinical Psychologist with 14 years of professional experience. I provide psychological assessment and interventions for a wide variety of difficulties, including post-traumatic stress, anxiety and mood disorders and certain personality disorders. I offer Cognitive-Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT) and EMDR, as well as several other evidence-based therapies.

I achieved my full registration as a Psychologist with the British Psychological Society in 2001 and with the Nova Scotia Board of Examiners in Psychology on my arrival here in 2011. I have been an accredited CBT therapist with the British Association of Behavioural and Cognitive Therapists since 2003. I hold Master's level Diplomas in CBT (Dundee University) and in Clinical Neuropsychology (Glasgow University). I also had the opportunity to access training in Interpersonal Therapy (IPT), Solution-Focused Brief Therapy (SFBT), Eye Movement Desensitisation and Reprocessing (EMDR) and Dialectical Behaviour Therapy (DBT). I have several years' experience teaching and training therapists in CBT.

My first priority in helping you is to ensure that I know the best evidence for what will likely benefit you. If I cannot offer you what the evidence suggests you need, I will do my best to find you another provider. Secondly, in therapy I focus on teaching you skills of living, as appropriate to your circumstances and presenting difficulties. This is always a collaborative process, in which we plan and develop therapy as partners. Thirdly, as part of optimising my skills as a therapist, I maintain close relationships with colleagues in the field, seeking and providing consultation and further training.

I currently work part-time, providing services on Monday and Tuesday mornings.