

# MAREAS

*Comprehensive Therapeutic Services for Children & Families*



## **LEAH HAGEMAN, MACP, RP** Psychotherapist

Leah (she/her) completed her Master's in Counselling Psychology from Yorkville University. She is a registered psychotherapist in good standing with the College of Registered Psychotherapists of Ontario (CRPO #10030). Leah is certified in Eye Movement Desensitization and Reprocessing and trained in Internal Family Systems theory. Additionally, Leah has experience training Applied Suicide Intervention Skills Training (ASIST), First-Aid (CPR), Fierce Conversations and more.

Leah has 20 years experience working with adults and families who experience disabilities, helping them to live successful lives defined on their own terms. In addition to this Leah has 3 years of clinical experience working with survivors of domestic violence, adult survivors of childhood trauma, religious trauma and deconstruction, First responders, those experiencing anxiety and those struggling to maintain healthy relationships.

Leah uses an integrative approach to therapy, drawing from Dialectical Behaviour Therapy, strength-based approaches, Cognitive approaches, EMDR, Parts work, and narrative approaches. Leah believes in addressing current life challenges and distressing past experiencing by finding and addressing the core of the issues each person is facing. Just as each person is different in their experiences, so too is their experience in therapy.

In Leah's spare time, she enjoys spending time with friends and family, as well as her two Bernedoodle dogs (one of whom visits the office sometimes). She also enjoys practicing a variety of different craft projects and always seems to have something new on the go. Leah believes that behaviour is communication. Together, we can begin to sort out what's being communicated and begin to move forward towards a healthier future.