



**Lesley Seliger, LCPC, NCC, CIP  
Interventionist | Psychotherapist**

Lesley holds a master's degree in counseling with a specialization in Clinical Mental Health from Adler University. She has worked in the mental health and addiction field for more than 10 years, specializing in higher levels of care, long-term substance use disorder recovery, and mindfulness-based practices. Lesley's expertise includes addiction, mood disorders, trauma, professionals navigating addiction, couples and family work, and values-based living. Because the recovery process can feel overwhelming, Lesley strives to bring clarity, grounding, and peace to those she supports.

Lesley incorporates a wide range of therapeutic approaches, including Dialectical Behavioral Therapy, Acceptance and Commitment Therapy, Cognitive Behavioral Therapy, psychodynamic therapy, and solution-focused techniques. She is dedicated to building authentic, meaningful relationships with her clients—relationships that foster self-exploration, self-compassion, and self-discovery. Lesley cares deeply about the growth and well-being of every individual she works with and is committed to supporting their evolution.

Lesley expanded her skill set by pursuing her interest in Intervention work. She earned her credential as a Certification Intervention Professional (CIP) in 2025 and joined the Association of Intervention Specialist the same year. Addiction is a family disease and Lesley has special skills in working with families suffering from addiction. She can help the families understand the illness and change behavior that can perpetuate the family illness.

Lesley Intervenes on female identified patients to add extra comfort and compassion to the relationship dynamic. As a mom, she has holds personal space for mothers who suffer from addiction and other women's health concerns.