



Lesley Seliger, LCPC, NCC,

Lesley holds a master's degree in Counseling, specializing in Clinical Mental Health from Adler University. Lesley has been working in the field of mental health and addiction for over 10 yrs. specializing in higher levels of care, long term substance use disorder recovery and mindfulness- based practices.

Lesley's expertise is in addiction, mood disorders, trauma, professionals managing addiction, couples and family work, and values-based living. Navigating the world of recovery can often feel overwhelming and Lesley hopes to bring some clarity and peace to the process. Lesley utilizes many therapeutic practices including Dialectical Behavioral Therapy, Acceptance and Commitment Therapy, Cognitive Behavioral therapy, psychodynamic as well as solution focused. Lesley is dedicated to having authentic relationships with her clients leading to self- exploration, self-compassion and self-discovery. Lesley cares deeply about evolution and care of her clients.

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