

Lesley Huff, PsyD

Licensed Psychologist, Certified Teacher in Mindful Self-Compassion, SCIP Consultation Group Leader



Dr. Huff is a Licensed Psychologist, Certified Teacher in Mindful Self-Compassion, and a Consultation Group Leader in the Self-Compassion in Psychotherapy (SCIP) program. She earned her doctorate of psychology, with a specialization in marriage and family therapy, from Chestnut Hill College. In Dr. Huff's work with individuals, couples, and families, she helps clients to build a sense of balance and compassion for self and for others. Dr. Huff leads the *Change Through Compassion* program, which provides hands-on activities and instruction to foster mindfulness and self-compassion. Dr. Huff also integrates her experience from the business field, her Masters of Business Administration from Temple University's Fox School of Business, and her clinical experience, to consult with organizations. Her dissertation research was on daughters in family businesses.