About Margaret Roberts, Heartwell Therapy Therapist

Hi, I'm Margaret Roberts (she/her), a Licensed Professional Counselor (LPC) and Licensed Marriage and Family Therapist (LMFT) with a Master's in Marriage and Family Therapy from the University of Rochester.

My Background

I have extensive experience working with couples and families, helping clients navigate relationship challenges, family dynamics, and life transitions. I began my career supporting individuals and families who were uninsured or underinsured, focusing on fostering resilience, highlighting cultural strengths, and promoting healing and growth. My work emphasizes understanding each person's experiences intersect within the family system and how those patterns influence relationships.

Approach to Therapy

I believe that everyone's experiences and feelings are valid, and I approach therapy with acceptance, compassion, and a touch of humor. I help clients improve communication, set healthy boundaries, and strengthen cohesion in their relationships. I work collaboratively to explore past experiences, present challenges, and how clients want to move forward, fostering personal growth,

self-acceptance, and stronger connections with others and themselves.
Techniques and Modalities

My therapeutic style is holistic and tailored to each client. I draw from:

- Emotionally Focused Therapy
- Gottman Couples Therapy (Level 2)
- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Acceptance and Commitment Therapy
- Mindfulness-Based Cognitive Therapy
- Solution-Focused Brief Therapy
- Narrative and Constructionist Approaches
- Psychoanalytic Therapy
- Motivational Interviewing
- Systemic and Family Therapy Perspectives

How I Can Help

I specialize in couples therapy, family conflict, and relationship issues, as well as supporting individuals with anger management, anxiety, attachment challenges, codependency, depression, parenting concerns, and navigating divorce or separation. My goal is to help clients gain insight, break unhealthy cycles, and strengthen the quality of their connections.

PA License #PC014153

Request a free 15-minute consultation, ask questions, or to **book an appointment** now.