About Brittany Leffler, Director and Therapist

Hello, I'm Brittany Leffler (she/her), a Licensed Clinical Social Worker (LCSW).

I am passionate about helping the families, couples, and partners I work with find joy, connection, healing, and peace through the therapeutic process. I help my clients move away from blame and shame to examine the root causes of pain and trauma, gain insight into unhelpful patterns, and find alternative, adaptive responses to their problems that create true safety and wholeness. I recognize that power imbalances & privileges can be barriers to individual, relational, and community wellness, so I take an anti-oppression approach in my work.

My Background

I worked in the theatre industry for over a decade before becoming a therapist, so I'm creative at heart. The American political climate and the birth of my daughter encouraged my career shift into the mental health field, where I felt I could make a greater impact toward social justice by focusing on human dignity, worth, and relationships.

My journey began at a non-profit organization where I was a crisis counselor & support group facilitator for victim-survivors of sexual violence, a forensic exam accompanying advocate, & violence prevention educator. That role coincided with my social work master's degree program, where I studied trauma-informed healthcare and co-authored four published research articles with an all-female team of scholars who investigated the impacts of

poverty, loneliness & social isolation, as well as the influences of letter-writing, community, & relationship-building on mental health.
These experiences inform my current therapy practice, where I incorporate a blend of Emotionally Focused Therapy, Gottman Method, Discernment Counseling, EMDR, Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), & ACT with the couples and families I support. I am also actively pursuing AASECT sex therapy & EMDRIA certifications.

My Therapy Style

Although I provide treatment as a therapist, I'm a human first – meeting you with warmth, curiosity, compassion, and maybe even a little humor in a judgment-free online space or cozy office environment in Lancaster. I identify as a sex-positive and body-positive therapist and treat clients of all genders, sexualities, and relationship arrangements.

I support couples and families seeking guidance in areas such as improving communication, managing conflict, navigating life transitions or gender journeys, exploring polyamory/ ethical non-monogamy and/or intimate relationships, coping with anxiety and/or infidelity, addressing sexual and desire-related issues, navigating potential estrangement, separation, or divorce, unpacking trauma, and beyond.

Building Your Trust

Building trust with you is my priority because it empowers you to peel back the layers, explore your positions in the relationships you are a part of, and process and discuss sensitive topics at your own pace. If you are ready to feel more joyful, secure, and empowered in your relationships, please reach out!

Hope And Healing In The Aftermath Of Sexual Violence

Read my Move Forward Counseling April 2024 BLOG about how to find or help someone else find hope and healing in the aftermath of sexual assault. My article includes links, articles, websites, and books about the subject of sexual violence.

About Me

I love city life and the creativity in downtown Lancaster's art galleries, theaters, markets, architecture, parks, and restaurants. My personal

self-care is spending quality time at home with friends, family & my rescue dog, where I'm probably cooking an Ina Garten recipe or dancing along to a Beyoncé album.

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