



**Dr. Leslie Cary, Ph.D.**

## *Holistic Mental Health: Body, Mind, Spirit*



After 18 years of counseling in the secular world, and a series of life-changing personal events, Dr. Leslie received the vision from the Lord for *HeartFire*, a program designed to bring people through the stages of healing, mentally, physically and spiritually, to help awaken them to their true identity in Christ, and align them with their unique Kingdom purpose:

1. *Body (Power)*
2. *Mind (Peace)*
3. *Spirit (Presence)*
4. *Heart (Purpose)*

Dr. Leslie specializes in resolving psychological trauma using innovative neuroscience techniques to help regulate the nervous system and facilitate healing, increased presence, and mental clarity.

*Dr. Leslie is a graduate of the University of Florida (BS in Psychology), the University of Miami (MS in Counseling Psychology), and Nova Southeastern University (Ph.D. in Family Therapy).*

*She is the former Chief Operating Officer for the Inspired Performance Institute, an organization that focused on improving performance by helping the brain to process past experiences that were limiting present functioning.*

*She is also an Adjunct Professor at Palm Beach Atlantic University (Orlando campus), a private Christian Univeristy*