



HeartFire
Academy

Dr. Leslie Cary, Ph.D.

Licensed Marriage & Family Therapist

Embracing Growth & Cultivating Connection



Dr. Leslie

has over 18 years of clinical experience with parents, children and families working to improve connection and resiliency. She focuses on the resolution of unprocessed trauma, the development of new patterns of cognition and behavior, improved mood regulation, and distress tolerance. Her ultimate focus is on expanding capacities for presence, compassion and emotional engagement.

Dr. Leslie is a graduate of the University of Florida, the University of Miami and Nova Southeastern University, and serves as an adjunct professor of Counseling Psychology at Palm Beach Atlantic University in Orlando, Florida. She is also the proud mother of three amazing kids.

Services Offered:

- Parent Self-Care Program
- Personalized Coaching
- Relationship Counseling
- Online Courses and Webinars
- Workshops and Seminars
- Nature-Based Retreats
- Transition Support

Areas of Specialization Include:

- Attachment Theory
- Developmental Trauma
- Trauma Resolution
- Family Systems Theory
- Presence-Based Parent Coaching
- Somatic Experiencing & Release
- Mindfulness-Based Practices