Dr. Lightfoot is interested in helping individuals and couples create a good life by increasing self-awareness and intention. She has witnessed clients develop a more centered, consistent state of well-being and improved coping with chronic struggles. If psychotherapy clients did not change in a positive direction, she would find a different profession. Therapy helps, as research has found, with ongoing development of evidenced based treatments.

Dr. Lightfoot establishes goals with her clients, provides a safe space to process complex thoughts and feelings, and assists with skill development to regulate emotion and develop healthier relationship with self and others. She draws from a variety of psychological approaches including cognitive behavioral, interpersonal, developmental, social and family systems. Common presenting problems treated include coping with stress, anxiety, depression, trauma, sleep disorders, relationship concerns and substance abuse. Increasing overall self-care and engaging meaning and purpose is central to overall health and is often an important focus of therapy. Navigating relationship challenges, work and academic challenges, and life challenges such as loss and trauma, are also frequently brought to psychotherapy.

Dr. Lightfoot currently schedules clients on evenings and weekends. Most clients know after a session or two if she is a “good fit.” If Dr. Lightfoot is not a “good fit,” she encourages clients to find a therapist who is, as most outcome studies on psychotherapy find that a positive relationship with your therapist significantly impacts the outcome of treatment.