

## LESLEY LUTES, PHD

*Lesley Lutes is a clinical health psychologist, who is originally from Canada, and recently relocated to Flagstaff in 2004. She has her master's in health and exercise science from Wake Forest University, her Ph.D. in clinical psychology specializing in health T Virginia Tech, and was on Faculty at the University of Florida prior to moving to Flagstaff. She is on faculty at Northern Arizona University and is involved with several research grants relating to disease prevention and health promotion for adults and children. Notably, her work has been cited in Health Magazine in May of 2005 and has won a national scientific award for outstanding research in the area of obesity in 2003. Outside of work she enjoys hiking and biking around Northern Arizona with her dog Abraham.*



Core Balance Therapy, LLC  
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# Clinical Health Psychology



COREBALANCE  
THERAPY, LLC

*Dedicated to  
Optimizing  
Health and  
Function*

# CoreBalance Clinical Health Psychology Services

## What is Health Psychology?

Clinical Health Psychology applies scientific knowledge of the interrelationships among behavioral, emotional, cognitive, social and biological components in health and disease to the promotion and maintenance of health; the prevention, treatment and rehabilitation of illness and disability; and the improvement of the health care system. The focus is on physical health problems. My specialty is dedicated to the development of knowledge regarding the interface between behavior and health, and to the delivery of high quality services based on that knowledge to individuals, families, and health

## Who Do I work with?

I work with anyone, and their family and health care providers that are suffering from any of the following conditions:

- Obesity
- Diabetes
- Hypertension
- Hypercholesterolemia
- Anorexia
- Bulimia
- Binge Eating Disorder
- Body Dismorphic Disorder
- Chronic Pain
- Anxiety
- Depression
- Asthma
- Osteoporosis
- Or, individuals at risk for these problems and those who desire to develop/maintain a healthy lifestyle.

## What Do I do?

The main treatments that I provide for anxiety, depression, and eating disorders is cognitive behavioral therapy (CBT) and behavioral choice therapy (BCT). CBT is an amalgam of cognitive therapy and behavioral therapies able to help patients counter depressing thoughts and behaviors underlying various illnesses. CBT aims at correcting errors in thinking and perception that lead to negative self-perception.

BCT targets teaching patients how to identify small and reasonable lifestyle changes that can be made to improve the quality of life. Patients can also discover ways to control stresses and emotions that may lead to harmful thought and behavioral patterns. By controlling these though patterns, treatment of eating disorders, anxiety and depression can be beneficial and successful.

For more information please call

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