



# LETHICIA FOADJO

REGISTERED SOCIAL WORKER,  
PSYCHOTHERAPIST & SPEAKER

## ABOUT ME

Lethicia is a bilingual (French & English) registered social worker, psychotherapist and speaker. The work she does focuses on supporting individuals, couples and families through mental health challenges, healing from trauma and build strong interpersonal relationships. Some speaking topics include workplace mental health, trauma, emotional intelligence and healthy relationships.

## SKILLS

- Panel discussions
- Professional Development
- Workshops
- Leadership Trainings
- Restorative Healing Circles
- BSW & MSW Student Supervision

## LET'S CONNECT!

hello@LKpsychotherapy.ca  
www.LKpsychotherapy.ca

## EDUCATION

### **University of Toronto**

Master Degree, Social work  
*Specialized Health & Mental Health*

### **Université de Montreal**

Bachelor Degree, Social Work

## SPEAKING TOPICS

### **Mental Health & Health**

- Workplace mental health
- Anxiety Disorders
- Mood disorders
- Adverse Childhood Experience
- Trauma
- Chronic Pain

### **Interpersonal Relationships**

- Emotional intelligence
- Assertive communication
- Setting boundaries and safety
- Sexual health & body positivity

### **Couples & Family Dynamics**

- Parenting
- Healthier family systems
- Intergeneration Trauma
- Emotion-Focused Training for partners

# Lethicia Foadjo

Registered Social Worker, Psychotherapist & Group facilitator

## EXPERTISE

### Mental Health & Health

- Workplace mental health
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- Adverse Childhood Experiences
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- ITT

### Interpersonal Relationships

- Emotional intelligence
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### Couples & Family Dynamics

- Parenting support
- Healthier family systems
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## ABOUT ME

Lethicia is a bilingual (French & English) registered social worker, psychotherapist and group facilitator. She prioritizes supporting groups of individuals heal from trauma, develop a sense of self-fulfilment and build a coping skills toolbox to get through life's most challenging experiences.

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## SERVICES IN FRENCH & ENGLISH

## TYPES OF GROUPS

Cognitive Behavioral Therapy  
Dialectical Behavioral Therapy  
Grief & Loss  
New comers support  
Victim of crime  
Women Empowerment  
LGBTQ+ Support  
Military Support Group

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-  Lethicia Foadjo, MSW RSW
-  www.LKpsychotherapy.ca
-  @therapywithLK

