



## **Dr. Ariella Lenton-Brym**

MA, PhD, C. Psych

**Psychologist – Clinical Consultant  
& Equity Lead**

Dr. Ariella Lenton-Brym, C. Psych. is a clinical psychologist at CarePoint Health, where she serves as a Clinical and Equity Consultant. In this role, she provides clinical consultation to therapists within the Ontario Structured Psychotherapy program and delivers individual and group cognitive behavioural therapy (CBT).

Dr. Lenton-Brym completed her MA and PhD in Clinical Psychology at Toronto Metropolitan University (TMU) and went on to complete her predoctoral internship at the University of Manitoba. During her internship, she received comprehensive training in psychological assessment and treatment, with a specialized focus on posttraumatic stress and anxiety disorders.

Dr. Lenton-Brym's research explores the impact of social anxiety disorder on intimate relationships, including its effects on relationship formation and functioning. She has also investigated interventions for posttraumatic stress disorder (PTSD). Her work has been published in peer-reviewed journals and presented at national and international academic conferences.

