



THE ~~INSIDE~~ INSIGHT SCOOP

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INSIGHTS UPCOMING EVENTS



UPCOMING BIRTHDAYS!

Sian Roberts - Sept. 4

Anna Khlgatian - Sept. 9

Taylor Pelkey - Sept. 18

Brittany Reed - Sept. 20

Hendriatta Wong - Sept. 21

Selina Kanagasuriam -
Sept. 26

Michelle Johnston - Oct. 2

Veronica Campbell Ramos -
Oct. 17

Laura Powers - Oct. 27



JOIN US FOR THE
**INSIGHT STAFF SUMMER
PICNIC
PARTY**

SEPTEMBER 9, 2023 - 3-7 PM

Wilfrid Laurier Park - Site #3

13221 Buena Vista RD NW, Edmonton

INSIGHT STAFF SUMMER PICNIC PARTY

Our end of Summer Picnic is next Saturday, September 9th, from 3:00-7:00 PM!

It is time to kick back, relax and enjoy an evening of fun-filled activities, great prizes, delicious food and great company!



Toronto Regional Conference

SAVE THE DATE: TORONTO REGIONAL CONFERENCE

What: Contemporary Issues and Interventions in the Treatment of Complex Trauma and Dissociation

Where: Central YMCA of Toronto

When: September 21-22, 2023

Who: For more details, please touchbase with Sian!

WELCOME!



Sabrina Torres

Marketing and Project Development Officer

My name is Sabrina, and I am a new Marketing and Project Development Officer at Insight Psychological. I am pursuing my second bachelor's degree in psychology after previously earning a degree in business. Originally from Calgary, I have grown very fond of Edmonton due to its friendlier atmosphere and the taller, denser trees that is a lush contrast to a somewhat sparser Calgary landscape. I find that this preference can be a bit controversial due to the age-old rivalry between the cities! Outside of work, I enjoy kickboxing, exploring vintage shops, and mural hunting. My passion lies in promoting awareness of community resources and mental health, aiding individuals in overcoming adversities and nurturing resilience within the community. I am very excited to collaborate with the team and contribute to Insight's mission!



Luke Szueze

Practicum Therapist

My name is Luke and I am a practicum student finishing a Masters of Arts in Counselling Psychology through Yorkville University but I also work as an Addictions Counsellor through AHS. I love going on bike rides or other outdoor adventures with my family, and board games are probably my favorite hobby.

WELCOME!



Karen Perez-Cruz

Practicum Therapist

Hi there! My name is Karen Pérez Cruz (she/ella), and I'm so excited to be joining the team at Insight as an Intern Therapist this Fall! I've just finished all courses for a Master of Arts in Counselling at Yorkville and will start my practicum on September 5th. I have previous experience supporting distressed youth and adults in the Kids Help Phone and as a Supportive Listener for the Peer Support Centre at the University of Alberta before transitioning to its current Program Lead.

I'm originally from Havana, Cuba, having immigrated to Edmonton with my family in 2006, and I am fluent in both English and Spanish. For fun, I've recently learned to crochet and embroider! I have yet to complete a project in either fully, but I'm slowly getting there! I'm also a big bookworm and will always carry a book with me. I typically read feminist classics, fantasy, and thrillers, but inevitably always go for erotica (my fave). I've recently purchased a copy of *Venus in Furs*, supposedly considered the earliest depiction of masochism in literature! I'm also a proud cat mom to three spoiled kitties named Simón, Betty and Wanda. In terms of my professional goals, I'm a passionate advocate for sexual health and sex-positivity for all body shapes, genders, and sexual orientations. I also have a keen interest in sexual offending behaviors and trauma. I hope to one day explore these interests but for now, I'm incredibly grateful to learn all I can from this experience and to work alongside you all!

WELCOME!



Ysabelle Bertumen

Practicum Therapist

Hi! My name is Ysabelle, and I am a 3rd year Master of Counselling student from City University. I have worked in educational and various community settings over the years and. during this time, I gained experience and passion for trauma work. Over the past two years, I also developed a passion and interest in grief, loss, and addictions.

I am a big (indoor) plant person! This year I began diving into the world of outdoor plants, primarily flowers, but I could certainly use some expert advice. If you are an avid gardener, I would love to connect!

Music is also a big part of my life and self-care, whether it be playing on my acoustic guitar, having jamming sessions with friends, or attending live shows and discovering local artists. I also enjoy doing art, like watercolour painting, although I am not very good at it. As someone who appreciates a good cup of coffee, I have a list of local coffeeshops that I plan to visit, in addition to my favourite spots. Lastly, I also enjoy camping and being outdoors, despite my fear of encountering bears and cougars in the wild.

WELCOME!



Natalia Babanova

Practicum Therapist

Hi! I'm Natalia, a Practicum Intern Therapist in Calgary. I am pursuing my Master of Counselling from the City University of Seattle (in Canada) and I am very excited to start my practicum journey at Insight! I have a very diverse background and interests. I used to be a professional dancer in the local contemporary dance company in Calgary, I worked in Human Resources for 10 years, and now I am finally here, pursuing a life-long passion for psychology and supporting people. I love everything creative! I enjoy a good book, photography, travelling, and seeing a variety of performing arts. I also have two young kids who keep me busy, and who are my source of curiosity and inspiration.



Caroline Rethy

Intake/Administrative Service Staff

Hi y'all! My name is Caroline and I am newly hired at Calgary as part of the admin team! I am going into my fourth year as a combined degree student studying psychology and sociology. I am currently striving to become a psychologist myself and specialize in group therapy and relationship dynamics.

I am a trained dancer of 12 years (professional for 5!) and like to choreograph, film, and edit dance videos as a hobby. As well, I enjoy birdwatching. At home, I lovingly keep 3 tarantulas and 2 scorpions as pets. Depeche Mode is my favorite band!

It is lovely to meet you all!

WELCOME!



Sydney Carde

Intake/Administrative Service Staff

I was hired by Insight Psychological as part of the intake/administrative team. I recently graduated from the University of Calgary with a Bachelor of Science in Biological Sciences and have had lots of experience volunteering in the mental health sector, including mentorship at the University of Calgary and as a crisis line volunteer at Distress Centre Calgary. I am passionate about being a mental health advocate and prioritizing your physical and mental well-being in such a crazy world.

In my free time, I like to stay active, and I am currently training for a half marathon! I also recently returned from a trip to South America, and as such, I am practicing my Spanish with the hope to become fluent one day.



Kaitlyn Isberg

Intake/Administrative Service Staff

Hello, my name is Kaitlyn and I am one of the new intake/administrative service staff members. This year I will be graduating from the University of Alberta with a Bachelor of Arts in Psychology. I hope to become a psychologist in the future, which is one of the reasons I wanted to join the Insight team. It has been an incredible few months working at Insight and I look forward to getting to know everyone better!

TEAM MEMBER SPOTLIGHT

Robyn Campbell



Clinical Staff

I'm 29 years old and I have been living in Calgary for the past 3 and 1/2 years. Growing up, I lived in St. Albert, but when I was 25, my boyfriend Brady and I decided to move to Calgary so I could complete my Masters in Counselling through City University. For those of you still asking the age old question - which is better? Calgary or Edmonton? I can say without a doubt that Calgary wins. You simply cannot beat living this close to the mountains and all of the fun outdoor activities you can do around this city.

I love hiking, snowboarding, camping, fishing, and just being outdoors in general. I have also recently learned to love yoga. When I'm not working or doing one of those activities, you can likely find me reading a good book or binge watching questionable reality tv in my free time.

If you could go back in time, what would you tell your younger self?

If I could go back and tell my younger self something, I would tell her to knock it off with the self-doubt! Dream bigger, you are capable of achieving so much more than you think. And love yourself a little more along the way, it feels good.

If you had to live off of one food for the rest of your life, what would it be?

My forever food... potatoes, without a doubt. Potatoes mean french fries, chips, mashed potatoes, hashbrowns, so many possibilities!



What are the top 3 things on your bucket list?

The top 3 items on my bucket list include seeing elephants in their natural habitat, doing some kind of volunteer work in another country, and taking an extra long vacation all over Europe, starting in Greece.



TEAM MEMBER SPOTLIGHT

Bree McDonnall

Hello everyone! I am coming up to my 2-year mark at Insight Psychological woohoo! I obtained my Bachelor of Arts (major in psychology and minor in sociology) at MacEwan. My final semester was the lovely year that covid hit, which was a big switch-up from my regular schooling. Adaptability was key there. I've got 2 cats, Elf and Diglett, who are my lovable little terrors. I'll also mention my brother's dog, Jax (in the picture) since you can all see him in all his gloriousness. I used to play soccer quite competitively at the premier level in Edmonton as a keeper (goalie for you non-soccer people), but since my car accident in 2012, I haven't been able to play. I am slowly turning into the bionic woman one limb at a time, following that car accident, as my right ankle is fused now and barely moves! I don't let it hold me back though...at least as much as I am able.

If you had to live off of one food for the rest of your life, what would it be?

Pizza! So many different options to keep things fresh.



Intake & Administrative Service Staff

What are your hobbies outside of work? What do you do for fun?

Video games! Specifically RPG's.



What is your biggest pet peeve?

Hearing people chew loudly.

If you could go back in time, what would you tell your younger self?

Don't be stupid, Stupid!

PODCAST UPDATE

Up the Rabbit Hole

Let's Talk About
Sex Crimes

EPISODE 24

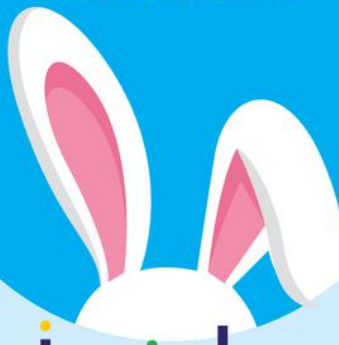
click
here!

Ins and Outs
of Sex Work

EPISODE 25

click
here!

UP THE RABBIT HOLE
WITH A
SEX THERAPIST
Dr. Cory Hrushka



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MARKETING TEAM

"What are you working on?"

MyMoody Monkey

We are continuing to work on MyMoody Monkey! The different expressions will allow our clients to be able to identify which mood they may be feeling that day as well!

We are currently in the initial stages of different research items and looking at merchandise to brand them with.



Specialty Program Badges

We will soon have badges you can add to your profile when you reach a certain level of training in a specialty area. The levels include bronze, silver, and gold.

Below are some samples of what you can expect for the Thrive Program!



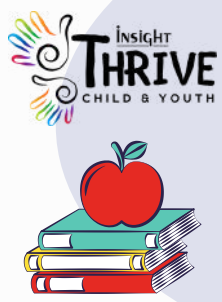
MARKETING TEAM

"What are you working on?"

Child & Youth Advertising Campaign

For the past month, we have focused our advertising efforts on children & youth and back to school, specifically highlighting our Thrive Program!

We will continue to do this for the next month as well. Be sure to look for our ads on social media, and our general social media posts!



Insight PsychHub

Reminder! Our intranet, Insight PsychHub, is now live! The intranet is a space where you can find resources related to your role, learn about upcoming events and birthdays, and connect with others!

We have been in the works with adding more documents for everyone to access. Be sure to check it out and let us know what you think of it!



Corporate Care Website and Service Offerings

Going forward we are focusing on revamping our corporate care website and service offerings!

Reminder! If you are interested in working on corporate care items please reach out to [Julia](#), [Amelia](#), or [Anna](#).



CLINICAL TEAM

"What are you working on?"

ADHD Training

- Will occur in **October** with a date and time to be decided.
- Date will be set by Phillip **mid September**.
- Training will occur virtually!



Any interested assessors should respond to **Phillip**.

Areas of Specialty

Earlier this month our therapists should have received a survey from Joan to identify your areas of specialty.

If you not yet fill it out, please do so **ASAP**.

Clinical specialty leads will be announcing their monthly/bi-monthly group supervision times for members in the group to attend.



Group Supervision Note

Going forward with the group supervisions, when there are special presentations they will be recorded!



CLINICAL TEAM



Important Notes

New Standards for Supervision of Registered Provisional Psychologists

At their July 21, 2023 meeting, CAP Council approved new Standards for Supervision of Registered Provisional Psychologists (herein after referred to as Standards for Supervision) to be in effect on **September 1, 2023**. This new set of Standards for Supervision combine Standards for Supervision Form A and Form B with some additional amendments and will apply to new provisional psychologists approved to be on the provisional register starting September 1, 2023.

The following are the most significant changes resulting from the new version of the Standards for Supervision:

- Form B and reduced ratio of hours of supervision to hours of practice will no longer exist. A minimum of one hour of supervision for every 15 hours of psychological practice is required at all times while on the provisional register. When a registered provisional psychologist has ceased practicing for any reason other than for parental leave, ongoing supervision of a minimum of one hour of contact per month must be maintained between the registered provisional psychologist and the approved supervisor.
- On-site face-to-face supervision must be conducted on an ongoing basis, at regular intervals while on the provisional register. That is, on-site face-to-face supervision must be conducted throughout the duration of a registered provisional psychologist's time on the provisional register and cannot be completed all at one time.

Members on the Provisional Register prior to September 1, 2023

- All registered provisional psychologists on the provisional register prior to September 1, 2023, will continue to adhere to the current Standards for Supervision Form A and Form B until September 1, 2024. Starting September 1, 2024, all provisional psychologists will be required to follow the new Standards for Supervision, regardless of where they are in their provisional journey.

ADMIN TEAM

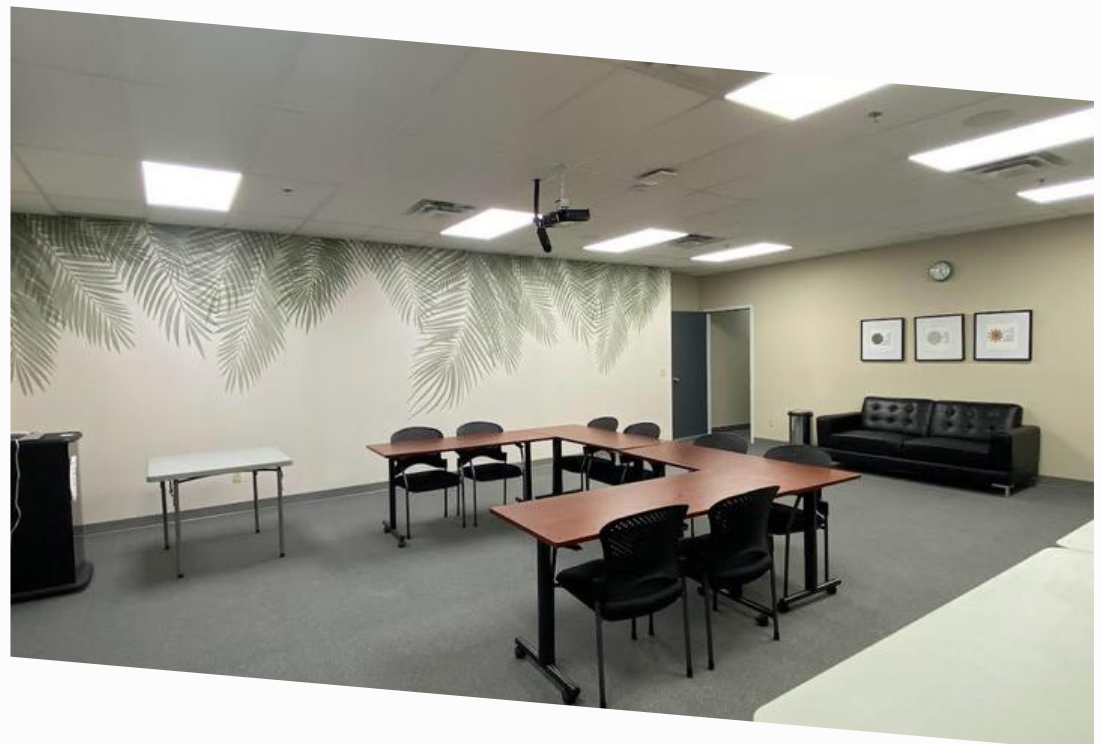
"What are you working on?"

South 1 Office Upgrade

Mural installation in the training room:



Before



After

ADMIN TEAM

"What are you working on?"

South 2 Signage Upgrade

New signage installation:



Old Signage



After Removal



New Signage!



CALGARY TEAM SOCIAL EVENT

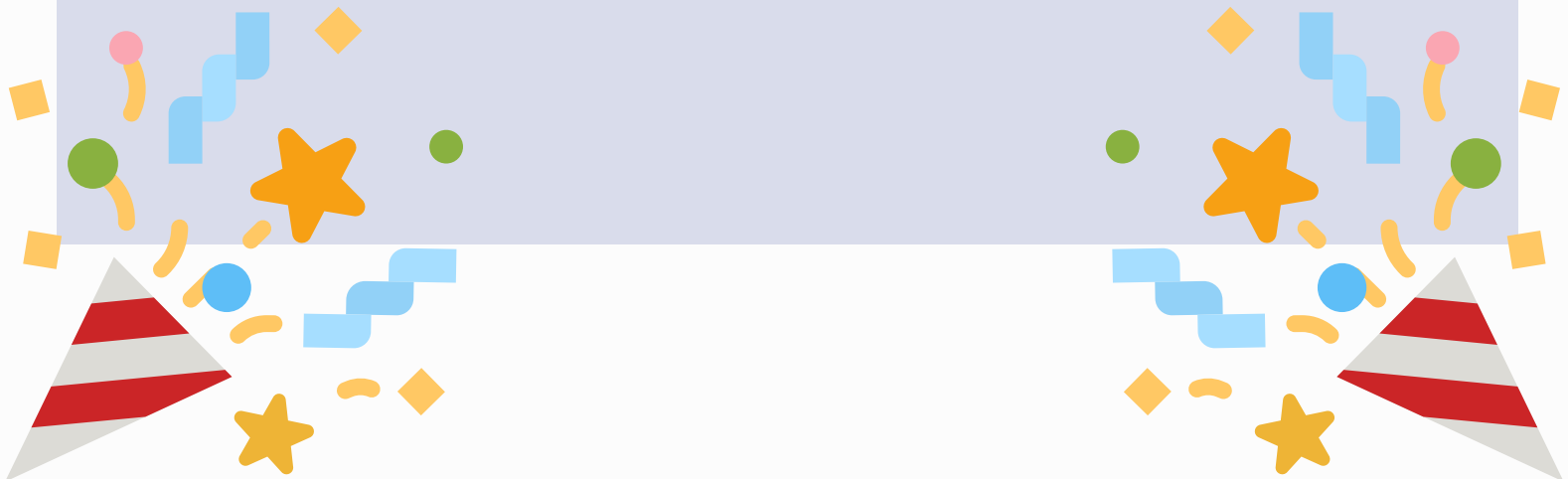
Recently members of our Calgary team gathered together for a fun and exciting social event! The team went for a delicious dinner together before getting the chance to tackle exciting escape rooms.



A ROUND OF APPLAUSE!









Congratulations to Nikesha Deenoo for
moving onto Form B!



2023

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4  Sian Roberts	5	6	7	8	9  Anna Khlगतian
10	11	12	13	14	15	16
17	18  Taylor Pelkey	19	20  Brittany Reed	21  Hendriatta Wong	22	23
24	25	26  Selina Kanagasuriam	27	28	29	30

2023
OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2  Michelle Johnston	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17  Veronica Campbell Ramos	18	19	20	21
22	23	24	25	26	27  Laura Powers	28
29	30	31				

Mark your calendars! Next issue coming out November 1st

Thank you for taking the time to read the fifth
issue of the Insight Scoop!

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Do you have any ideas for the next issue or have
any comments about this one?

Contact Laura

[Contact](#)