



# THE ~~INSIDE~~ INSIGHT SCOOP

THE NEWSLETTER

## SUMMARY

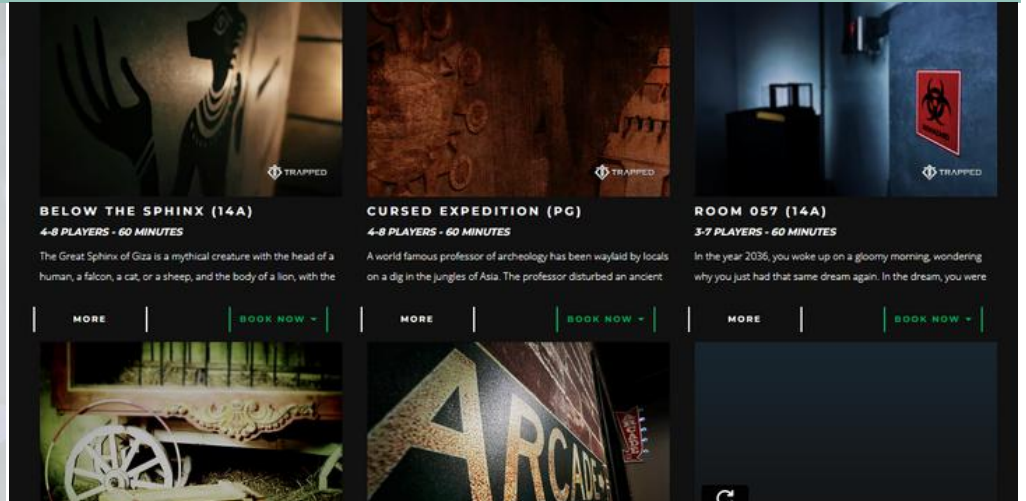
Upcoming Events	2
Welcome Aboard!	3
Employee Spotlight	6
Podcast Update	8
What's in the Works?	9
A round of Applause	14
National Resources	16
Important Dates	18

# INSIGHTS UPCOMING EVENTS



## UPCOMING BIRTHDAYS!

- Cindy Gaffney - May 1
- Hang Huynh - May 4
- Zoey Liu - May 7
- Ronald Carver - May 10
- Kayla Patrick - May 23
- Melanie Bradley - May 25
- Alyssa Clark - May 29
- Kaylin Gruninger - May 29
- Brooke Hendricks - June 3
- Sabrina Brady - June 7
- Chanelle Wilton - June 8
- Jennifer Roseler - June 15
- Kathryn Maier - June 26



## TEAM BONDING AT ESCAPE ROOM

Where: Trapped Escape Room

When: Start times vary between 6-6:30 (please let us know if you have a room or time preference)

Room 057 - 6:00 (5:45 arrival time)

Jack the Ripper - 6:15 (6:00 arrival time)

Ancient Pyramid - 6:30 (6:15 arrival time)

Cost: \$28/person

Email: [joanwong@insightpsychological.ca](mailto:joanwong@insightpsychological.ca) if interested!



The AASECT Annual Conference will commence in person this coming June 7-11 in San Francisco, CA!

This program was made for those interested in what's new for sex therapy, counseling and many other education topics.

# WELCOME!

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## **Selina Kanagasuriam**

*Practicum Therapist*

Selina has spent the past year on Insight Psychological's marketing team working on the digital mental health resource library and other marketing responsibilities. However, she will now be transitioning over to a Practicum Intern Therapist! Selina's experience in mental health and with Insight's team has helped her prepare for this new role as she completes her Master of Arts in Counselling Psychology. She is excited to embark on this new journey and hopes to make a positive impact in the lives of her clients.



## **Ellaine Mallari**

*Project and Marketing Development Officer Starting May 8th*

Hi everyone! My name is Ellaine and I will be joining the team this summer as a Marketing and Project Development Officer. I am a business student at the University of Alberta going into my third year this fall. During my free time I love to listen to and discover new music and podcasts, so new recommendations are always welcome! I also like to stay active and since it's almost summer I will be going on a lot of bike rides with my friends and family. A fun fact about me is that I prefer matcha over coffee so café recommendations with the best matcha are also welcome!

# WELCOME!

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## Laura Powers

*Project and Marketing Development Officer Starting May 8th*

Hi, my name is Laura, and I will be a Marketing and Project Development Officer for the summer at Insight! I am a 4th year BBA Co-op Marketing Student from NAIT and will be graduating in December of 2023. In my free time, I enjoy working out with my friends, reading, and watching hockey (Go Oilers!). I also love to travel to different places and am hoping to travel to Europe a bit more in the future.



## Olivia Harris

*Project and Marketing Development Officer Starting May 8th*

My name is Olivia, and I am starting on May 9th as a Marketing and Project Management Officer. This past year, I have gained a big interest in triathlons and have joined the University of Alberta's triathlon club, where I am a student. I am entering my fifth and final year of a Bachelor of Science in Kinesiology this fall. This summer, I am challenging myself to learn how to play tennis and to take advantage of Edmonton's outdoor pools to do a lot of swimming. French is my first language, and I just organized a youth parliament simulation for french speaking youth in Alberta! This was a great experience to get involved in my community and contribute to the current vibrant events cycle.

# WELCOME!

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## **Amelia Brost**

*Calgary Service Centre Manager*

Amelia is a manager at the Calgary office of Insight Psychological, where she focuses on providing excellent client care and building strategic relationships to enhance the location's ability to offer high-quality mental health services to an expanding population in Calgary. Her work also involves connecting organizational leaders with appropriate Insight corporate care services to help create a psychologically safe work environment.

With a Bachelor of Business Administration in Marketing and a minor in Accounting from Mount Royal University, Amelia joined Insight Psychological in January 2022, initially working with the marketing and projects team. She brings customer service and communication skills developed in the hospitality industry and applies her marketing and business development knowledge from the architecture and construction industry. Amelia feels grateful to work for an organization dedicated to making positive changes and enriching lives on a daily basis.

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# TEAM MEMBER SPOTLIGHT

## Ashley Tourigny



"I just recently celebrated my 21st birthday with my twin Madison! I am currently attending university for my bachelor's degree in criminology. I have worked at Insight for almost 2 years now, I still try to wear pink every day so everyone can tell it's me and not Madison lol. I played basketball for most of my junior high and high school years evening winning the city Championship one year! I would like to get back into playing basketball."

**What are your hobbies outside of work?**

When I am not working I enjoy spending time with my friends and my family. I enjoy camping in the summer and I enjoy playing games on my Nintendo switch.

**What are the top three things on your bucket list?**

1. Go to Hawaii
2. Be able to pet or hold a baby tiger
3. Eventually buy a house!

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

If I could go back and time I would tell my younger self that not to rush because one day you will miss being a kid!

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

If I had to live off of one food for the rest of my life it would be Pasta or Tacos.

# TEAM MEMBER SPOTLIGHT

## Sabrina Brady

Sabrina started at Insight in 2020 as a practicum student before becoming a postgraduate therapist and eventually a Registered Provisional Psychologist! She has completed her 1600 hours and LEAP exam; and has been slowly prepping for that tricky EPPP. She obtained her undergraduate from the U of A and her masters for the U of C. And she is currently completing a graduate certificate in sexual health at the U of A!

Before beginning at Insight, Sabrina worked at a women's domestic violence shelter, as a Probation Officer (for a decade – she old), and at the Centre for Autism Services of Alberta, for 12 years, where she held multiple roles.

In her spare time, she plays soccer and pickleball, coaches Special Olympics, sits as the Board President for the Edmonton Violence Prevention Centre, and she loves spending time with her friends and family. She also has a fascination with all things strange, occult, dark and twisted; and has attended Witch Camp and tarot card classes.



Clinical Staff

**What are the top three things on your bucket list?**

- Visit the mystic town in Florida (Cassadaga)
- Visit the 'freakshow' town in Florida (Gibtown)
- Go to Elf School in Iceland

**What inspires you?**

My clients growth and resilience

**if you got to choose a superpower - what power would you choose?**

Teleportation

# PODCAST UPDATE

Up the Rabbit Hole

What is Love?

EPIISODE 18

click  
here!

Initiation and  
Foreplay

EPIISODE 19

click  
here!

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



INSIGHT  
Psychological.



# MARKETING TEAM

"What are you working on?"

## The Intranet Project

We are almost done the work of creating an intranet for Insight's internal staff and contractors! In this intranet you will have specific sections relative to your role where you can find all of the resources and documents you may need! The intent of this intranet is to create a space that is easy for all users to access important documents as well as share any you may have. Stay tuned for a naming contest!!



## Recruitment Video

We are in the process of producing a brand new recruitment video for therapists. And we want YOU to be a part of it! We're looking for your personal quotes about your experience with Insight to feature in the video.

To contribute your valuable insights, simply send us a written quote to [jdonnelly@insightpsychological.ca](mailto:jdonnelly@insightpsychological.ca), using the subject line "Recruitment Video Quote". We can't wait to hear from you!

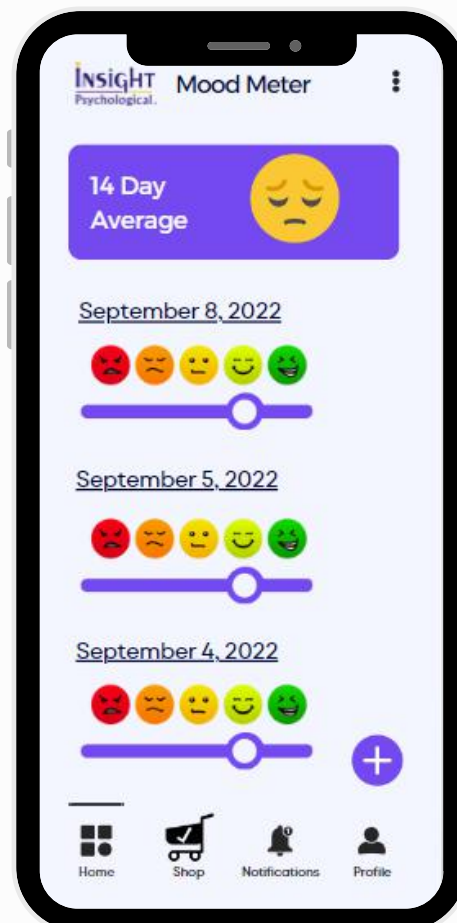
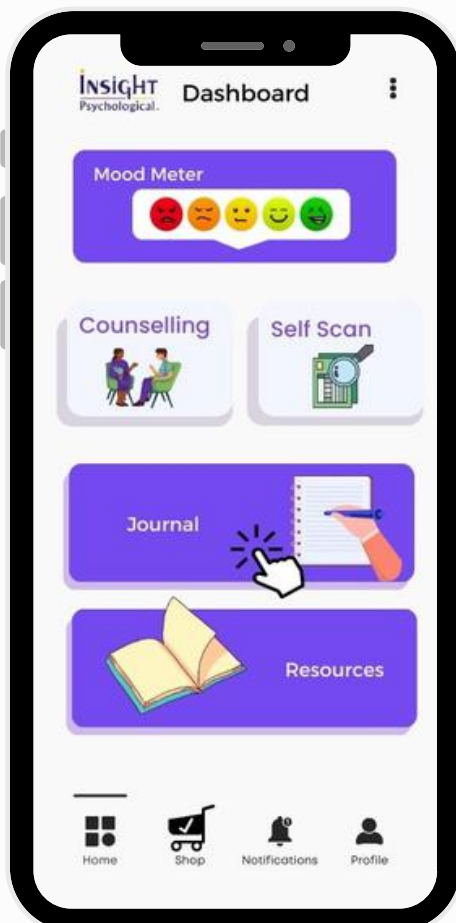
# MARKETING TEAM

"What are you working on?"

## Client Engagement App

We're thrilled to announce that we're finalizing on our brand-new Insight Psychological app! With this app, our clients will have access to a treasure trove of resources, including the ability to journal daily, track their moods, and seamlessly bring their insights to their next session.

The Insight Psychological app is the perfect tool for anyone looking to take their mental health and personal growth to the next level.

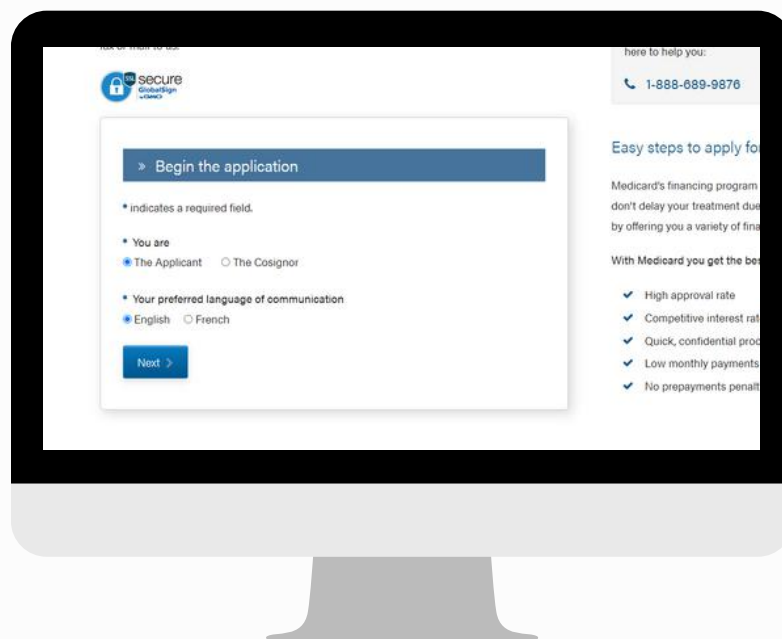


# CLINICAL TEAM

"What are you working on?"

## iFinance

Insight Psychological is proud to offer our clients a new way to access our services through iFinance. iFinance allows clients to finance their therapy and other psychological services in a convenient and affordable manner. This means that clients can receive the support they need without worrying about financial constraints. With iFinance, clients can apply for flexible payment plans and receive approval within minutes, making it easier than ever to prioritize their mental health. We are excited to provide this service to our clients as part of our commitment to making high-quality psychological care accessible to all.



# ADMINISTRATIVE TEAM

"What are you working on?"

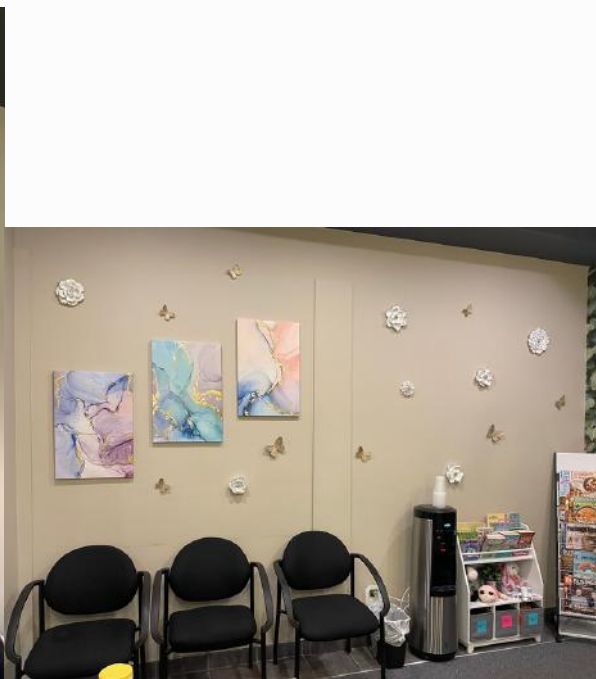


## First Aid Certified!

Exciting news - our entire admin team is now first aid certified! This shows our dedication to ensuring the safety and well-being of our clients, staff, and visitors. As the first point of contact for many of our clients, our admin team plays a crucial role in emergency response. With their new certification, they have the skills to handle medical emergencies and provide immediate assistance.

## Office Waiting Room Refresh

Our admin team has taken the initiative to refresh the office waiting room, creating a more welcoming and comfortable space. The refreshed waiting room is now a pleasant and inviting environment that reflects our company's commitment to providing excellent service to our clients.





We would like to take a moment to recognize and congratulate one of our valued team members who has left on maternity leave. Alyssa has been an essential member of our team and has contributed significantly to our client's care and well-being. We are grateful for her dedication, professionalism, and the positivity she brings to our workplace daily. Although we will miss her while she is away, we wish Alyssa a healthy and happy pregnancy and look forward to her return when she is ready!



# A ROUND OF APPLAUSE



INSIGHT  
Psychological.

GREAT PLACE TO  
WORK CERTIFIED!



Insight Psychological is thrilled to announce that we have been officially certified as a Great Place to Work. This certification is a testament to our commitment to providing a positive and supportive workplace culture for our employees. The certification is awarded based on anonymous employee feedback on various aspects of the workplace experience, including trust, respect, fairness, camaraderie, and opportunities for growth. We are honored to receive this recognition, as it reflects the dedication of our team to creating a collaborative and inclusive environment where everyone can thrive. We will continue to prioritize employee well-being and satisfaction to maintain this certification and build an even better workplace for our team.

# *Congratulations!!*

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Melanie Bradley



Morganne Stubbs



Lesley Xu



Dr. Charlotte McGinnis



Robyn Campbell



Veronica  
Del Peral Ramos

We are thrilled to announce some fantastic news regarding our staff members. Melanie Bradley, Morganne Stubbs, and Lesley Xu have all passed their LEAP exams, a significant achievement that speaks volumes about their dedication and hard work. Additionally, Robyn and Veronica have passed their EPPP exam, an accomplishment that deserves recognition and praise. Finally, we would like to extend our heartfelt congratulations to Charlotte McGinnis, who has earned her doctorate degree, officially becoming Dr. Charlotte McGinnis! Please join us in applauding these talented individuals for their remarkable achievements and wishing them continued success in their professional endeavors.

# NATIONAL RESOURCES

*Considerations Shared by Indigenous Psychologists and Psychologists-in-Training*

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*The following articles can be found in the Canadian Psychological Association's publication Psynopsis 44(1), 2022.*

- [Psynopsis\\_Comments on Reclaiming Power and Place](#)
- [Psynopsis\\_Psychological Assessment & Intervention in the Era of TRC](#)
- [Psynopsis\\_Colonialism and Indigenous Women](#)
- [Psynopsis\\_Grounding Psychology in Indigenous Worldviews](#)
- [Psynopsis\\_Decolonizing Psychological Training](#)
- [Psynopsis\\_Fighting Ignorance with Education](#)
- [Psynopsis\\_Sacred Women, Laws Profane](#)

*Here are some national resources that were vetted and are provided to the benefit of Albertan psychologists in practice and in training as well as those considering the field of psychology, especially our future Indigenous psychologists.*

- [Canadian Psychological Association](#)
- [Psychology's Response to the Truth and Reconciliation Commission of Canada's Report \(PDF\)](#)
- [Wise Practices for Life Promotion](#)
- [APA Task Force on Indigenous Psychology](#)
- [Network for Aboriginal Mental Health Research \(NAMHR\)](#)
- [Kairos Blanket Exercise Workshop](#)
- [Guide to Acknowledging First Peoples & Traditional Territory](#)
- [Indigenous Ally Toolkit \(PDF\)](#)
- [Righting Relations: National Hub Network](#)
- [4R's: Resources](#)
- [4R's: Media Sources](#)



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*Continued...*

- [NIC – Library & Learning Commons](#)
- [Research on TRC: links to historic works, database resources, image collections, videos, and more.](#)
- [Empowering the Spirit-Educational Resources to Support Reconciliation](#)
- [Indian Residential School History & Dialogue Centre](#)
- [Canadian Geographic – Education](#)
- [Importance of Indigenous Perspectives in Psychotherapy.](#)
- [Aboriginal Awareness Canada](#)

**U of A's Indigenous Canada course:**

[https://www.coursera.org/learn/indigenous-canada?  
utm\\_medium=sem&utm\\_source=gg&utm\\_campaign=B2C\\_NAMER\\_indi  
genous-canada\\_ualberta\\_FTCOF\\_learn\\_CA-  
Canada&campaignid=13440968592&adgroupid=130160700424&device=c  
&keyword=indigenous%20canada%20coursera&matchtype=b&network=  
g&devicemodel=&adposition=&creativeid=526589477720&hide\\_mobile\\_  
promo&gclid=CjwKCAjwitShBhA6EiwAq3RqAxNoWd4Jzk2Pqo38TQV2qi  
iLjRlaaxvqgkVYULqjpcKu8jFtHO6dyxoC-m0QAvD\\_BwE](https://www.coursera.org/learn/indigenous-canada?utm_medium=sem&utm_source=gg&utm_campaign=B2C_NAMER_indigenous-canada_ualberta_FTCOF_learn_CA-Canada&campaignid=13440968592&adgroupid=130160700424&device=c&keyword=indigenous%20canada%20coursera&matchtype=b&network=g&devicemodel=&adposition=&creativeid=526589477720&hide_mobile_promo&gclid=CjwKCAjwitShBhA6EiwAq3RqAxNoWd4Jzk2Pqo38TQV2qiLjRlaaxvqgkVYULqjpcKu8jFtHO6dyxoC-m0QAvD_BwE)

# 2023

# MAY

SUN	MON	TUE	WED	THU	FRI	SAT
	1  Cindy Gaffney	2	3	4  Hang Huynh	5	6
7  Zoey Liu	8	9	10  Ronald Carver	11	12	13
14	15	16	17	18	19	20
21	22	23  Kayla Patrick	24	25  Melanie Bradley	26	27
28	29  Alyssa Clark & Kaylin Gruninger	30	31			

# 2023

# JUNE

SUN

MON

TUE

WED

THU

FRI

SAT

				1	2	3  Brooke Hendricks
4	5	6	7  Sabrina Brady	8  Chanelle Wilton	9	10
11	12	13	14	15  Jennifer Roseler	16	17
18	19	20	21	22	23	24
25	26  Kathryn Maier	27	28	29	30	

# Mark your calendars! Next issue coming out July 1st

Thank you for taking the time to read the third  
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 Katelynne

Contact