



# THE ~~INSIDE~~ INSIGHT SCOOP

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# INSIGHTS UPCOMING EVENTS



## UPCOMING BIRTHDAYS!

Kelly Jenny - July 2  
Simarjit Gill - July 3  
Nicole Donovan - July 6  
Sabrina Brady - July 6  
Robert Roughley - July 13  
Christy Sandmaier - August 3  
Julia Donnelly - August 17  
Jasmine Parr - August 18  
Loriann Quinlan - August 23  
Phillip Hau - August 27  
Lynn Hutchinson - August 30



## INSIGHT'S PRACTICUM OPEN HOUSE

On July 21st from 12:30-2:30 p.m., Insight will be hosting future potential practicum therapists at our South location for an open house. This will give them an opportunity to learn more about what Insight is about and for us to get to know them!

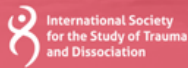


## SUMMER 2023 STAFF PARTY

**What:** BBQ in the Park

**Date:** TBA - August 5th or the end of August

**More details to be announced soon!**



## Toronto Regional Conference

## SAVE THE DATE: TORONTO REGIONAL CONFERENCE

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

**Where:** YCMA Downtown Toronto

**When:** September 21-22, 2023

**Who:** For more details, please touchbase with Sian!

# WELCOME!

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## Tom Ho

*Registered Provisional Psychologist*

My name is Tom, and I'm a Registered Provisional Psychologist. Outside of work, I spend a lot of time with my 2-year-old Japanese Spitz puppy along with my 1.5 years old baby nephew. I enjoy trying out different cafes and searching for the best pastries. Some of my hobbies include playing the guitar, travelling, and drawing some mediocre artwork from time to time. I hope to learn and work with everyone lots within the Insight family!



## Jessica Nelson

*Therapist*

Hello! My name is Jessica Nelson, and I was hired for the position of post-practicum therapist. I am currently working on the final course required to complete my MC at Athabasca University, and I am looking forward to finishing school! My professional interests include couples work, intimacy and sexuality issues, and assessments, all of which I am hoping to explore during my time as a provisional psychologist.

Outside of work, I spend my time reading, cooking, riding my bike, and taking my son to the park. Some of my favourite things are RuPaul's Drag Race, Vietnamese food, and live music.

I am so excited to be here and am looking forward to working with you all!

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# TEAM MEMBER SPOTLIGHT

## Anna Khlgatian

I immigrated to Canada with my family 25 years ago to settle initially in St. John's Newfoundland for about 5 years before relocating to Edmonton permanently in 2003. I pursued Luxury Hotel Management as a career and lived in Vancouver and then wanted to learn from the best so I ended up going to Switzerland to study there. After graduating I was able to put my schooling to work at Fairmont Hotels and Resorts. I was able to train for two years and earn my Les Clefs D'or Keys to be part of an elite group of worldwide Hotel Concierges, whose unofficial motto was to "take the impossible and make it possible". The movie "The Grand Budapest Hotel" was based on one of these concierges. I got to meet pretty much every celebrity I wanted to meet, I was working with my best friends and mentors and every shift was a chaotic adventure which somehow always ended up working out in the end. Safe to say, this was my dream job at the time. I then had an opportunity to lead my own team at the Fairmont Jasper Park Lodge in Jasper before moving back to Edmonton to accomplish my career goal of opening a luxury hotel before continuing on my path in Operations Management here at Insight!



Director of Operations

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

I like to swim, play tennis, ride my bike and explore the river valley. When I'm not travelling, or going to the mountains, I like to continue discovering new things to see and do in Edmonton and being a tourist in my own city.

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

Move out sooner, always say yes to going on trips and invest in Amazon and Apple stock.

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

My next immediate things to do on my bucket list are to ride in a hot air balloon over a gorgeous sunset and visit Fiji.

# TEAM MEMBER SPOTLIGHT

## Michelle Johnston

Michelle joined the Insight Psychological Calgary team as a practicum student in September 2021 and has since become a Registered Provisional Psychologist in October 2022. Michelle brings a wealth of experience and a passion for helping others to her role.

Michelle completed her Bachelor of Arts in Psychology at the University of Victoria and holds a Master of Arts in Counselling Psychology from Yorkville University. With over eight years of experience in the field of human services, she has worked in various frontline and leadership positions, gaining valuable insights and skills along the way.

Michelle recently got engaged to her partner, Brett, and is a proud mom to a 1.5-year-old basset hound named Billy and an 8-year-old cat named Blackie.



Clinical Staff

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

If I had to live off of one food for the rest of my life, I would choose pizza. It's versatile and delicious with endless topping combinations. Plus, pizza is a great choice for social gatherings and sharing with friends and family.

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

I would tell myself to embrace every opportunity, take risks, and trust in my abilities. I would encourage myself to prioritize self-care, maintain a healthy work-life balance, and cherish the meaningful relationships in my life. Most importantly, I would tell my younger self to have confidence in the person I am and to always follow my passions and dreams.

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

Outside of work, I stay active through running, indoor cycling, and Peloton workouts. I've completed 2 marathons and numerous half-marathons, and I'm excitedly preparing for a 60km solo ultramarathon in May 2024.

I also enjoy taking my dog to the park and trying out new restaurants and breweries with friends. When I want to relax, I cook, experiment with recipes, create cocktails, and enjoy some reality TV or movies as an escape.

# PODCAST UPDATE

Up the Rabbit Hole

Purity Culture:  
Your Questions  
Answered!

EPISODE 22

click  
here!

How Religious  
Trauma Plays into  
Intimacy

EPISODE 23

click  
here!

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



INSIGHT  
Psychological.

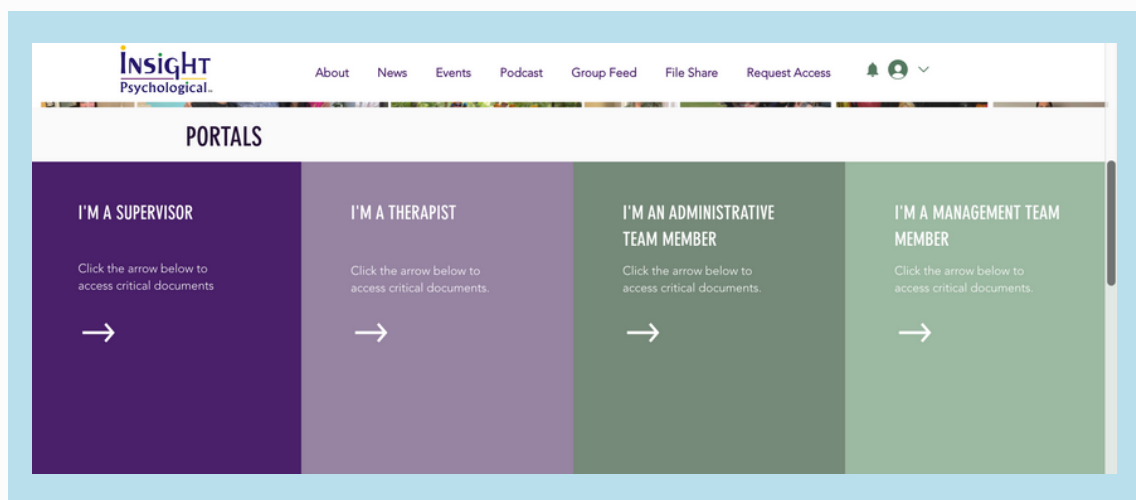
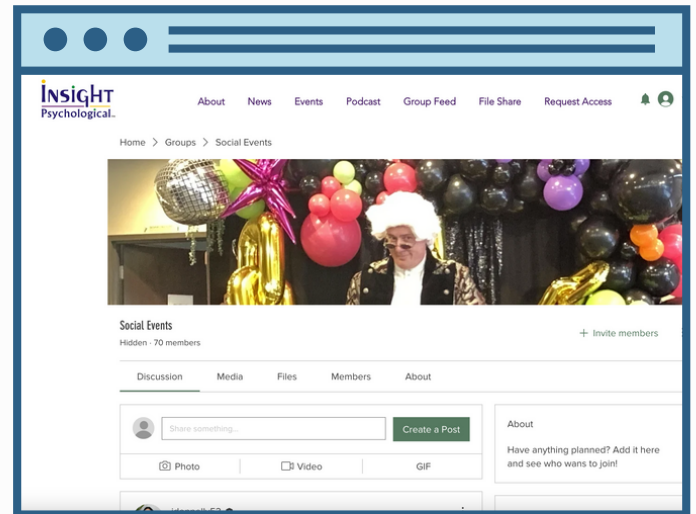
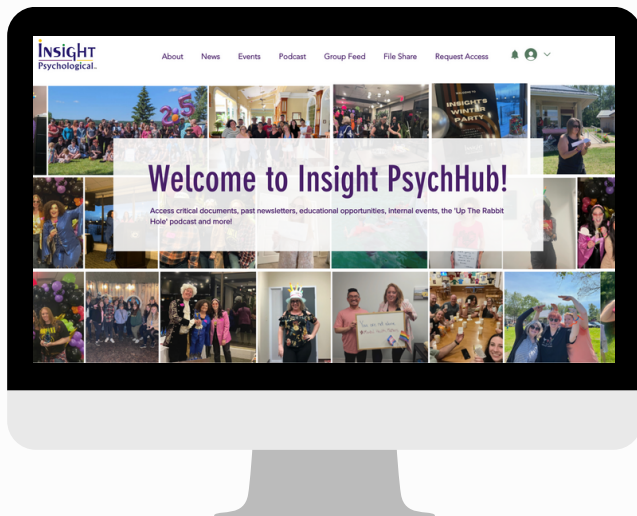
# MARKETING TEAM

"What are you working on?"

## Insight PsychHub has Launched!

Our intranet, Insight PsychHub, has officially launched! The intranet was designed to create a space that is easy for all users to access important documents as well as share any you may have.

Make sure you go check it out! If there is any feedback you'd like to provide, please send it to [jdonnelly@insightpsychological.ca](mailto:jdonnelly@insightpsychological.ca)



# MARKETING TEAM

"What are you working on?"

## 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!

If you are interested in participating, please email [jdonnelly@insightpsychological.ca](mailto:jdonnelly@insightpsychological.ca), using the subject line "Recruitment Video Quote". Please note that this will also count towards your marketing contract obligation! We can't wait to hear from you!

## Chatbot Implementation

We are excited to announce a new feature on the Insight Psychological website: **live chatbot support**. This addition allows our clients to access instant support right at their fingertips!

The chatbot assists clients with their questions and provides instant chat support with our admin team.






# CLINICAL TEAM

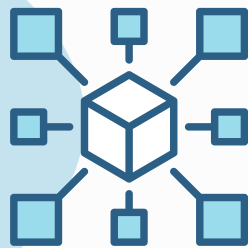
"What are you working on?"

## Complete Items

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- A supervisor checklist for Practicum Supervisors has been uploaded into **Insight PsychHub**. This outline has been created for practicum supervisors to review with their students.
  - An assessment manual has also been uploaded to **Insight PsychHub** for all assessors to review. The document outlines the whole assessment process, including ethical considerations, screenshots of how to access/score selected assessment inventories, sample clinical interview questions, and much more.

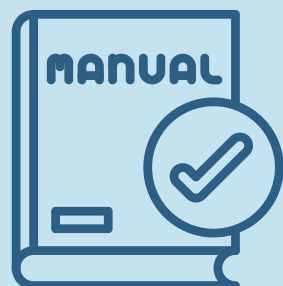
## Soon to be Complete Items

- An assessor supervisor training framework for assessor supervisors and new assessors.
  - This document will outline the learning objectives for new assessors and how the training assessor can support the new assessor in their assessment learning process.



## In the Works Items

- A supervisor manual for all levels of supervisors.





# IMPORTANT NOTES



*For all Therapists and Assessors*

## Attention Therapists

Please reach out to the team leads if you are interested in being a part of any of the specialty programs at Insight.

## Attention Assessors

If there are any changes in your assessment competency, please remember to update the competency spreadsheet. Your supervisor will need to sign off on this, and then you can email this to Alison.



Assessment  
Competency  
Document

You can find this document on [Insight PsychHub](#).

## Leiter 3 Kits Now Available!

We now have the Leiter 3 kits available at Insight. These kits offer a completely nonverbal measure of intelligence that is ideal for use with those who are cognitively delayed, non-English speaking, hearing impaired, speech impaired, or on the autism spectrum.



Contact the [administrative assessments team](#) for more information.

# AASECT CONFERENCE

From June 7-11, some of our own at Insight had the pleasure of attending the AASECT Conference in San Francisco. Cory, Hendriatta, Brandi, and Sabrina attended the annual conference and learned the latest information about sex counselling, therapy, education, and much more!

Check out the photos they shared from the conference and their trip below!



# AASECT CONFERENCE SPOT CORY!

Cory has challenged you all to try and spot him in this picture taken in San Francisco!



Not Cory!

# A ROUND OF APPLAUSE!



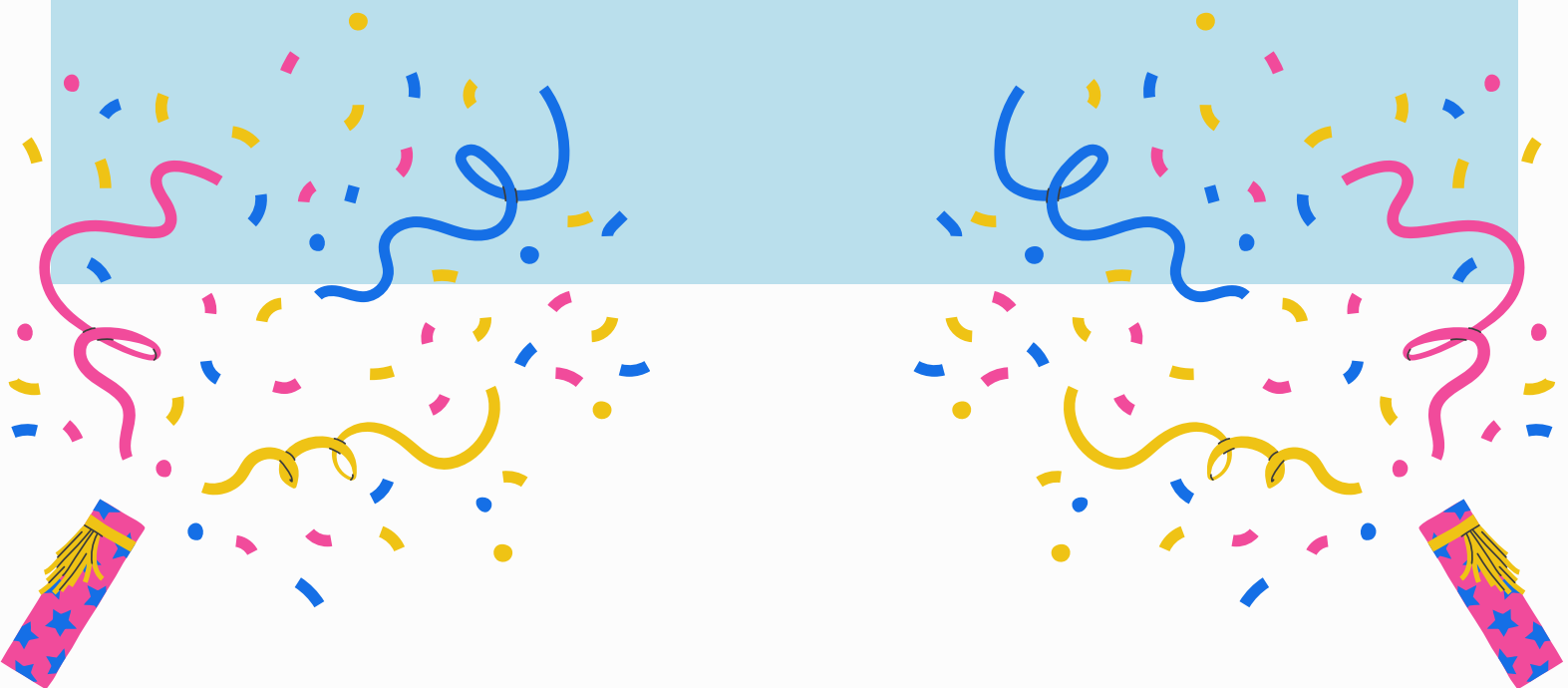
Insight Psychological Inc. is so incredibly honoured to be selected by Alberta Chambers of Commerce as a finalist in the Mentorship category! In the past 25 years, we have had the privilege of mentoring and nurturing the personal and professional development of a significant number of registered and provisional psychologists, practicum student therapists, students from multiple post-secondary programs, and of course, our own staff. Our sincere and great joy is to be able to support their journey in finding their own path, life purpose, and personal success. We thank NAIT and JR Shaw School of Business for their nomination and for allowing us to mentor their students.

# A ROUND OF APPLAUSE!

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Congratulations to Terri Mulveney for passing her EPPP exam, an accomplishment that deserves recognition and praise!



# 2023 JULY

SUN

MON

TUE

WED

THU

FRI

SAT

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2  Kelly Jenny	3  Simarjit Gill	4	5	6  Nicole Donovan & Sabrina Brady	7	8
9	10	11	12	13  Robert Roughley	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

# 2023 AUGUST

SUN

MON

TUE

WED

THU

FRI

SAT

		1	2	3  Christy Sandmaier	4	5
6	7	8	9	10	11	12
13	14	15	16	17  Julia Donnelly	18  Jasmine Parr	19
20	21	22	23  Loriann Quinlan	24	25	26
27  Phillip Hau	28	29	30  Lynn Hutchinson	31		



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

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

**INSIGHT**  
**Psychological™**



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

Contact Laura

[Contact](#)