



# THE ~~INSIDE~~ INSIGHT SCOOP

THE NEWSLETTER

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JANUARY 2023 | VOLUME 1 | ISSUE 1

# MESSAGE FROM CORY & HENDRI

## Happy New Year!

Welcome to the 1st volume and issue of our newsletter, The Insight Scoop!

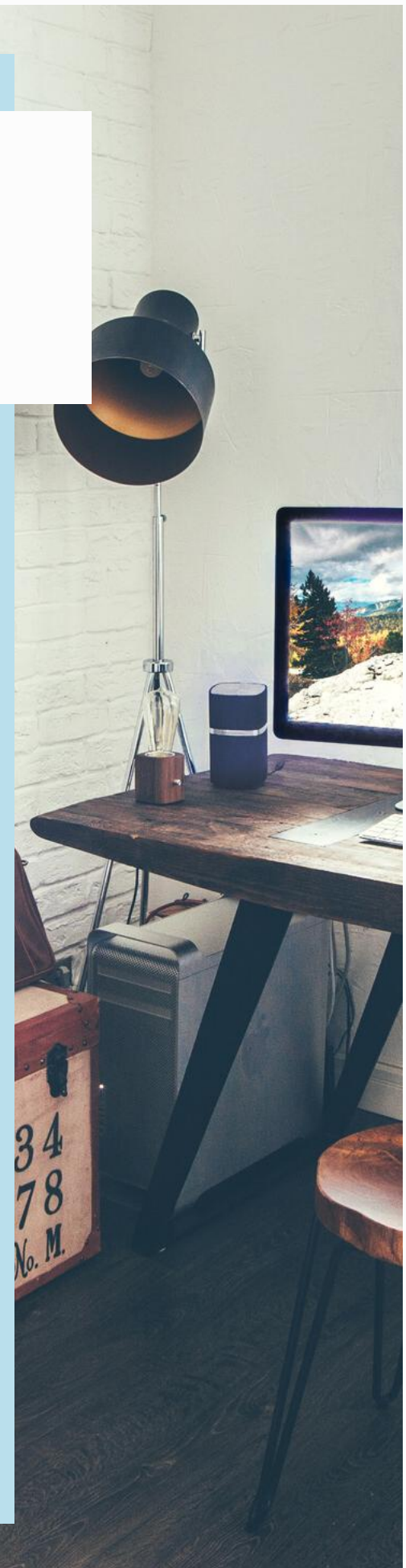
Insight's current team of staff and contractors is almost 100 strong and as we continue to grow, more concerted efforts need to be made to keep one another connected and informed. Having an attractive and informative bi-monthly newsletter is one of those efforts. We thank Julia and Katelynne for this brainchild and beautiful work.

Insight had another successful year in 2022 and enters 2023 with a full set of goals and initiatives to accomplish. Our 2023 priorities include the following:

1. Continued development of our staff/therapist compensation, reward, and engagement programs.
2. Improvement of our assessment tiering, pricing, billing, training, and supervision processes.
3. Launch of new experience-enhancing products and services (currently in development) for our clients.
4. Expansion into new markets for Insight products and services with and without jurisdictional restrictions.
5. Continued development of internal infrastructures to support Insight's business and personnel growth.

As we continue to innovate, grow, and improve how we serve our clients, we also create more opportunities and higher rewards for our staff and contractors.

We thank each of you for your dedication to Insight and our clients. Together, we will make 2023 another fantastic year!

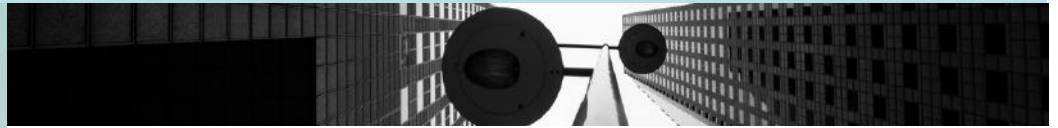


# INSIGHTS UPCOMING EVENTS



## UPCOMING BIRTHDAYS!

- January 13th - Lesley Xu
- January 18th - Cory Hrushka
- January 20th - Bree McDonnall
- January 22nd - Brianna Kamphorst
- February 4th - Melissa Oliver
- February 13th - Desiree Stewart
- February 21st - Doris Kieser
- February 22nd - Karen Gaudin



## INSIGHT'S PRACTICUM OPEN HOUSE

On January 20th from 12:00-2:00pm 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!



## WINTER 2023 STAFF PARTY

On Saturday, February 25th, Insight will be hosting our winter party in the evening! The event will include dinner and games! We will be taking a journey back through the decades so please start prepping your best decade outfit!! This could be 50s, 60s, 70s, 80s, or any other decade you want to re-visit! There will be a prize for best dressed! Location and time to follow.



## AASECT CONFERENCE

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. Registration opens in January 2023. Please let Cory know if you will be attending!

# TEAM MEMBER SPOTLIGHT



## BRANDI ENNS

REGISTERED PROVISIONAL PSYCHOLOGIST

South Side Location

### Who is Brandi?

Brandi is a Registered Provisional Psychologist who started working at Insight in 2020. Before Brandi began at Insight, she was born and raised in British Columbia! She attended UCC and received her diploma in Early Childhood Education and later went to the University of Alberta to receive her Bachelor of Education with a History Major and a Special Needs Minor. Brandi worked at Edmonton Public Schools for 18 years, mostly with severe special needs students.

Outside of work and schooling, Brandi has two daughters the ages of 18 and 15.

### A Few Questions:

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

TRAVEL!!!, hiking, scuba, skiing, volleyball, photography, horseback riding (no more competing), going to movies, walking my dog (pitbull), and having fun with family and loved ones, did I mention travel?

What are your New Year's resolutions for the year of 2023?

Oddly enough I don't believe in these. However, I do believe in striving to be better than yesterday, hard work and putting in 110% effort. In 2023, however, I WILL be passing the EPPP, booking more travel to experience more of the world, and taking more courses for work – Gottmans, AASECT approved courses

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

Everything will work out okay. There are going to be amazing times and some really hard times, but you'll be okay and you're going to flourish!

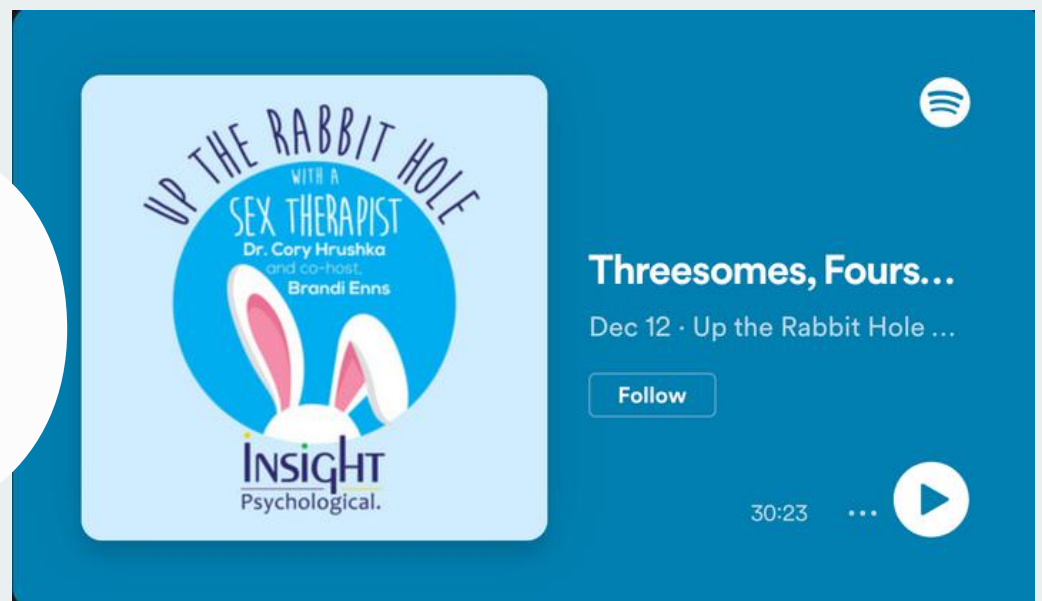
# Up the Rabbit Hole

## Threesomes, Foursomes, and Moresomes!

Episode 17 of Up the Rabbit Hole has been released! On this episode Cory and Brandi talk about Threesomes, Foursomes, and Moresomes! [Have a listen!](#)

Interested in joining Cory and Brandi on an episode or have an idea for the next one? Email Julia!

click  
here!



# WELCOME!

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## CHANTELLE OWEN



*Edmonton  
Practicum  
Therapist*

Hello everyone,

My name is Chantelle Owen, and I am beyond excited to support and learn from you all at Insight Psychological. I am originally from a small town called Kitimat, BC. I moved here to continue my education and now call it my home. I have worked as a Family Liaison Support Worker in Spruce Grove for the last 8 years and love supporting families.

Throughout my undergraduate studies, I worked in many different practicum placements (Supported Living, Youth Worker, Respite Care, Case Aid). Upon graduation, I worked for the Family Centre supporting vulnerable populations over four years.

I have two daughters, Sophia (10) and Danica (12), and have been happily married for nine years. You'll often find my family and me up to adventures outside, whether spending time at our lake lot, quading, fishing, skating, skiing, or hiking. My family loves animals. We have one dog (Winston), two cats (Cotton and Scratchy), and a leopard gecko (Leo).

Thank you all for this opportunity, and I cannot wait to start this new adventure.

Chantelle Owen

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# WELCOME!

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## SIMARJIT GILL

Hello!

My name is Simarjit (I usually go by Sim) and I am joining your team as a practicum student while I finish my Master of Arts in counselling psychology from Yorkville University. I look forward to meeting you all and learning from you. I will also continue to work as a behaviour consultant with children with Autism which I have been doing for 4 years now.



I love spending quality time with my friends and family so most of my free time is spent hanging out with my nieces and nephews. I also like going on hikes, trying out local restaurants (I am open to any recommendations! I love Italian and Mexican cuisines) and doing escape rooms with friends.

I enjoy playing sports such as rugby, badminton, and basketball and I love travelling (I love watching the sunset on the beach and it's nice to get away from Alberta's cold weather!)

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# WELCOME!

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## CLAIRE DAVIE

My name is Claire Davie, and I am very excited to be joining Insight Psychological as a practicum student starting January 2023. I am a Master of Counseling student with City University of Seattle and completed my BA in Psychology with St. Mary's University in Calgary. My supervisor will be Dr. Robert Roughley and my secondary supervisor will be Dr. Cory Hrushka.

A lot of how I approach counselling is through the psychodynamic, Jungian, and depth psychology views that I have been exposed to by health care practitioners throughout my life. My goal is to become a registered psychologist and eventually open my own private practice, where I hope to work mainly with adults whose concerns include depression, substance use, anxiety, grief and loss, and trauma, as well as those who may be searching for meaning or purpose in their lives. I am also very passionate about working with men and their unique challenges that they may face in society, and I hope to one day help facilitate male support groups.



Calgary  
Practicum  
Therapist

Outside of school and work I am an avid reader, animal lover, traveler (the photo of me is from a hike up Mt. Fuji-Japan is one of my favourite places I've traveled to!), and I enjoy being active and riding my bike around the city. Spending time with my family, which includes my niece and nephew, is also important to me and I enjoy our time spent together. I have also been a volunteer on the crisis lines with Calgary Distress Center for over a year and that has really helped to inform me of the types of challenges people face in their everyday lives and what they might bring to the counselling session.

I look forward to being a part of the Insight Psychological team and being able to learn as much as I can and grow as a budding counsellor. Thank you for bringing me on and I look forward to meeting as many of you as I can!

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# WELCOME!

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## ADMINISTRATIVE STAFF



### Jasmine Parr

I recently graduated from MacEwan University with a Bachelor of Science in Honours Psychology. I am a big fan of delicious food. I would rather starve than eat something that does not taste good. I have a border collie named Sage. She is objectively the cutest dog in the world and the most well behaved (unless there is open food around).

### Taylor Pelkey

My name is Taylor and I am a Psychology major with a passion for learning and who enjoys new experiences. In my spare time, you can probably find me reading a book, at a concert, or spending time with friends and family. I am also a big hockey fan, so I try not to miss a game night.

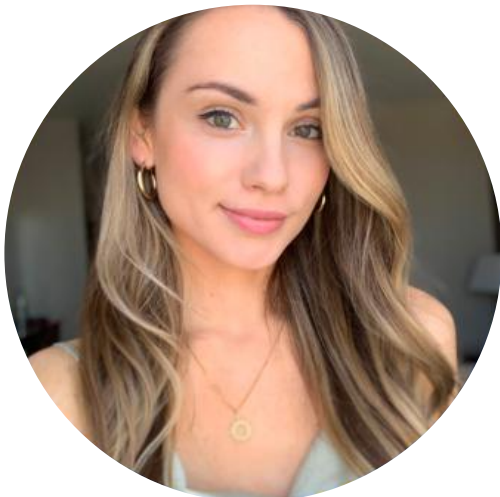


### Kayla Patrick

Meet Kayla! Kayla graduated with a psychology degree in 2022. She is a singer-songwriter and has been playing shows since she was only 9 years old. She plays guitar and she sings. One of her songs is actually in a Netflix movie! Another fact about Kayla is that she is very passionate about holistic nutrition and wellness.

Welcome Kayla!

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# Training Opportunities



## ● Warrior Health Training

For therapists who may be interested in seeing more uniformed personnel and first responder clients, Insight has made an arrangement to get a discount for an occupational awareness course with Warrior Health. Warrior Health is a national directory of mental health care providers that offer care to uniformed personnel and first responders suffering from occupation-related trauma and issues. In order to be listed on the directory (<https://warriorhealth.ca/directory>), a mental health care provider must first take Warrior Health's online occupational awareness course.

Warrior Health will register our therapists at the rate of \$100 per participant (instead of \$150 per participant). If a therapist is fully willing, ready, and able to take on more uniformed personnel and first responder clients once they have taken the course and be on the Warrior Health Directory, Insight would be happy to subsidize 50% of the course fee. **To register, email Julia.**

## ● Zoom Training

Are you liking Zoom? Do you have any questions about how to use it? Don't hesitate to reach out to Anna to get additional training!



# What's the Marketing Team working on??

We are so glad you asked!

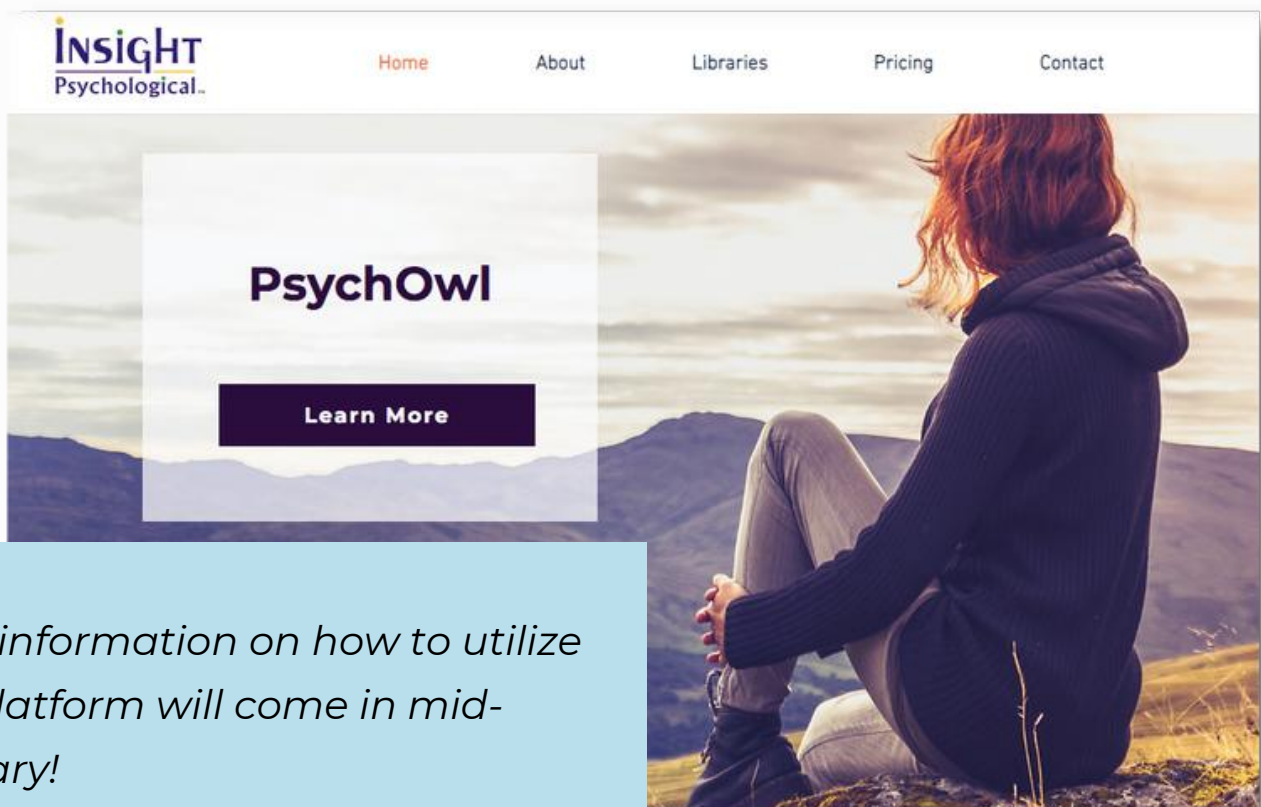
## *Introducing... PSYCHOWL!*

After many months of collecting mental health resources, we are excited to announce that PsychOwl, our digital mental health library, is ready to launch in January!

PsychOwl was designed to help all people, including children, adults, workplaces, veterans, students etc. learn about mental health concerns and how to overcome them. PsychOwl currently has over 5000 resources, comprised of videos, worksheets, podcasts, articles and more! This tool will be free for you and your clients to access!

To search for resources you simply choose the main topic (e.g. depression), a sub-topic (e.g. post-partum depression), and the user group you are searching for (e.g. adults). Another option is using the search bar to find a specific topic (e.g. skin picking).

A unique feature of PsychOwl is that it has multiple libraries that branch off from the General library. There is a Workplace Library, which includes but is not limited to, resources on leadership, psychological safety, retirement and work-life balance. An Education Library for students and teachers of all ages who struggle with test anxiety, stress, bullying, etc. A Zen Library filled with guided meditations, mindfulness worksheets, and self-care mantras, and a Course Library with free courses for all subscribers to utilize!



*More information on how to utilize this platform will come in mid-January!*

# What's the Marketing Team working on??

We are so glad you asked!

## MyMoodyMonkey

MyMoodyMonkey will be coming soon! These monkeys will be utilized to enhance our client experience and create a more immersive experience for them. These monkeys may appear on water bottles, stickers for children, treats, and much more! The different expressions will allow for our clients to be able to identify which mood they may be feeling that day as well!



## Bi-Monthly Newsletter

Insight is growing so fast! And we know there are lots of things on the go so this newsletter will be going out every second month to ensure communication is clear and all information is going out!

# What's the Clinical Team working on??

We are so glad you asked!



EDMONTON  
PSYCHOLOGISTS  
INTERAGENCY  
CLINICAL NETWORK

## Specialty Requirements

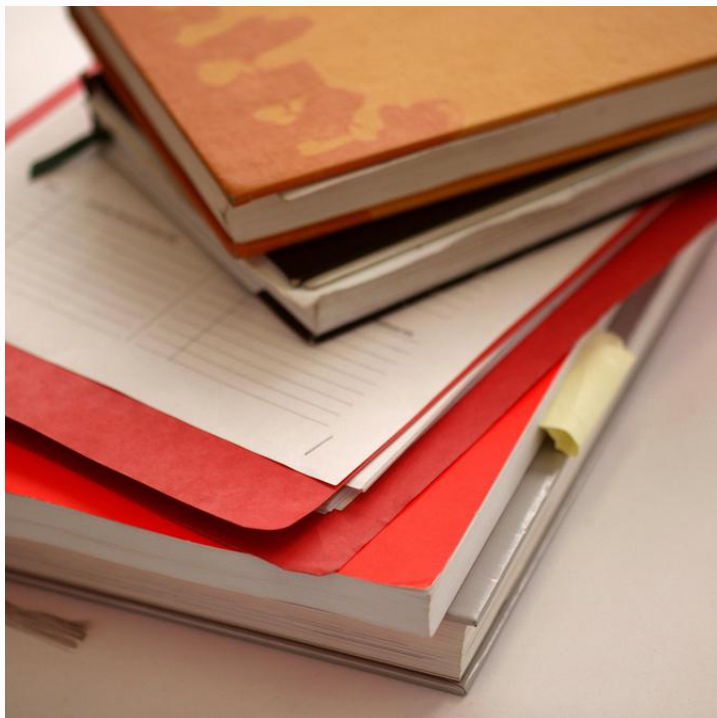
Interested in specializing in a certain area but not sure where to get started? Please click [HERE](#) to view the different areas you may want to specialize in and some of the requirements to reach each level.

## EPIC

The EPIC group is currently working on updating new training videos to finalize our master clinician training program!

## EPPP Study Group

If you are interested in joining the EPPP study group please contact Nicole Donovan at [ndonovan@insightpsychological.ca](mailto:ndonovan@insightpsychological.ca)



# What's the Admin Team working on??

We are so glad you asked!



## First Aid Training!

We are currently in the process of planning first aid training at our Insight offices. This will be coming soon so stay tuned for more information!

## Local Drive Transfer

We are working on organizing and transferring info from the local drive to make everything more accessible on the google drive. Once this is complete you will be informed.

## Social Initiatives!

We are putting together quarterly admin team building activities as well as monthly birthday days for cake.. YUM!

# CONTESTS AND DRAWS



WIN A \$20 TIM'S  
GIFT CARD

Submit your innovative ideas for a chance to win a \$20 Tim's gift card!

Email Julia ([jdonnelly@insightpsychological.ca](mailto:jdonnelly@insightpsychological.ca)) any ideas you have that Insight can look at implementing. This could be a new TikTok idea, a new specialty program, social media posts, training ideas or more and you will be entered into our draw that will happen at the end of February!

# 2023 JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13  Lesley Xu	14
15	16	17	18  Cory Hrushka	19	20  Bree McDonnall	21
22  Brianna Kamphorst	23	24	25	26 	27	28
29	30	31				



# 2023 FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4  Melissa Oliver
5	6	7	8	9	10	11
12	13  Desiree Stewart	14  Valentines Day	15	16	17	18
19	20	21  Doris Kieser	22  Karen Gaudin	23	24	25
26	27	28				

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

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

**INSIGHT**  
**Psychological™**

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

Contact Katelynne

Contact

