



THE ~~INSIDE~~ INSIGHT SCOOP

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INSIGHTS EVENTS



UPCOMING BIRTHDAYS!

Meghan Odsen - July 2
Simarjit Gill - July 3
Nicole Donovan - July 6
Sabrina Brady - July 6
Amanda Robinson - July 7
Jaden Neeves - July 7
Munira Mohamed - July 11
Ethan Hrushka - July 13
Christy Sandmaier - August 3
Megan Oviatt - August 12
Julia Donnelly - August 17
Lindsay Orchuk - August 19
McKenzie Kapitaniuk - August 20
Loriann Quinlan - August 23
Phillip Hau - August 27

🌞 INSIGHT SUMMER PARTY – COMING SOON! 🌞



Our annual Insight Summer Party is just around the corner. Stay tuned for updates in the coming week!

ETHICS TRAINING FOR THERAPISTS



Date and Time: July 7th | 1:00-3:00

Where: Online

Cost: FREE for Insight therapists.

Led By: Phillip Hau and Sabrina Brady

INDIGENOUS KIDS SUMMER GROUP



Date and Time: 3 hours every Friday in August for 5 Fridays (Aug. 1, 8, 15, 22, 29) | 9:00am - 12:00pm

Where: 2508 Ellwood Drive SW Edmonton | South 2 training Room

Cost: \$1125.00

Led By: Nicole Donovan & Claudia McLean

Eventbrite Link [HERE](#)

WELCOME!



Kiaha Parmenter

Intake/Administrative Service Staff

Hello everyone, my name is Kiaha and I am one of the new admin members at Insight!

I have always been known as a very social and outgoing person so I have loved meeting and getting to know you all so far and I can't wait to continue getting to know everybody.

I was born and raised in England (if you hear a slight accent here and there that would be why!) and moved here with my family back in 2014 when my dad was offered a job.

I also grew up as a dancer and cheerleader and I am currently coaching a Junior High cheerleading team which holds a very important place in my heart, it is in fact the cheerleading team that I cheered on myself as a child.

I am excited to work along side all of you and continue my journey here at Insight!



Delaney Kulak

Registered Provisional Psychologist

my name is Delaney, but I usually go by Laney (either is fine!). I just became a registered provisional psychologist and am working out of the Sherwood Park office. I love painting and I got myself into a few different book clubs so if you need recommendations, or you have some for me, I would love to hear and share them! Outside of working, you will often see me in a coffee shop with friends or walking the river valley! I'm looking

forward to working with everyone!

WELCOME!



Mikayla Pucci

Intake/Administrative Service Staff

Hey hey, I'm Mikayla, and I recently began my position with Insight as an Intake and Administrative Services. I'm in the final stretch of my undergraduate degree in Psychology, set to graduate this December. My passion for understanding human behavior drives me every day, and I'm excited to continue pursuing a career where I can make a real difference

in the mental health field.

Dance has been a part of my life since I was two years old, and it continues to be one of my greatest loves. I still perform and teach, finding joy in both the creativity and discipline that dance brings. It's a huge part of who I am and an outlet that keeps me grounded. When I am not dancing, you will find me hanging out with my dog, who's always up for an adventure.

I have always been someone who finds endless fascination in connecting with others and learning about how people live their lives. I think we all have such unique journeys, and the more I interact with others, the more I realize how much I can learn from different perspectives. It's inspiring to see how people navigate the world, and I'm always looking for new ways to grow through those experiences.

I'm passionate about constantly learning and evolving, both personally and professionally, and I'm excited about what comes next on this journey.

WELCOME!



Brianna Hominiuk

Registered Provisional Psychologist

Hello! My name is Brianna Hominiuk and in May I joined Insight as a Registered Provisional Psychologist.

I have a passion for lifelong learning, as evident through my diverse educational achievements - a Bachelor of Arts (Major in Psychology; Minor in Sociology), Bachelor of Commerce (Major in Business Economics and Law), and a Master of Arts in Counselling Psychology (Honours).

While I have always had a keen interest in law and psychology ever since I could remember, my journey to becoming a Registered Provisional Psychologist has been unique. Most of my work experience has been within the Ministry of Justice. I started my career as a Senior Judicial Clerk, then transitioned to a Deputy Clerk, next progressing to a Policy and Research Analyst position, and currently I work as a Product Manager with Justice Digital. Last fall I received the Premier's Public Service Excellence award for a project I developed and was responsible for called the Operational Advisory Teams.

I am interested in providing psychological services to individuals experiencing trauma and grief, with a focus on forensic psychology due to my background in Justice. I am fascinated by the interplay between psychology and law. As well, I grew up on a family farming operation, and ensuring that rural populations have access to quality mental health services is something I strive for in my future practice. I am definitely not a big city girl (although some may say Edmonton is a small city!) and rural life is where I feel the most at home. Family is extremely important to me and I try to go back home to help out on my family farm as much as I can.

Outside of work, I love to read, swim, travel, and spend time with my family and friends. I also recently took up Ukrainian dancing after a 10-year hiatus.

I look forward to working with everyone at Insight and if you are ever at the North, Central, or West locations, please stop by and say hi!

Fun fact: The picture shown is of me at my graduation ceremony in Fredericton, New Brunswick at the beginning of June 2025!

TEAM MEMBER SPOTLIGHT



Clinical Staff

Kathryn Maier

Kids have told me "That's not a REAL rabbit!" I love the confused look on their faces when I tell them "He's a REAL puppet!" I figure we can all learn a lot from stuffies. Learning how to play and be playful brings health and wholeness, and it's not just for kids.

About me, I'm married, have a husband with a great sense of humor (with me, he needs it....). We have three kids, all boys, one is married and has kids too, which makes me Nana--the kind that plays with stuffies, not the kind that bakes cookies.

Career-wise I've been a youth worker, foster parent, autism intervention worker, special education teacher (behaviour classroom) and a high school social studies teacher at the outreach school in Sherwood Park. After teaching, I shifted over to being a school counsellor, then joined the team at Insight working with people of all ages. I've been enjoying doing assessments and find autism assessments particularly intriguing.

What are the top three things on your bucket list?

1. Go snowshoeing every winter
2. Paddle a still lake at sunset
3. Learn how to play a cello



What would you tell your younger self?

You already know what to do, so make it happen!

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

Pizza, all different kinds, no anchovies



What do you like to do for fun?

Kayaking and canoeing bring me deep serenity, if I could paddle every day that would be stellar. Growing stuff in my yard is a treat, even mowing the lawn and shovelling snow is fun for me. Doing a solid workout at the gym is a great way to refresh and energize. I play some piano and guitar, and sing along when nobody is listening. I enjoy all kinds of painting, including painting my fence. Grabbing coffees and laughing with my friends is the best.



TEAM MEMBER SPOTLIGHT

Sadie Cassidy

Hello Everyone!

I'm Sadie, a Client Care navigator for Insight. I have been with Insight for around 8 months now and loving it! I am pursuing a Bachelors of English as one of my biggest passions is writing.



Intake/Administrative Service Staff

What do you like to do for fun?

Outside of work I enjoy spending time doing nails, hanging out with my Leopard Gecko Mark and cooking for my family.



What is the top thing on your bucket list?

My top bucket list adventure is to attend France's La Mans race.

What would you tell your younger self?

If I could go back in time and tell my younger self anything I'd say - Take the opportunity to do and experience a foreign exchange.

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'd have to choose any type of pasta.



TEAM MEMBER SPOTLIGHT



Sonya Duffee

Hi everyone! My name is Sonya Duffee. I am a mother of two grown women, a grandmother of three and am married to my partner Michael for 31 years as well as am an advocate for nurturing, community centered care. My journey from becoming an artist and then birth worker was shaped by my experience of being a mother and a deep soul calling to honour significant rites of passage. Beyond my professional life, I am passionate about creating an inclusive space where families feel seen, safe and celebrated. I find a sense of peace and recharge by being with nature, especially the ocean and honouring ceremony and ritual and holding space for growth. Whether mentoring doulas, spending time with family or connecting with those around me, I've enjoyed a full life rooted in love, resilience and belief that everyone deserves to be cared for with dignity and kindness.

Spring Integrative Wellness Staff

What do you like to do for fun?

I have a deep love for the arts — whether it's visiting galleries, attending live music, theatre, or exploring creativity through multimedia and design. Travel is another passion that brings me so much joy; discovering new cultures, landscapes, and perspectives and trying new foods, always leaves me feeling inspired and reconnected.



What would you tell your younger self?

I would gently tell her to trust in the universe's plan. Everything that is meant for you will find its way — no need to worry or overthink. There is beauty in the unfolding, even when the path is unclear.

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

Hands down, a selection of cheeses! From sharp aged cheddar to creamy brie, cheese brings comfort and joy in all its delicious forms.



What are the top three things on your bucket list?

1. Move away for 3-6 months to escape the winter in a quiet location somewhere that is warm in Europe, most likely Spain or Southern France or the Amalfi Coast.
2. Take my mother and brother to London and explore the English countryside together visiting the area or places our great grandparents lived.
3. Attend a silent retreat for a weekend or get back into wheel throwing and spend time creating pottery and get back to my earlier art practice.



TEAM MEMBER SPOTLIGHT

Alana Mantai

What do you like to do for fun?

Outside of work I enjoy spending time with my partner and kids, going kayaking and having adventures around the city. We love traveling and discovering new places. I love getting together with friends, drinking coffee, and having meaningful conversations. I also joined a choir this year and rediscovered how much joy I find in singing!



TGTHC Staff

What are the top three things on your bucket list?

I honestly feel like I am living the life of my dreams in so many ways. Becoming a psychologist, having a family, traveling to so many parts of the world were things I wanted to do with my life. I just want to keep sharing love and making a difference in the world around me.

What would you tell your younger self?

I would love to visit my younger self and tell her she's on the right track, she is so loved, and she has so many gifts to share with the world!

What has been your favorite place in the world to visit?

A couple of years ago I went to Barcelona with my partner, and it was amazing. We rode a scooter around the city, sunned on the beach, ate great food, and saw amazing sights.





Meet Loriann Quinlan — proud collector of squishmallows (aka the cutest emotional support squad you've ever seen). There's always at least one hanging out on her couch, ready to bring comfort to clients in need of a cozy cuddle. As for the rest? Let's just say they're secretly living their best lives tucked away in a slightly sketchy drawer... 😂

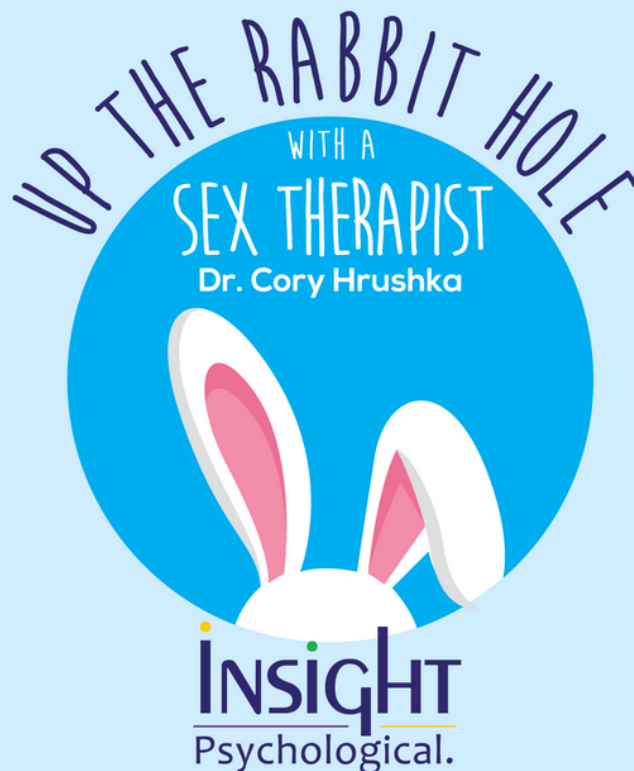
PODCAST UPDATE

Up the Rabbit Hole

Sexuality in Aging Populations with Joan Price

EPISODE 43

click
here!



MARKETING TEAM

"What are you working on?"

2025 Best Workplaces in Healthcare.

We are extremely proud to announce that we have been named on the **2025 Best Workplaces in Healthcare**. We received this honour after a thorough and independent analysis conducted by Great Place to Work®.



2025 ScaleUp Award Finalist

We are honoured to be named a finalist for the **2025 ScaleUp Awards!** Out of hundreds of inspiring businesses across Alberta, being recognized among the top finalists is a proud moment for our team.

MARKETING TEAM

"What are you working on?"

Profile Updates

Please remember to **review your profiles** and see if you would like any **updates or additions made**.

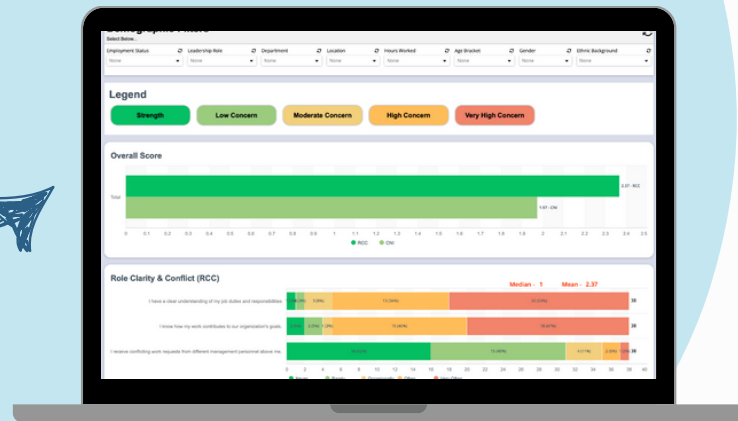
To **request updates** you can reach out to either **Julia** or **McKenzie** or you can fill out a new survey monkey form **HERE**

PsyRisk Website Development



We're excited to share that we're currently **developing** the new **PsyRisk Analytics website!**

This platform will serve as a **central hub** where clients can **access their assigned PsyRisk workplace assessments** and **view dashboard results with ease**.



Stay tuned for the official launch date! For any questions please reach out to **Julia**

MARKETING TEAM

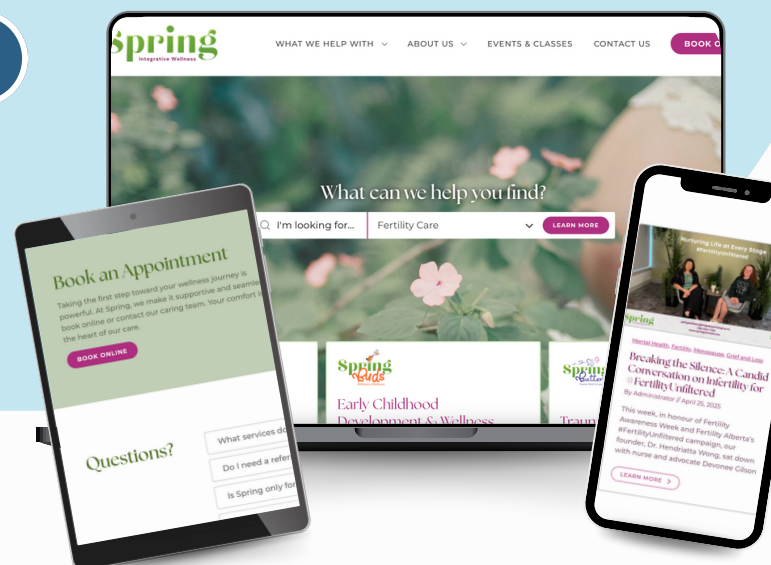
"What are you working on?"

New Spring Integrative Wellness Website

We're excited to share that **Spring Integrative Wellness** has **launched our brand-new website!**

This updated site has been thoughtfully designed to better reflect the compassionate, inclusive, and client-centered care we provide and to make it even easier for clients to connect with the support they need. With improved navigation, streamlined booking, and refreshed content, the new platform will enhance the overall user experience and reflect the quality of care we offer every day.

[VISIT THE SITE HERE](#)



MARKETING TEAM

"What are you working on?"

Contractual Marketing Agreement

As a reminder, your marketing agreement includes an obligation for each therapist to contribute one hour of marketing support to Insight annually.

Here are **various activities** that you could complete **to fulfill this agreement**:

- Write content for social posts
- Participate in a TikTok
- Present a webinar
- Community Outreach
- Write a blog post
- Be a guest on the podcast
- Feel free to share any other ideas you may have

If you have **not yet fulfilled your agreement for the year** and would like to **contribute to one of the following activities above**, reach out to **Julia** to let her know what you would like to do.

Download Our App - Remii

Don't forget to download our app, Remii, and please encourage your clients to download it as well! The app is a great way for clients to access resources, book appointments, and stay connected.

**Scan to
Download**



CLINICAL TEAM

"What are you working on?"



Upcoming Amare Series Workshops

LED BY Sabrina Brady

- **Talking With Your Kids About Sex** | Sept 9th, 2025 | 7:00OM - 8:30PM
- **Desire Discrepancies** | Oct 7th, 2025 | 7:00OM - 8:30PM
- **Vaginas and Vulvas** | Nov 4th, 2025 | 7:00OM - 8:30PM
- **Penises and Shafts** | Dec 2nd, 2025 | 7:00OM - 8:30PM

\$110 - can utilize their insurance for coverage.

Stay tuned for more information on additional sessions within the Amare Series

Upcoming Ethics Session

Join us for a special 2-hour virtual ethics session: **Connecting on Ethics: A Dialogue with a Family Law Expert & Therapists.**

Led by Lawyer and Family Law Specialist, Drew Sandstrom, with Insight's Sabrina Brady and Phillip Hau, this session will **explore ethical issues at the intersection of therapy and family law, with space for Q&A.**

 August 11 |  4:00–6:00 PM |  Virtual

 Certificate provided |  Free for Insight Therapists | \$150 for external



Drew Sandstrom
Lawyer - Family
Law Specialist

CLINICAL TEAM

"What are you working on?"

Summer Biannual Therapist Checkin

Phillip and Brandi will **conduct the summer biannual therapists check in.**

Brandi will check in with practicum and post-practicum therapists, and Phillip will check in with CCC's, Registered Provisional Psychologists, Registered Social Workers, and Registered Psychologists.

Joan will send out an email shortly to confirm which days and times it will occur

Inventory Fee

Please be mindful of inventory cost when implementing assessment inventories in counselling session.

Doro Trial

We will be doing a **trial with Doro and need a few participants to be involved.** Your clients would get **4 weeks free** of using Doro **in exchange for feedback.**

If anyone would be interested in participating please ocntact **Julia**

CLINICAL TEAM

"What are you working on?"

Indigenous Group

Nicole and Claudia are running an **Indigenous Summer Camp** that will run **every Friday in August**.

Please provide the information to your clients, as appropriate for them.



Partnership with My Intimate Health

We have a **partnership with My Intimate Health**, we can refer clients to their physicians with concerns related to sexual health

CAP Standards

CAP has released two new standard practice effective June 30, 2025

(managing dual relationships, and providing psychedelic assisted therapy),

please be familiar with the standards as it relates to your practice

Compensation Update

Stay tuned for a compensation announcement later this week!

TGTHC TEAM

"What are you working on?"

Orchards Location

The **move in date for the new Orchards location has been delayed** due to a construction delay and subsequent permitting delays.

An update will be provided to everyone as soon as possible.



A ROUND OF APPLAUSE!



Dawn Doucet Banting has obtained
Registered status.

Please join us in applauding her
on this remarkable achievement!



Megan Oviatt has obtained Registered status.

Please join us in
applauding her on this
remarkable achievement!



A ROUND OF APPLAUSE!



Jackie Pubantz is now certified
to offer Craniosacral therapy.
Please join us in applauding her on this
remarkable achievement!



Austin Leitch started as a Post
Practicum Therapist!

Please join us in
applauding him on this
remarkable achievement!



A ROUND OF APPLAUSE!



Justine Richard from TGT HC left on
maternity leave June 4th.

Please join us in congratulating her on this new
chapter!



Jessica Nelson will be leaving on maternity
leave July 17th.

Please join us in
congratulating her on this
new chapter!



A ROUND OF APPLAUSE!



Amanda Robinson has passed
her LEAP

Please join us in applauding
her on this remarkable
achievement!



A ROUND OF APPLAUSE!



Izabela submitted a proposal to the Evaluation Capacity Network (ECN), and their special projects team of researchers and community partners that focus on evaluating programs offered to children and families in Alberta. "Evaluation in the Community Context" is an intensive experiential offered at the U of A's School of Public Health in partnership with the Community University Partnership (CUP).

Spring Integrative Wellness Centre was accepted as one of 5 proposals for community projects in Alberta for June 2025! The ECN, in conjunction with its graduate and post-graduate students, developed and completed a comprehensive evaluation framework for the Centre. Izabela is meeting with U of A's instructors at the Public School of Health and Department of Sociology in August, to further discuss a working plan and begin implementing the project at Spring Integrative Wellness. The intention is to evaluate program efficacy, effectively meet clients' needs and continue working towards excellence in service delivery for the perinatal population.

Please join us in
applauding her on this
remarkable achievement!



2025 JULY

SUN	MON	TUE	WED	THU	FRI	SAT
		1  Canada Day	2  Meghan Odsen	3  Simarjit Gill	4	5
6  Nicole Donovan  Sabrina Brady	7  Amanda Robinson  Jaden Neeves	8	9	10	11  Munira Mohamed	12
13  Ethan Hrushka	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

2025 AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3  Christy Sandmaier	4 HOLIDAY Civic Holiday	5	6	7	8	9
10	11	12  Megan Oviatt	13	14	15	16
17  Julia Donnelly	18	19  Lindsay Orchuk	20  McKenzie Kapitanuik	21	22	23  Loriann Quinlan
24 51	25	26	27  Phillip Hau	28	29	30

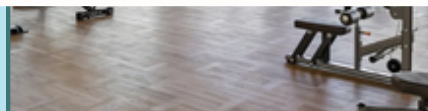
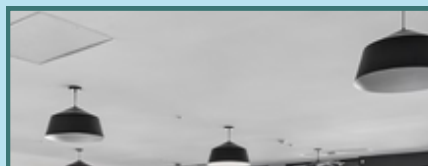
LANGFORD RETREAT

Langford Condo Booking

Book a stay at our Langford retreat! Our Langford Retreat is a stylishly furnished 2-bedroom condo suite at Reunion at Belmont (an award-winning development complex), located in the heart of Langford, BC.



For details on eligibility criteria, subsidized pricing, availability, house rules, and how to book a stay at our Langford Retreat, please visit the Reunion at Belmont website [**HERE**](#)



Book Your Stay

BENEFITS AND DISCOUNTS

Benefits

Group Extended Health Plan

Eligible Contractors may join Insight's group health benefits plan that covers prescription, basic and major dental as well as extended health services. Contractors are required to pay for their own health care plan premium.

Billable Learning and Development Hours

Insight encourages its Contractors to pursue continuous development in the service areas that Insight has identified as its areas of specialization and/or priorities.

EPIC Master Clinician Training Series

Insight has established a robust and continually enhanced clinician development program with its EPIC partner agencies, – Kells Counselling, Cornerstone Counselling, and Dreamcatcher Nature Assisted Therapy.

AASECT Certification Support and Supervision Program

Dr. Cory Hrushka, is established to help Contractors who are interested in becoming an AASECT Certified Sex Therapist to get the robust guidance and support they need to become certified.

Insight's Langford Retreat – The Reunion at Belmont

As part of our commitment to supporting the well-being of our therapists, we offer exclusive access to our beautifully appointed 2-bedroom condo suite at The Reunion at Belmont in Langford, BC.

BENEFITS AND DISCOUNTS

Discounts

Counselling Provision and Discounts

All Contractors and Employees at Insight and their immediate family members (spouse and dependent children only) are eligible to access counselling services at a discounted rate when they see a therapist at any of the EPIC partner agencies

Front-line Friday Rejuvenation Program

This is a set of FREE-OF-CHARGE (while funding lasts) hourly animal interaction sessions provided by Dreamcatcher Nature Assisted Therapy (at their Ardrossan ranch) to the Contractors and Employees of Insight and other affiliates.

Physiotherapy, Massage Therapy, and Chiropractor Discount

This is a discounted rate that we have agreed upon with our partner agency MVMT Physio & Chiro and their franchise, Freedom Physical Therapy.

City of Edmonton Recreational Centres:

As an Insight Contractor or Employee, you receive discounted rates on all City of Edmonton recreation centers.

For More Information on all of the Benefits and Discounts offered, please visit the **[PsychHub Benefits Page](#)**

Mark your calendars! Next issue coming out September 1

Thank you for taking the time to read the
July/August issue of the Insight Scoop!



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

Contact McKenzie

[Contact](#)