



# THE ~~INSIDE~~ INSIGHT SCOOP

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# INSIGHTS EVENTS



## UPCOMING BIRTHDAYS!

Cory Hrushka - January 18

Bree McDonnall - January 20

Brianna Kamphorst - Jan. 22

Ricardo Sarango - February 1

Cheryl Teo - February 9

Doris Kieser - February 21



## STAFF WINTER PARTY 2024

On Saturday, February 24th in the evening Insight will be hosting our annual staff winter party.

Please save the date for this day!

More details to follow on location, and time soon.



## AGM IN MARCH

More details on the AGM will be provided soon!

Please keep an eye out on your emails for information on the event and how you can RSVP.

# WELCOME!

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## **McKenzie Kapitaniuk**

*Project and Marketing Development Officer*

Hello, my name is McKenzie. I am excited to say that I will be joining the team at Insight Psychological in January as a Project and Marketing Development Officer. I am currently working towards a Marketing Degree and am passionate about all things marketing. In my free time I love to be outside and do a lot of hiking, walking, and running. I have also recently gotten into reading and love to relax with a book when I have some downtime.



## **Jenna MacLean**

*Intake/Administrative Services Staff*

I was hired by Insight in an intake and administrative role in late November. I am excited and grateful to join such an amazing team of people! I am new to Edmonton this year moving from New Brunswick where I attended the University of New Brunswick graduating with a BSc in Psychology while playing university hockey. I was born and raised in the small village of Wilcox, Saskatchewan; a place I still love to visit to spend time with my parents and two siblings. Away from work, I enjoy spending my time with friends and family and coaching the Edmonton Jr. Wolves women's hockey team. Thank you for welcoming me to the Insight team! Happy New Year!

# WELCOME!

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## Tiffany Bennett

*Intake/Administrative Services Staff*

Hi, my name is Tiffany and I'm currently finishing my Bachelor of Arts in Criminology at MacEwan University. I love to travel and my dream trip is to either Greece or Thailand. I'm a huge bookworm - my favourite genre is historical fiction! In my spare time, I enjoy going out for food with my friends and watching movies. I have a Shih Tzu/Yorkie named Pookah that's a huge sass ball but the cutest one there is.



## Kim Phua

*Practicum Intern Therapist*

Hi everyone, My name is Kim and I will be starting my position at Insight Psychological North this month as a Student Practicum/Intern Therapist. I cannot express how grateful I am for the opportunity to join the Insight family and I am excited to get started and meet everyone. Don't hesitate to come say hi or pop in for a chat! I am a curious bug and would like to learn as much as I can, so I may be knocking on your doors and asking a lot of questions.

Outside of work, I like to spend time with my friends and family, check out the various events and happenings around the city, try new foods and recipes, and travel; but I also like to nap, read, drink copious amounts of boba tea, and cuddle with my cat.

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# WELCOME!

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## Rume Dedekuma

*Practicum Intern Therapist*

Hello! My name is Rume Dedekuma, and I just started as a practicum intern therapist at the Calgary location. I am truly excited to begin this stage of my career, and I feel lucky that I get to immerse myself in a dynamic practicum experience at Insight Psychological.

I am in the process of completing my master's degree in counselling psychology through Yorkville University, and I hold a B.Sc. in psychology from the University of Alberta. I got into the field of psychology to equip myself with tools to make a positive impact in the world by empowering and supporting clients in furthering their innate potential and achieving their goals. I have been privileged to work as an addictions counsellor with Alberta Health Services. My experience spans various addiction and mental health settings, including community, detoxification, residential treatment, and correctional health.

My clients have taught me the value of resilience in the face of barriers and challenges, lessons that have been instrumental in both my professional and personal growth. This experience has also underscored the importance of self-advocacy in meeting my own needs, ensuring that I can offer the best support to those I work with.

Outside of the school x work grind, I enjoy cheering for Liverpool F.C., spending time with family and friends, running, going for brunch, binge-watching quality TV shows, music, thinking of catching up on my accumulated book list, attending fitness classes, gaming, and stand-up comedy. Fun fact: I will run my first official marathon in 2025!

I am thrilled to be a part of the team at Insight Psychological! My goal is to expand my toolkit by acquiring more strategies and insights that I can use to effectively support my clients. I look forward to learning about you all, and from you all!

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# WELCOME!

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## Tara Hughes

*Practicum Intern Therapist*

Dear new colleagues,

I hope you all had a restful holiday and I wish everyone all good, positive vibes for 2024.

I am so excited to start my journey with Insight Psychological!

I am Tara, pronouns she/her, and I am a practicum student (Jan-Aug). I am so grateful for the opportunity to learn from all of you.

I am from Edmonton (though I lived in Ireland for a few years in my teens). I am a single mum with two children, Ewan (13) and Bronwyn (7) and they are just the best kids...ever! I know everyone says that, but really my kids are the best...I know everyone says that too, lol. I have a great partner, Adam, who is very supportive of my aspirations. We are building a new life together which I am super excited about. I enjoy having a laugh (often at myself), time with friends, travelling, and almost anything Disney-related. I am working on taking more time for myself, being more aware of my physical health, and remembering to take my vitamins (ha).

I currently work as a Registered Nurse in Community Psychiatry and I have gained a lot of experience from working in Inpatient Psychiatry since starting nursing in 2009. My goal is to eventually register as a Psychologist, and perhaps, if I have the stamina, I would like to complete a doctorate as well...who knows where the future will lead?

I am approachable and friendly, so please come and chat with me as I would like to get to know all of you as well. I am open to your feedback and I appreciate any wisdom you choose to share.

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# WELCOME!

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## Calvin Schlosser

*Practicum Intern Therapist*

Hi everyone,

I'm Calvin and I've been brought to Insight as a Student Intern Therapist for my practicum starting this January. I have years of experience working as a Child Care Counsellor at CASA House and as a Transition Coordinator. I have experience with anxiety, depression, self-harm, suicidal ideation, mood disorders, attachment disorders, and personality disorders (particularly Borderline Personality Disorder).

Outside of work, I keep busy at the gym, travelling, and attending music festivals. I also read, write, listen to podcasts, spend ample time with my friends and family, and enjoy wining and dining with my very Australian partner. Lastly, I really value creativity and philosophy, so I'm always up for a good chat about existential topics or hearing about artistic talents. Can't wait to meet everyone!

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# TEAM MEMBER SPOTLIGHT

## Karla Buchholz



### Clinical Staff

I was born in BC and raised within a fundamentalist Christian home with loving parents, as an only child. My mother was diagnosed with an incurable form of cancer shortly after my birth and my childhood was spent half in Canada and half in the UK where she underwent experimental treatment. She passed away when I was around 10 years old. My father remarried around three years later and we became a missionary family in Uganda, East Africa. I attended boarding school in South Africa for grades 11 and 12, which is when I first began exploring my individuality. This is also when I started questioning a lot of concepts in my faith.

After graduating high school, I was moved back to BC by my parents and I began working in fast food. I started post-secondary education at Kwantlen Polytechnic University a couple of years after gaining some work experience and started studying English. After my first year, I changed my major to psychology and eventually also earned a minor in counselling. I also volunteered with the Peer Support Group and was honoured to plan and host two annual conferences about sexuality at Kwantlen. Throughout this time, I really began my deconstruction journey, figuring out what I truly believed and continuing to learn about more perspectives. After graduating with my Bachelor's degree, I came "out" as ex-religious and pansexual. I took a break from psychology and explored working in Vancouver's film industry as an actress. In 2017, I met my partner (actor, musician), and I began transitioning out of working in acting and film, and into mental health, so I began working in behaviour intervention for children and youth who have autism. Due to the mounting expenses of living in Vancouver, my partner and I decided to move the next year to Alberta. Different opportunities offered to me in Edmonton allowed me to work in mental health while earning my Master's degree in Counselling Psychology through Yorkville University. First I worked as a developmental assistant for toddlers with developmental disabilities, then I worked as an educational assistant for Inclusive classrooms in Edmonton Public Schools. When I first started the program, my partner and I adopted a rescue from the Edmonton Humane Society, a 3.5-year-old pitbull and labrador mix. We named her Pepper Paws and we haven't had the bed to ourselves since. Finally, I completed my practicum with Insight Psychological in December 2021, and have been so grateful to continue to grow professionally and personally with the company ever since. I've been privileged to be able to focus on my passions: trauma, sexuality, and religious trauma/mind control recovery. I hope to write and pass the EPPP before 2024 is halfway through, and I plan on continuing my education to become more specialized in the areas I'm passionate about. In the next 5-10 years, I hope to earn my doctorate degree and become a published author on topics including sexuality and religious trauma.



# TEAM MEMBER SPOTLIGHT

## Karla Buchholz

### What do you do for fun?

- Drawing Mandalas (shown below)
- Writing poetry or lyrics
- Watching and talking about film



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

1. Buy first home
2. Vacation in Greece
3. Earn my doctorate



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

At first, I thought of noodles, but then I thought of potatoes and now I must say potatoes.



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

What other people think of you is none of your business.



# TEAM MEMBER SPOTLIGHT

## Jasmine Parr

Hi, I'm Jasmine, I've been working as an administrative assistant for about a year now. I graduated from MacEwan with a Bachelor of Science in Honours Psychology last year and am currently trying to get into Medicine. I've lived in Edmonton my entire life but I've been recently thinking about travelling around Canada to see if there are any other places I would like to live.



Intake/Administrative Staff

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

The first thing on my bucket list is to travel to Italy. I went to Italy once for a high school trip and it was so beautiful and amazing. I would love to go back now that I'm older and can explore it a little bit more on my own. Also the food there is amazing. The second thing I would like to do is see the Northern lights as I have never seen them even though I've lived in Alberta my entire life. Finally, my last bucket list item is to buy a house.



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

I genuinely don't believe that I could live off one food item for the rest of my life because I love food so much but if I had to pick one it would be potatoes. They're just versatile and I don't think I would get bored of them.



### What would you tell your younger self?

One thing I would tell my younger self is that we do not like Tequila and it does not like us.

### What do you like to do for fun?

Outside of work, my favourite hobbies are hanging out with my dog and playing video games. We got Sage (my dog) from a rescue when she was only a couple of weeks old. She's very energetic and playful. She loves walking in the river valley and going for swims in the river. As for video games, I've been playing a lot of puzzle games lately.



# PODCAST UPDATE

Up the Rabbit Hole

All About the Clit!

EPISODE 28

click  
here!

Ever Wondered  
About  
Digisexuality?

EPISODE 29

click  
here!

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



INSIGHT  
Psychological.

# MARKETING TEAM

"What are you working on?"

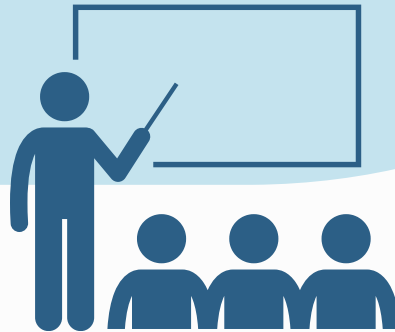
## RAE Institute

RAE Institute will be launching later this month!

This is a collaborative venture between **Insight Psychological** and **Family Solutions Group**.

This Institute will provide three comprehensive training programs for therapists: (1) Master Clinician Program, (2) Advanced Supervisor Certificate Program, and (3) Formal Clinical Assessment Certificate Program.

Check out the website **here!**



**Reminder!**



A reminder for therapists to send **Julia** any updates on your profile!

Now that we are at the start of a new year it is a good time to take a look at any new certifications you may have gotten or any additional areas you are working in.



# MARKETING TEAM

"What are you working on?"

## NeuroMed Partnership

NeuroMed Clinic has officially moved into our South offices! Please be sure to give them a warm welcome to Insight.

Below are the services that NeuroMed will be offering at Insight:

### **MeRT Treatment:**

MeRT, which stands for Magnetic eResonance Therapy, is a personalized and targeted approach to non-invasive brain stimulation.

With this treatment, NeuroMed has been able to treat many children with autism, as well as those with TBI, PTSD, anxiety, and depression.

### **Ketamine Treatment:**

While originally developed as an anesthetic, Ketamine has emerged as a promising option for a variety of mental health conditions. It provides rapid and robust relief for individuals who have not responded to conventional therapies. Its unique mechanism of action, fast-acting nature, and its potential to create new brain pathways make it a hopeful option for those struggling with their mental health.

### **rTMS Treatment:**

Repetitive Transcranial Magnetic Stimulation, also known as rTMS, is a process in which a focused magnetic field stimulates under-active brain cells, which activates them to work more efficiently and transforms lives through symptom reduction.

rTMS is particularly effective in treating depression, anxiety, and burnout that has not fully responded to conventional treatments such as medication or therapy. This treatment method can also be used for PTSD, ADHD, and OCD along with migraines.

# MARKETING TEAM

"What are you working on?"

## Sherwood Park Office Now Open!

Our Sherwood Park office has now officially been open for about a month! Check out some pictures of the new office below.



## Social Committee

We are looking for people who are interested in our social committee!

This committee would include planning any social events Insight has, including our summer and winter parties!

If you are interested in joining please reach out to **Julia**!



## CPHR & APEGA Webinars

We are looking for therapists interested in doing CPHR or APEGA Webinars for 2024. We do them every quarter.

These webinars count towards your marketing hours and are a great opportunity to get exposure to new clients!

Contact **Julia** if you are interested!



# CLINICAL TEAM

"What are you working on?"

## Clinical Speciality Group



Be sure to keep an eye out for an email in January that outlines the clinical supervision dates for the different areas of specialty.

The specialty trainings will occur on a bimonthly (every other month) basis, with 3 specialty groups per month.

## NeuroMed Clinic



Dr. Leicht's team will be starting to accept clients this month for Ketamine, MeRT, and rTMS treatment.

They are located and will be offering these services in our South location.

There will also be weekly consult/learning/Q&A sessions; dates to be announced!



## Sexual, Reproductive and Perinatal Wellness Center

The brand-new wellness centre will be located upstairs in the South 2 building. The centre will consist of multi-discipline services offering treatment for pelvic health, physio, chiro, acupuncture, massage, and much more!

# CLINICAL TEAM

"What are you working on?"

## ELVES

Sabrina has completed the training for ELVES assessors. Assessors should review the LEISTER training video before meeting with clients.



## Therapist Check-In

Thank you to all the therapists who scheduled time to do a check-in with Phil, or opted for an email check-in.

If you have not yet participated in the check-in process, reach out to **Joan** to schedule a time!

Rob will be doing the check-in for Calgary therapists and Brandi will be doing the check-ins for practicum/post-practicum therapists.





# CLINICAL TEAM

"What are you working on?"

## Clinical Roles

**Sabrina Brady** has been appointed as the Manager of Clinical Programs and Community Relations. Her main focus will be on (1) researching, coordinating, launching, and evaluating new clinical programs, (2) developing and overseeing clinical group therapies, (3) cultivating new relationships/partnerships in the community, and (4) reviewing clinical content of commercial materials. She will step into this role January 2024.



**Brandi Enns** has also advanced into the position of Assistant Director of Clinical Engagement and will, in addition to her current role as Edmonton Intern Coordination, take on the lead role in Clinical Recruitment.



**Izabela Bienko** has also advanced into the position of Clinical Coordinator for SRPWC (sexual, reproductive, perinatal wellness centre).



**Insight** is welcoming and wanting to recognize the talents of our therapists and if you are interested in stepping into a leader role (such as a supervisor or clinical group lead), let **Phillip** and **Cory** know.

# ADMIN TEAM

"What are you working on?"

## Admin Team Bonding Christmas Event

Recently members of our Admin team got the opportunity to catch an Oilers game against The New Jersey Devils, below are some pictures!



# ADMIN TEAM

"What are you working on?"

## Security and Risk Management

We are currently working on a company-wide risk management and policy and action items that will evaluate and enhance any opportunity for us as a company to increase the security measures we have in place to safeguard as much as possible against ransomware and other cyber security risks.

Given the nature of the information we are in charge of protecting and the debilitating effect a ransomware attack could have on **all of us being able to work**, I appreciate that every one of us understands the importance of this and unless specified as optional, please assume all steps communicated are **mandatory**.

Today we have **two action items that are required**:

### 1) Jane Two-Step Verification (this will take 1 minute to complete)

1. Log into your Jane
2. Click on My Account
3. Click on 2-Step Verification
4. Enter your Jane password again
5. Input your phone number, hit next
6. You will receive a text message with a code, enter that code into Jane.
7. That's it, you're all set!

# ADMIN TEAM

"What are you working on?"

## Security and Risk Management

Today we have **two action items that are required:**

### 2) Google Drive: Two-Step Verification (this will take 2 minutes)

1. Log into your Google account like you normally would, and then click on the "dial pad" looking icon.



2. Click on the top left corner on the My Account Icon

3. Click on the Security button on the left-hand side.

4. Scroll down until you see How you sign in to Google and click on the right-facing arrow next to 2-Step Verification is off and then the Get Started button.

5. Enter your password as you normally would.

6. Choose whether you want your phone or iPad to receive the call or text and hit Continue

7. Enter your phone number, select if you want a text message or a call and then hit Send

8. Once you receive the text message, enter the code you received and hit Turn On.

9. That's it, you're done!

If you have any questions you have, feel free to email **Anna** directly!

# A ROUND OF APPLAUSE!

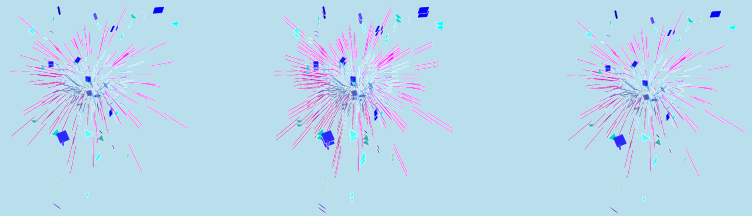
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## **Julia Donnelly**

Julia recently completed her MBA through Queen's University!

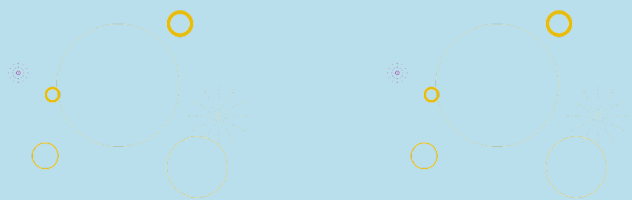
She also has advanced into the role of Director of Projects and Marketing.



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## **Jessica Nelson**

Jessica recently obtained her Provisional status as a therapist!



Please join us in applauding these two individuals for their remarkable achievements and wishing them continued success in their professional endeavours!



# CORY'S SKELETON CHRONICLES

Cory has been having fun decorating his house with a giant skeleton. Below are some pictures of all the skeleton chronicles!



# JANUARY

## 2024

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

# FEBRUARY

## 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1  Ricardo Sarango	2 Groundhog Day 	3
4	5	6	7	8	9  Cheryl Teo	10
11	12	13	14  Valentines Day	15	16	17
18	19 Family Day 	20	21  Doris Kieser	22	23	24
25	26	27	28	29		



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

Thank you for taking the time to read the  
January 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](#)