



THE ~~INSIDE~~ INSIGHT SCOOP

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INSIGHTS EVENTS



UPCOMING BIRTHDAYS!

Brandi Enns - March 13
Jennifer Kirkelund - March 17
Robyn Campbell - March 19
Nikeshia Deeno - March 27
Joan Wong - March 28
Amelia Brost - March 29
Karla Buchholz - April 5
Luke Suelzle - April 7
Alison Tyson - April 7
Jenna MacLean - April 14
Chantelle Owen - April 24
Karen McCaig - April 29
Cody Cobler - April 30



ANNUAL GENERAL MEETING

We look forward to seeing everyone at this year's Annual General Meeting!

Details:

What: 2024 Annual General Meeting (AGM)

Where: The King's University's Room L-116

When: Saturday, March 9th, 2024. Lunch at 12 - 1 PM and presentation at 1 - 3:30/4 PM

Who: All therapists are invited to attend Insight's AGM

To RSVP, please email **Joan** or fill out the form attached **here**.

WELCOME!



Megan Oviatt

Registered Provisional Psychologist

I am really excited to be working as a Registered Provisional Psychologist- I've wanted to be a counsellor since I was eight years old. I am especially interested in men's mental health, supporting 2SLGBTQIA+ youth, and being certified in psychedelic-assisted therapy. I have four awesome kids ages 10-16. I love hiking and snowboarding- anything to get me into the mountains. I enjoy live music and comedy shows.

WELCOME!



Carly Mayer

Manager of Operations

My name is Carly Mayer, and I just started as the Manager of Operations for Insight. I am thrilled and excited to start my journey here and am grateful for such a warm welcome that I've received.

I'm originally from Toronto, Ontario, and moved to Alberta almost ten years ago after completing my BA in Communication Studies. I am currently completing an HR Management certificate with the University of Alberta and am considering completing my CPHR designation.

Outside work, I am an avid traveller who enjoys European history and culture. My favourite city that I've travelled to so far is Amsterdam, but Norway and Italy will always have a place in my heart. I enjoy all types of sports and physical activities such as hiking and skiing, but specifically, softball has been my passion for the last eight years. I love reading thriller and historical fiction novels in my spare time and enjoy the mindlessness of reality television. I also have a small black cat named Mitzi, who has me wrapped around her tiny paw.

Please know that my door is always open, and I look forward to getting to know all of you at Insight!

WELCOME!



Lindsay Orchuk

Manager of Operations - RAE Institute

Lindsay Orchuk (She/Her) graduated from the University of Alberta with a Bachelor of Education, majoring in English and specializing in the Secondary stream. With a passion for education and a commitment to student success, Lindsay went on to hone her skills in the Private Career College sphere.

Throughout her career she successfully navigated the intricacies of student services in order to ensure that each student received comprehensive support tailored to their individual needs. Lindsay takes pride in providing guidance, resources, and solutions to enhance the overall student experience. With her experience in office administration, Lindsay also actively participated in shaping institutional operations to align with industry and regulatory standards through extensive policy development. Lindsay joined the RAE Institute for Clinical Research, Assessment, and Education, in January of this year, as the Manager of Operations. As the first employee of RAE Institute, Lindsay is excited to embark on this journey, and see the joint venture between Insight Psychological and Family Solutions Group grow and thrive!

In her spare time, Lindsay enjoys painting, sculpting, writing, singing, baking, and bingeing Netflix with her husband, Brett, and her dog, Cleo.

TEAM MEMBER SPOTLIGHT

Luke Suelzle



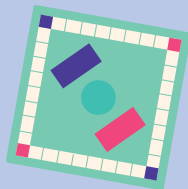
Clinical Staff

I'm Luke, I've been here as a practicum student since September, and am looking forward to hopefully getting my provisional status soon. I've worked in the addictions field for the past few years, and have particularly enjoyed working with youth in that role. I am currently working towards my Sex Therapist certification through AASECT, and have been enjoying all the learning opportunities involved with that.

Aside from that, I'm married with two particularly fun kids and an especially needy dog who I all enjoy spending time with whenever I can.

What do you like to do for fun?

I love playing board games generally and also enjoy adventuring with my partner and our kids.



What are the top three things on your bucket list?

Top three things on my bucket list are to attend Essen Spiel (it's a big board game convention), a cross-continental road trip, and a culinary tour of the top barbecue sites in the states (maybe I can even combine those last two).



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

Definitely Livewires.



What would you tell your younger self?

I think Biff Tannen from Back to the Future had it right for this one - which sports teams to bet on through the years.

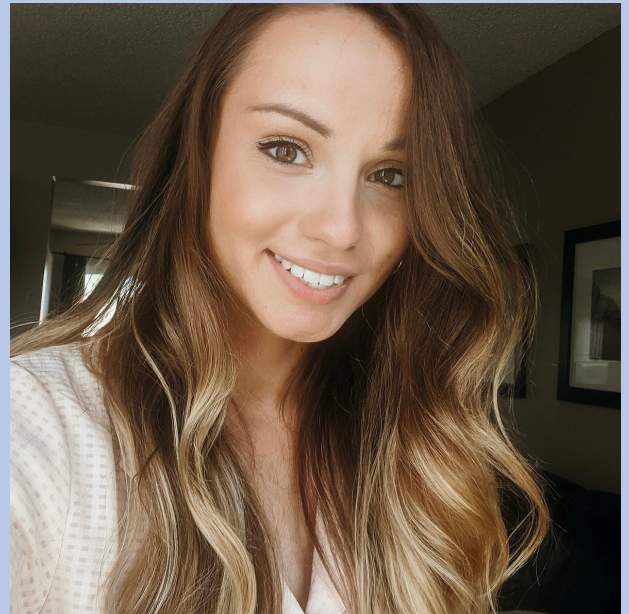
TEAM MEMBER SPOTLIGHT

Kayla Patrick

I was born and raised in Edmonton and now I live in the city of Spruce Grove with my fiancé and our new orange kitty named Rika (pronounced like the end of paprika). From the age of 10, I was heavily involved in music and I pursued a career as a singer-songwriter. Over the years, I had some amazing opportunities such as going to Nashville, performing at the Edmonton Folk Festival and Rexall Place, and walking the red carpet at Much Music Video Awards in Toronto. I even got to meet Taylor Swift once before she was uber-famous. I released my debut EP in 2017 called "Blessing in Disguise" and I am very proud of it. That was also this year I started taking care of my mental health and began seeing a therapist for the first time. After that, I knew that I wanted to attend university and pursue a career in the mental health field. I graduated with a BA in Psychology with Distinction in 2022 and I am a first generation university graduate in my family along with my amazing sister. I have been with Insight as an administrative assistant for about a year and a half and I am currently completing my Masters of Counselling. I also recently started working with a weekly women's group. I hope to release more music one day when I am not so crazy busy.

What do you like to do for fun?

I like to spend time with my family and friends and play board games such as Catan, even though I always lose. My other favorite things to do are camping, playing guitar and watching trashy reality TV. I think I am the only one out of my friends who still has cable TV.



Intake/Administrative Staff

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

This is such a hard question! I would have to say potatoes. You can eat them for breakfast, lunch and dinner in multiple ways with a bunch of different toppings.



What would you tell your younger self?

I would tell myself to not care so much about what other people think and to believe in myself more.

What are the top three things on your bucket list?

1. Travel to Europe, specifically Italy, Greece and the UK.
2. Go to Asia, such as Thailand and Japan.
3. Buy a camper van and drive down to the Redwood Forest in California.



PODCAST UPDATE

Up the Rabbit Hole

Exhibitionism and Voyeurism 101

EPISODE 32

click
here!

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



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MARKETING TEAM

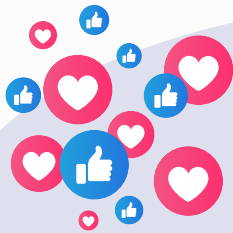
"What are you working on?"

RAE Institute

RAE Institute has now launched!

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!](#)



Marketing Commitment

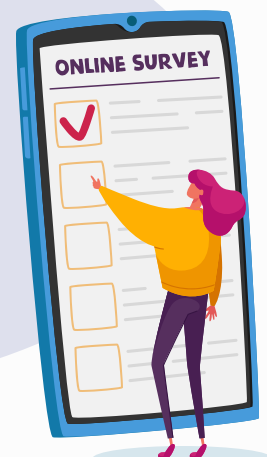
If you are looking for ways to fulfill your marketing commitment, please reach out to [Julia!](#)

This could include things like putting together a blog post, social media information, info videos, and more!

Therapist and Client Matching Form

Our upcoming therapist/client matching quiz is designed to connect clients with the perfect therapist tailored to their preferences.

Stay tuned to our website for the unveiling of this exciting feature!



CLINICAL TEAM

"What are you working on?"

Clinical Speciality Group

Starting April we will be launching specialty group supervision



- Indigenous (Nicole) March 15 9:00-10:00**
- Assessment (Phillip) March 16 12:00-1:00**
- Thrive (Brianna) March 26 11:00-12:00**
- Trauma (Sian) April 17 at 12:00-1:00**
- Grief and Loss (Cindy) April 21 at 2:00**
- Uniform Personnel (Ron) April 23 at 12:00**
- Perinatal Program (Jillian) April 24 at 12:00**

Weekly Psychiatric Consults

We are excited to have Dr. Krista Leicht lead the weekly psychiatric consults on **Tuesdays from 12:00-1:00!** Bring your questions about medications and complex client cases to discuss with Dr. Leicht what are some medical approaches to support your client.

Therapists can just attend and observe these sessions as well! You do not need to have a question to attend.

Dr. Leicht is also arranging so that every other week someone from the Ketamine Treatment Program will be there to answer Ketamine specific questions too.



CLINICAL TEAM

"What are you working on?"

New Clinical Roles

Nicole has stepped into the clinical lead for the Indigenous Program!

Ketamine Educational Sessions

Bevan International is hosting monthly educational sessions at Insight designed to provide clients with a better understanding of ketamine treatment. If you have any clients who may be interested in Ketamine treatment but are unsure and would like more details, this is the perfect opportunity! Therapists are also welcome to attend if there is sufficient space.



Ketamine Orientation Video

Therapists are required to watch the **ketamine orientation video** prior to referring clients to the Bevan Institute. This is to ensure that the therapist has some awareness of the ketamine process and protocols that the client may go through as they access treatment with the Bevan Institute.



[Click Here to Access Ketamine Orientation Video](#)

Insight Group Therapy

Insight is exploring group therapy! If anyone has ideas that they would like to explore, please reach out to **Sabrina**.

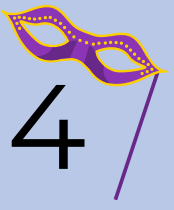




WINTER PARTY 2024



WINTER PARTY 2024

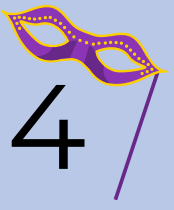




WINTER PARTY 2024



WINTER PARTY 2024





WINTER PARTY 2024




2024

March

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13  Brandi Enns	14	15	16
17  Jennifer Kirkelund	18	19  Robyn Campbell	20	21	22	23
24	25	26	27  Nikeshia Deeno	28  Joan Wong	29  Amelia Brost	30
31  Easter Sunday						

2024

April

SUN	MON	TUE	WED	THU	FRI	SAT
	1  Easter Monday	2	3	4	5  Karla Buchholz	6
7  Alison Tyson & Luke Suelzle	8	9	10	11	12	13
14  Jenna MacLean	15	16	17	18	19	20
21	22	23	24  Chantelle Owen	25	26	27
28	29  Karen McCaig	30  Cody Cobler				

Mark your calendars! Next issue coming out May 1st

Thank you for taking the time to read the March
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 Laura

[Contact](#)