



THE ~~INSIDE~~ INSIGHT SCOOP

THE NEWSLETTER

SUMMARY

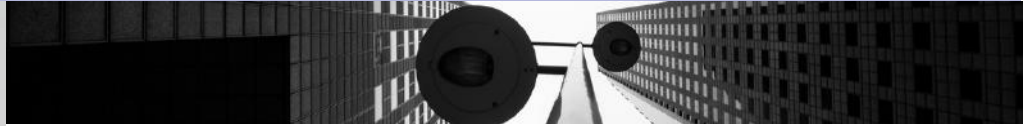
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INSIGHTS UPCOMING EVENTS



UPCOMING BIRTHDAYS!

Brandi Enns - March 13th
Jennifer Kirkelund - March 13th
Robyn Campbell - March 19th
Nikeshia Deenoo - March 27th
Katelynne McNabb - April 4th
Karla Buchholz - April 5th
Madison Tourigny - April 6
Ashley Tourigny - April 6
Alison Tyson - April 7
Elizabeth Groat - April 13
Chantelle Owen - April 24
Karen McCaig - April 29
Cody Cobler - April 30



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

WELCOME!



Hannah Knittle

Intake & Administrative Service Staff (Edmonton)

Hi, I'm Hannah! I graduated from Macewan University in 2021 with my Bachelor of Arts degree. I majored in Psychology and minored in Sociology. Recently, I have started my Masters of Counselling at City University. I am in my first year but am really enjoying it so far. I also enjoy spending time with my friends, family, and my cat, Honey!



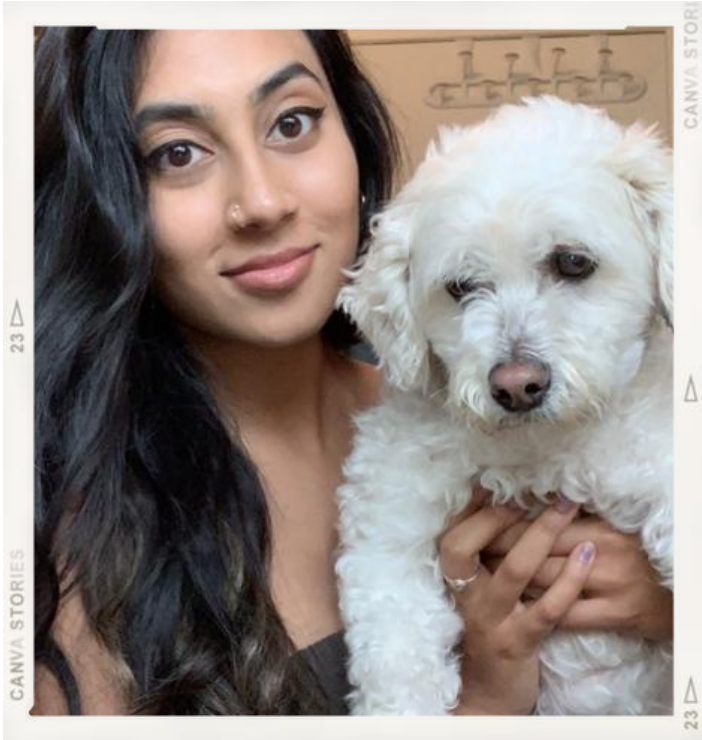
Taylor Watson

Intake & Administrative Service Staff (Calgary)

Hey everybody, I'm Taylor W!
I'm originally from a small city in Northern Manitoba called Thompson, and I just moved to Calgary at the beginning of February. Growing up in such an isolated place inspired me to travel as soon as I had the chance. Most recently, I found myself in a small town called Twin Butte AB, near Waterton Park, working for a family at their goat farm and ice cream shop called The Grumpy Goat. I've traveled to 9 countries so far and I hope to continue traveling and experiencing new cultures and communities. I've also always had an interest in psychology and I'm so excited to be a part of the team at Insight!

TEAM MEMBER SPOTLIGHT

Marketing Staff



Selina Kanagasuriam

My name is Selina and I have been working on the marketing team at Insight Psychological for 10 months. I am currently working on my Master of Arts in Counselling Psychology and I am set to start my practicum here at Insight in the spring.

What are your hobbies outside of work?

My hobbies outside of working and school include hot yoga, cooking, and walking my pup! I am also a huge foodie and enjoy trying new food spots in Edmonton.

What are the top three things on your bucket list?

My top three bucket list tasks would be learning to play an instrument, attending Mardi Gras, and swimming with sharks.

What inspires you?

One thing that inspires me the most is my parents. They worked very hard to come to Canada and raise children, and therefore, I am always working towards making the most of my life and achieving everything I set my mind to.

If you got to choose a superpower to have for the rest of your life, what power would you choose?

If I could choose one superpower to have for the rest of my life it would be to teleport anywhere, at any time, so I can travel the world!

TEAM MEMBER SPOTLIGHT

Jennifer Kirkelund

Jennifer just recently became a Registered Provisional Psychologist at the beginning of February 2023. She grew up on a farm in central Alberta spending her summers operating farm equipment (great way to suntan!!) and working as a lifeguard/swim instructor. Having graduated with a degree in psychology and acquiring a diploma in career development, Jennifer was previously employed as a career counsellor in high schools and with the Government of Alberta. One of her career highlights was working in the Premier's office in the Alberta Legislature. She currently lives with her husband, Alan (and their dog, Walter) on an acreage in Leduc County. Jennifer and Alan have two daughters, ages 22 & 24.

What are your hobbies outside of work?

Honestly, I love learning (I am a nerd!) and meeting new people. In my free time outside of work and studying for the EPPP, I enjoy reading, spin classes, biking, hiking, kayaking, and spending time with family and friends. My daughters moved out last year and now live on their own. My husband and I love dropping by their place and messing it up lol (gotta love karma!).



Clinical Staff

What are the top three things on your bucket list?

I would love to travel to Europe touring Scotland, Ireland, Greece, Spain & Portugal. I really want to get back into downhill and cross country skiing, learn to surf and go on many more snorkeling trips.

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

So many things... I would tell myself to 'feel the fear and do it anyway'.. 'to do things before you are ready', 'take risks and don't be afraid to try new things!...

PODCAST UPDATE

Up the Rabbit Hole

Sex After Infidelity

EPISODE 18

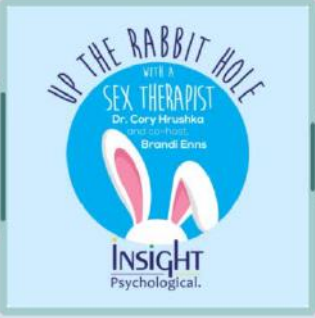
click
here!

Let's talk about Libido!

EPISODE 19


click
here!

TAKE A LISTEN



Up the Rabbit Hole with a Sex Therapist
Sex After Infidelity

TAKE A LISTEN



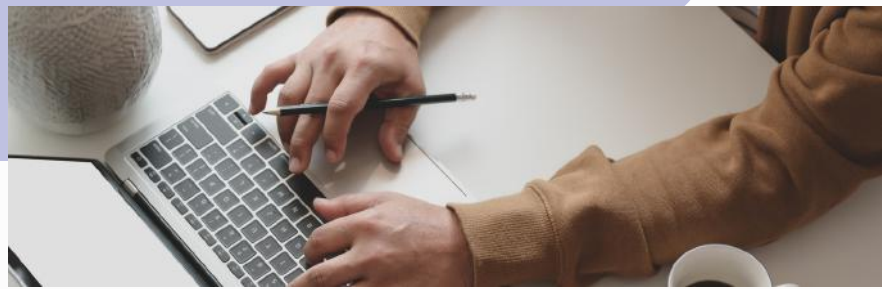
Up the Rabbit Hole with a Sex Therapist
Let's talk about libido!

MARKETING TEAM

"What are you working on?"

The Intranet Project

We are just beginning the work of creating an intranet for Insight's internal staff and contractors! In this intranet you will have specific sections relative to your role where you can find all of the resources and documents you may need! The intent of this intranet is to create a space that is easy for all users to access important documents as well as share any you may have.



CPHR Partnership / APEGA Partnership

We have now established a partnership with the Chartered Professionals in Human Resources association (CPHR). We are now offering their members preferred rates as well as advertising to their members on a continuous basis. Along with this we have our ongoing partnership with APEGA. We will be providing webinars to both of these organizations. If you are interested in facilitating one of these webinars, please reachout to jdonnelly@insightpsychological.ca

CPHR / CRHA

CHARTERED PROFESSIONALS
IN HUMAN RESOURCES
CANADA

CONSEILLERS EN RESSOURCES
HUMAINES AGRÉÉS
CANADA

MARKETING TEAM

"What are you working on?"

Community Care Campaign - seniors and post secondary

For the past month, as part of Insight Psychological's 2023 Community Care Program, we sponsored free counselling for post-secondary students and seniors (65+) across Alberta, with our Master's level practicum therapists.



FREE COUNSELLING FOR SENIORS AND STUDENTS!

INSIGHT
Psychological.

Both post-secondary students and seniors have their own unique challenges which can be taxing on their mental health. These groups are also people who may not have the benefits and access to mental health services that others do. We are here for you!

WWW.INSIGHTPSYCHOLOGICAL.CA

780-461-1717

CLINICAL TEAM

"What are you working on?"

Student and Provisional Service Cycle

In Costa Rica, initiation of the student and provisional service cycle took place! The goal of this work is to have a document that outlines the entire journey of both a Practicum Therapist as well as a Registered Provisional Psychologist to get their R.Psych designation. Each step will be outlined.

Sexual offending risk assessments

This past month Sabrina visited probation officers to speak to them about the sexual offending risk assessments that we can do. The response was very positive and we may have an influx of assessments coming to us in the near future. If you are interested in getting involved in sexual offending risk assessments please reachout to Sabrina at sbrady@insightpsychological.ca.



Sexual Offending Treatment
AT INSIGHT PSYCHOLOGICAL

About our service:
When an individual crosses the legal line or has a strong desire to cross the line of engaging in illegal sexual behaviour, counselling and support becomes crucial to help not only those potentially being impacted by the behaviour but also to help decrease the risk of offending or re-offending.

Insight has psychologists and AAECT certified sex therapists who are specially trained for working in this area and with these issues as well as psychologists who are members of ATSA (Association for the Treatment and Prevention of Sexual Abuse).

- Some of these issues can include:**
- Sexual contact with minors
 - Offending and non-offending (Incest)
 - Pedophilia (sexual preference and arousal for children usually under 13 years)
 - Hebephilia (sexual preference for prepubescent children ages 10-14 years)
 - Ephebophilia (sexual preference for adolescent children ages 15 - 19 years)
 - Frustration (touching or rubbing your genitals up against an individual without their consent)
 - Voyeurism (sexual arousal from watching unsuspecting people undress and/or engage in sexual activity)
 - Exhibitionism (exposing your genitals to non-consenting people or the desire to be observed during sexual activity)
 - Obscene phone calls
 - Youth offenders or those with special needs
- Forensic Assessment:**
- Formal Forensic violence or sex offending risk assessments can help to identify violence or sexual offending risk factors and recidivism rates or likelihood to offend or reoffend. While assessments can vary from individual to individual, most times they include testing, interviews, observation, and consultation with one of Insight's trained professionals.
- Forensic assessments represent the relationship between psychology and law. Psychological testing provides a needed level of objectivity and accuracy to obtain fair and just legal decisions in court.
- Common measures that are used for assessments:
STATC-99, RVPV-V2, STABLE-2007, ACUTE, 2007-HCR-201, LSCM, RVPV-V2, HARE, VRAG, SOBRAC, MSQ-2, SCL.



Sexual Offending Treatment
AT INSIGHT PSYCHOLOGICAL

Treatment Methods:
There are advancements in treatment for sexual offenders or those with an urge to offend. Your therapist can determine the best course of action for your particular circumstance. Typical treatments include:

- Behaviour therapy tends to view human beings and behaviour with the assumption that humans are a product of their sociocultural conditioning and environment, looking at the current problems and the factors influencing them and emphasizes behaviour changes more than the underlying unconscious processes.
- Cognitive behavioural therapy (CBT) is an evidence-based approach to treatment that focuses on how people's thoughts, emotions, and beliefs influence their behaviour and how they perceive themselves.
- Sex therapy is the treatment of sexual dysfunction and also includes working with concerns about sexual feelings and intimacy, less common alternative sexual practices, kink, gender issues, sexual offending issues, or work on optimizing or exploring new experiences. Sex therapy can also include addressing sexual behaviour, sexual abuse, and trauma.
- Solution focused therapy views people as inherently strong and resilient, and capable of creating change and discovering solutions to their everyday problem.

Payment Options:
Direct Bill Options:
At Insight, we are able to direct bill to Alberta Blue Cross, Greenfield or Canada Life.

Individuals who have been approved for coverage through Health are eligible to book with Dr. Cory Hruszka.

In order to gain more information about payment options, feel free to contact us.

Forensic Assessment Process:
An Insight assessor will do a professional assessment through a forensic lens and determine the best course of action. Objective testing provides the needed level of objectivity and accuracy to obtain fair and just legal decisions in court as well as effective treatment planning.

There are several methods used alone or in combination for these assessments including:

- Standard interviewing of the client
- Background information review
- Interviewing court documents
- Talking with references
- Psychological tests
- Questionnaires
- In-person testing
- Other tests as determined by the psychologist (for example, intelligence tests)

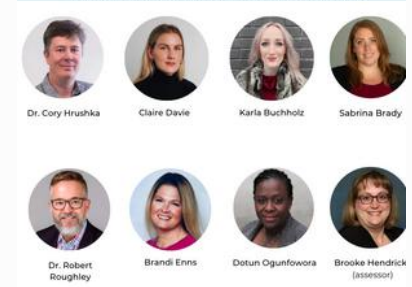
Depending on the methods used, the amount of time for these assessments to be completed can vary. In general, the process from start to finish is about 10-15 hours and involves the client for about 3-7 of those hours.

If this assessment is ordered by the court, then the report will be sent to the lawyers and/or judge.



Therapists that work with Sexual Offending Behaviours
AT INSIGHT PSYCHOLOGICAL

Therapists that work with Sexual Offending Behaviours:



Contact:
Phone: 780-461-7777 / Email: directors@insightpsychological.ca

Hours of Operation:
Monday to Thursday: 8AM to 6PM

ADMINISTRATIVE TEAM

"What are you working on?"

Recruitment Update

We have successfully onboarded 14 amazing new provisional psychologists in the last 14 months and we have also increased our administrative support in order to have all of our offices open 5 days a week at least! Our goal is to ensure all our available service centers are accessible and open to our clients during business hours 7 days a week!

Accounts Receivable Update

We have also streamlined our accounts receivables processes and involved our amazing administrative team to collect more accounts receivables and also drastically reduce our bad debt over the last few years. Compared to 2019, in 2022 we saw a reduction of 77% less bad debt. If we compared our 2022 numbers to 2020 and 2021, we saw a reduction of 43% less bad debt.

New child intake and information form

This form allows our psychologists to have a better understanding and more background information provided to them regarding the child they are going to see, before the initial session!

ADMINISTRATIVE TEAM

"What are you working on?"

Building Operations Manual

A manual has now been created for all of our building operations and maintenance. This has allowed easier tracking of what offices need completed with regards to maintenance, as well as what needs to be done for office upkeep. It is a one stop shop for all things office related!

Office Waiting Room Refresh

You may have noticed at South 1 and South 2, new zen features have been added to the waiting areas. This is to ensure our clients feel at peace when entering and leaving the office. Our admin team thought this would be a great addition and were able to execute it wonderfully!



A ROUND OF APPLAUSE

Congratulations!!



We are thrilled to announce that our CEO, Dr. Cory Hrushka has been selected along with 14 other Albertans by the Alberta Chambers of Commerce to receive the Queen Elizabeth II Platinum Jubilee Medal! This medal is awarded to Albertans in recognition of significant contributions to the province.



Congratulations to Izabela Bienko for passing the LEAP!



Congratulations to Veronica Del Peral Ramos for passing the EPPP!







2023 MARCH

SUN

MON





TUE

WED

THU

FRI

SAT

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5	6	7	8	9	10	11
12	13  Brandi Enns & Jennifer Kirkelund	14	15	16	17	18
19  Robyn Campbell	20	21	22	23	24	25
26	27  Nikesha Deenoo	28	29  Amelia Brost	30	31	

2023

APRIL

SUN

MON



TUE

WED

THU

FRI

SAT

						1
2	3	4  Katelynne McNabb	5  Karla Buchholz	6  Madison & Ashley Tourigny	7  Alison Tyson	8
9  Easter	10	11	12	13  Elizabeth Groat	14	15
16	17	18	19	20	21	22
23 Cody Cobler  30	24  Chantelle Owen	25	26	27	28	29  Karen McCaig

Mark your calendars! Next issue coming out May 1st

Thank you for taking the time to read the second
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