



# THE ~~INSIDE~~ INSIGHT SCOOP

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# INSIGHTS EVENTS



## UPCOMING BIRTHDAYS!

Terri Mulveney - Nov. 8

Cynthia Mikolas - Nov. 15

Dotun Ogunfowora - Nov. 22

Hannah Knittle - Nov. 29

Jennifer Cacaho - Dec. 10

Charlotte McGinnis - Dec. 12

Morganne Stubbs - Dec. 27

Izabela Bienko - Dec. 30

## INSIGHT STAFF WINTER PARTY

Keep your eyes peeled at the beginning of 2024 for information about our staff winter party!

## INSIGHT'S CHRISTMAS SECRET SANTA!

For the third year, we are going to host another Secret Santa within Insight! Keep an eye out for emails from Julia at the beginning of November if you are interested in participating!



## DEADMONTON AND SCREAMFEST, OCTOBER 2023



# WELCOME!

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## Eden Stubbs

*Intake/Administrative Services Staff*

I recently graduated with a degree in nutrition and am working towards becoming a dietician! I am a true crime junkie and an avid powerlifter. My favourite dish is perogies and I have a growing collection of national geographics.



## Dawn Doucet

*Registered Provisional Psychologist*

Hi there! My name is Dawn Doucet Banting, and I was recently hired to work as a provisional psychologist here at Insight. I completed my practicum at Insight a number of years ago and have just recently had my credentials approved after completing my Master of Counselling degree through Athabasca University, and then completing a few more courses to get the required credits for CAP registration.

Outside of work my primary interest is my family! I have three kiddos so can often be found driving them to improv, bowling, soccer, etc. Some highlights from my summer include volunteering at the folk fest with my teenage daughter, going on a family road trip to Victoria, BC, and picking flowers at a garden on the northeast outskirts of Edmonton (my youngest son was having so much fun trying to cut up sticks that he broke the scissors!). I look forward to starting back at Insight, seeing some familiar faces and getting to know the rest of the team!

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# WELCOME!

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## Susan Rutkowski

### *Registered Provisional Psychologist*

Hi everyone! My name is Susan Rutkowski. I am a Registered Provisional Psychologist. A little bit about my past counselling experience, I have previously worked at CASA Mental Health and completed my practicum placement at the Little Warriors Be Brave Ranch. I currently also work part-time in the nonprofit sector with McMan Youth, Family, and Community Services as a clinician working with children involved with Children's Services.

As for myself personally, I have an almost 2-year-old son named Koen. He is a super active, outgoing, and happy little guy who brings so much joy to those around him. I love spending time with my family, and spending time outdoors. We recently bought a trailer at the end of the summer so we can go on more camping adventures together as a family and with friends (once the snow melts...)! I'm looking forward to connecting with others at Insight and getting to know you all!

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# TEAM MEMBER SPOTLIGHT



Clinical Staff

## Melanie Bradley

I grew up in Hay River, NT and spent most of my childhood biking, playing basketball, volleyball, badminton, and running in cross country or track and field meets. I love the small-town life but not the isolation, Hay River was not very big (I remember when we got our very first traffic light!) and we did not have a lot of amenities. I love the access living in the city brings but I still get overwhelmed at times. I am an introvert at heart, so definitely need time alone to recharge.

I was a stay-at-home mom for many years, while I worked on first getting a Correctional Services Diploma and working at 2 different Healing Centers. Then I received my undergrad from MacEwan University and my Masters in Counseling from City University. I have been at Insight since 2019. I started off working as an Admin Assistant, eventually adding on to that role by doing safe assessments, then continued with Insight for my practicum and now as a provisional psychologist.

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

1. Travel! (Top of my list are Australia and New Zealand)
2. Go on a safari!
3. Eventually read that stack of books that just seems to keep growing!



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

Nothing last forever, so be present for what brings you joy and don't fret over the little things.

### What do you do for fun?

- Spend time with my family & animals.
- Camping in the summer, including backwoods camping.
- Read, cook & take my dogs for walks.



Currently, my time is filled with studying for the EPPP and work. When I do have free time, you will find me spending as much time as I can with my boys, 15 & 17, and as a family, we go camping, hiking, biking and love to watch movies together. I'm an avid reader and love to curl up by the fire with a good book and our 4 animals.

# TEAM MEMBER SPOTLIGHT

## Amelia Brost

I was born and raised in Calgary and have a deep appreciation for the greenspace, numerous activities, and proximity to the mountains that the city has to offer. Growing up and attending a charter school focused on academics, I've always had a passion for learning. Once I finished high school, I initially attended the University of Calgary, pursuing a degree in Political Science with ambitions of becoming a lawyer someday. One semester in, I decided that politics, the legal profession, and UofC were not for me. After realizing this, I took a semester off before returning to my studies at Mount Royal University, which I chose for its smaller class sizes and deep sense of community. While I completed my Bachelor of Business Administration degree with a major in marketing and a minor in accounting, I worked part-time as a waitress at a steakhouse where I built and refined my customer service focus. Today, I am grateful to support the operations and growth of an organization that actively seeks to de-stigmatize mental health challenges and enhance psychological wellness for its clients and larger community, as I have consistently seen the profound impact that mental health supports have on peoples' lives.



Calgary Service Centre Manager

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

- Hike Machu Picchu in Peru
- Spend Christmas in a small mountain village in Switzerland
- Safari in Kenya



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

Sandwiches! There are so many kinds and each culture has its own twist, so I'd never get bored.



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

- Avid fitness lover who primarily focuses on weightlifting but also thoroughly enjoys running, yoga, and hiking.
- Love to explore and learn about different cultures and their history.





# PODCAST UPDATE

## Up the Rabbit Hole

### How to Talk to Your Kids About Sex

EPISODE 26

click  
here!

### Terms, Euphemisms and Slangs for Sex

EPISODE 27

click  
here!

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



INSIGHT  
Psychological.

# MARKETING TEAM

"What are you working on?"

## Sherwood Park Advertising

With our Sherwood Park office opening in early December, we have been working hard to advertise it!

Our advertising efforts included various social media posts, social media ads, new website landing pages, and Google My Business.

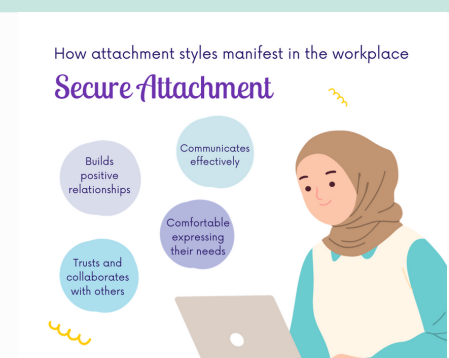
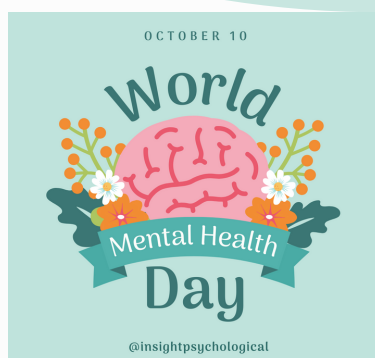
Below are some of the ads we have created for Sherwood Park!



## Social Media!

**Reminder** to follow us and engage on our social media channels! They are all linked below for easy access.

Below are some of our most recent posts, be sure to check them out!





# MARKETING TEAM

"What are you working on?"

## Corporate Workshops

We now have ready-to-go workshops for presentations on the following topics....

Mental Health First Aid, How to Create a Psychologically Safe Workplace, Strategies for Reconnecting with Wellness and Self-Care, Respecting Diversity and Promoting Inclusivity: DEI in the Workplace, and so much more! Please reachout to Julia if you are interested in being a facilitator!



## Reminder!



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

Now that we are getting to the end of the 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.



## Therapist Matching Quiz

We are currently working on a website therapist matching quiz for our clients! This will allow our clients to be able to find a therapist that matches their needs and what they are looking for without having to call our office.

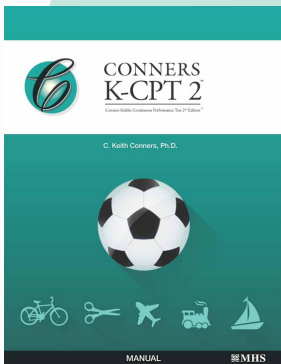
# CLINICAL TEAM

"What are you working on?"

## ADHD Assessments

For assessors who do ADHD assessments and/or for therapists who work with clients with ADHD, we now have K-CPT 2 available at Insight:

- **K-CPT:** *assess attention deficits in children ages 4 to 7:11*
  - *K-CPT 2 is now available on **Testing Computer 2**. In order to access the software there is a bit of a process you must go through that involves calling MHS directly. The process should take roughly 10-15 minutes and it will only need to be done during the first log-in attempt. There is a copy of the instructions at the Testing Computer. Do not hesitate to contact **Alison** with any questions or concerns.*



We are currently also in the process of buying additional software as well:

- **Audio CPT:** *similar to the CPT 3, but it measures auditory inattention*



## Reminder for Therapists

A reminder for therapists who use the testing computers, please sign out using the spreadsheet to prevent overlapping with another therapist.





# CLINICAL TEAM

"What are you working on?"



## Practicum Manual

The clinical leadership team is working on updating the practicum manual. The current manual we have is from 2020.

## Bi-Annual Check-ins

Robert, Brandi, and Phil will start scheduling bi-annual checks. Please keep an eye out for Joan's email to schedule a time for a check-in!



## Thank You!

A big thank you to all therapists who completed Joan's specialty interest survey!

From this data, the clinical team leads are now aware of the therapists interested in their areas of specialty. Team leads will now begin to schedule bi-monthly training sessions. Keep an eye out for when these dates are announced!

THANK  
YOU

## Training Reminder

Sabrina will be doing training for ELVES on November 2nd. This is a reminder for therapists who are interested to contact **Sabrina**!



# CLINICAL TEAM

"What are you working on?"

## Practicum Students

Over the past few months, we have had new practicum students start at Insight! We encourage other therapists to consider any shadowing opportunities for these students.



**Selina**  
**Kanagasuriam**

Edmonton Central  
& Edmonton South



**Ysabelle**  
**Bertumen**

Edmonton North  
& Edmonton Central



**Luke**  
**Suelzle**

Edmonton South



**Natalia**  
**Babanova**

Calgary



**Karen**  
**Pérez Cruz**

Edmonton South  
& Edmonton West

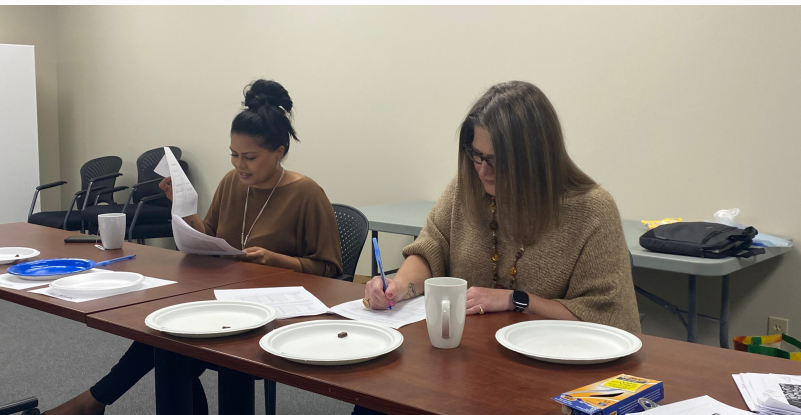


# ADMIN TEAM

"What are you working on?"

## Secret Project Chocolate Taste Test!

Back in September, Joan conducted a chocolate taste test for a secret project that is ongoing at Insight! Below are some pictures from this day.



**A big thank you to everyone who participated in this project!  
We hope you enjoyed the chocolate :)**

# A ROUND OF APPLAUSE!

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**Insight Psychological has made it on The Globe and Mail's business ranking of Canada's Top Growing Companies of 2023!**

The list of 425 businesses across Canada represents a vast array of different services, with one thing in common: staggering three-year growth rates.

**INSIGHT**  
**Psychological™**



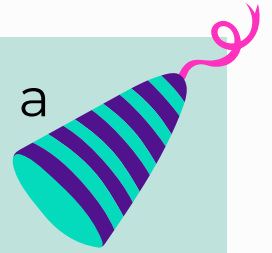


# A ROUND OF APPLAUSE!

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Anna recently completed a new business certificate through Yale University!



The Accelerated Management Program is to help you develop the core management skills and knowledge needed to lead with confidence.

Join us in celebrating this accomplishment!



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Another accomplishment, we have come from our admin team. All of them have WHMIS training now!



**W**ORKPLACE  
**H**AZARDOUS  
**M**ATERIALS  
**I**NFORMATION  
**S**YSTEM



# 2023

# NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8  Terri Mulveney	9	10	11  Remembrance Day
12	13	14	15  Cynthia Mikolas	16	17	18
19	20	21	22  Dotun Ogunfowora	23	24	25
26	27	28	29  Hannah Knittle	30		



# 2023 DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10  Jennifer Cacaho	11	12  Charlotte McGinnis	13	14	15	16
17	18	19	20	21	22	23
24 Christmas Eve New Years Eve 31	25  Christmas Day	26  Boxing Day	27  Morganne Stubbs	28	29	30  Izabela Bienko

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

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