Homewood Health EAP Counsellors Brief Biographies and Availability

Edmonton South Office
Suite 1800, 8215 112th street
College Plaza
Edmonton, Alberta

Akil Gulamhusein, MSW, RSW
Hours:
Mon: 08:00am – 3:30pm
Tue: 08:00am – 3:30pm
Wed: 08:00am – 2:30pm
Thu: 08:00am – 3:30pm
Fri: 08:00am – 3:30pm

Akil Gulamhusein obtained his undergraduate degrees in Psychology and in Social Work at the University of Alberta and University of Calgary, respectively, before completing his graduate degree with a clinical specialization in Social Work at the University of Calgary. He is a member in good standing with the Alberta College of Social Work and has over ten years' experience in social services and mental health. Akil strives to work in a culturally sensitive manner and incorporates cognitive behavioral, solution-focused, and person-in-environment approaches. His areas of interest include but are not limited to domestic violence and forensic mental health, relationship/family issues, self-image/self-esteem, addictions, employment problems and anger management.

Beth Ellis, MA, RSW
Hours:
Tue: 3:00pm – 8:00pm
Wed: 4:00pm – 8:00pm
Thu: 1:00pm – 5:00pm

Beth has over 30 years of experience. Since 1989 she has worked in the field of Employee Assistance Programs providing counselling on a wide range of issues to individuals, couples and families. Prior to this, Beth worked for 23 years in Alberta Social Services with children and families. She participated in various Joint Management/Union Advisory committees for 3 years in her role as a union leader. Since 1989 Beth has experience in providing treatment to convicted sex offenders in the Phoenix Program. She has skills in dealing with the issues of substance abuse and anger management. She is also a licensed clinical hypnotherapist. Beth utilizes an integrative approach which includes the use of cognitive behavioral techniques and psychodynamic theory.

David Walters, MA, MLitt, PhD, CSci, FHEA, CCC
Hours:
Tue: 5:15pm – 9:15pm
Thu: 5:15pm – 9:15pm
David Walters completed a doctorate at the University of Aberdeen (UK) where he studied suicidal personalities and assessment for risk. He has also undertaken doctoral studies in counseling and clinical psychology and has worked in a wide range of settings, including hospitals, rehabilitation clinics, community mental health, wellness consulting and in private counseling practice. Dr Walters has published in the areas of humanistic and existential psychotherapy and takes an integrationist approach to his professional work. He has recently authored a chapter on loss, grief, and depth psychotherapy in *Children, Spirituality, Loss and Recovery* (2010, Joyce Bellous, Editor, Routledge). In addition to teaching Counselling Psychology and supervising clinicians from a variety of training backgrounds, he has taught a wide range of undergraduate psychology courses, including personality theory, abnormal and clinical psychology. Dr Walters is certified with the Canadian Association for Counselling & Psychotherapy and his practice includes work with individuals and couples in the areas of life transitions, depression, anxiety, self-harm, vocational redirection, loss and grief, spirituality, men's issues, personal wellness and self-motivation. He has recently completed a postgraduate diploma in Psychoanalytic Studies from the University of Sheffield (UK).

**Erin Vinkle, MSW, RSW**

Hours:
- Mon: 12:00pm – 8:00pm
- Tue: 08:30am – 4:30pm
- Wed: 08:30am – 4:30pm
- Thu: 08:30am – 4:30pm
- Fri: 08:00am – 4:00pm

Erin is registered with the Alberta College of Social Workers and she has experience providing individual and group therapy to clients from many different backgrounds with specialized training that embraces the importance of culturally safe practice when working with diverse groups. She also has previous experience providing psychiatric and cognitive rehabilitation services to those who have suffered from brain injury, trauma, Posttraumatic Stress Disorder (PTSD), anxiety, depression and grief and loss through the use of various treatment modalities. Erin studied in Sudbury, Ontario at Laurentian University where she graduated with a Bachelor's of Social Work degree in 2011 and completed her Master's of Social Work degree in 2014.

**Harpreet Gill, PhD, R. Psych**

Hours:
- Mon: 08:45am – 1:45pm
- Tue: 08:45am – 1:45pm
- Wed: 08:45am – 1:45pm
- Thu: 08:45am – 1:45pm
- Fri: 08:45am – 1:45pm
Harpreet Gill is a registered psychologist who has completed her Ph.D. in developmental psychology from India. She has 10+ years of experience, dealing with relationship issues, family of origin issues, depression care, anxiety, self-esteem issues, eating disorders, trauma, grief, substance abuse problems (assessments as well as appropriate treatment recommendations), anger management, risk assessment and risk management. She works with individuals and couples. She uses different approaches like, cognitive-behavioral, solution focused, self-regulation and mindfulness. Harpreet has the ability to establish and maintain a good objective working relationship with clients in determining their needs. She also enjoys using counseling to help clients find balance in their lives and achieve success.

**Helen Irving, MSW, RSW**

Hours:
- Mon: 5:15pm – 9:15pm
- Tue: 5:15pm – 9:15pm
- Wed: 5:15pm – 9:15pm
- Thu: 5:15pm – 9:15pm

Helen Irving obtained her Bachelor of Social Work degree from the University of Calgary in 1987 and a Master of Social Work, with a clinical specialization, in 1990. She became a member of the Alberta College of Social Workers Clinical Registry in 2008. Helen has worked in a variety of settings including working with adults and children with learning disabilities, mental health, family sexual abuse treatment, crisis assessment and in hospital emergency rooms. For the last fifteen years she has worked in forensic psychiatry clinic. She is particularly interested in cross cultural issues, mental health team development, social work education and professional issues and in working with families. Helen did most of her post-graduate work in family therapy and was a student member of the American Association of Marriage and Family Therapy (AAMFT). She is experienced in assessing and treating individuals with a variety of interpersonal and mental health concerns including depression and anxiety, family of origin and relationship problems, family violence and women’s issues.

**Isabelle Dena, MA, RSW**

Hours:
- Sat: 08:30am – 1:00pm

Isabelle Dena is registered with the Alberta College of Social Workers and has experience in providing therapy for children, youth and families as well as with adults from diverse backgrounds. Isabelle obtained her Masters’ degree in Social Work from Southern Illinois University in Edwardsville, Illinois (USA) in 2005 with a specialization in Children, Youth and Families. Isabelle has international social work experience from Africa and North America. Isabelle utilizes treatment modalities that include, but are not limited to, Cognitive Behavioral therapy, Solution Focused therapy, Faith Based counselling, Attachment Based therapy, person in environment and family systems therapy as well as incorporating motivational interviewing and trans theoretical model of change. Isabelle’s area of interest includes stress, depression, anxiety, domestic violence, parent-child relationships, family issues, addictions and career challenges.
Kymberlee Page, MCouns, CCC
Hours:
Mon: 08:00am – 2:30pm
Tue: 08:00am – 2:30pm
Wed: 08:00am – 2:30pm
Thu: 08:00am – 2:30pm
Fri: 08:00am – 2:30pm

Kymberlee Page obtained her undergraduate degree from the University of Alberta and a Master’s Degree in Counselling Psychology from City University in Seattle, Washington. She is a Certified Canadian Counsellor with the Canadian Counselling and Psychotherapy Association. Kymberlee takes an open-minded and holistic therapeutic approach in providing direct client services to diverse populations. Kymberlee is an intuitive, caring and compassionate therapist, who thrives to educate herself in the most current therapies and provide the best possible care to her clients. Kymberlee's approach entails creating a safe, open, engaging relational space that will assist and guide clients to the discoveries and adaptations that will make a difference for them. Kymberlee assists individuals and couples in transforming suffering that arrives in the form of stress, anxiety, depression, and trauma and she works together with her clients to cultivate healing, recovery and improved mental health. She has experience treating low self-esteem, anxiety, depression, anger management, grief and loss, relationship issues with couples and individuals, parenting issues and more. Kymberlee utilizes an eclectic therapeutic approach with particular emphasis on solution focused, humanistic counselling, emotional-focused, positive psychology techniques, and mindfulness training strategies.

Linda Ly, MEd, CCC
Hours:
Tue: 10:00 am – 4:30 pm
Wed: 10:00 am – 4:30 pm
Thu: 10:00 am – 4:30 pm

Linda Ly has a background in psychology and school and counselling psychology and obtained both her undergraduate and graduate degree from the University of Saskatchewan. She is a Canadian Certified Counsellor with the Canadian Counselling and Psychotherapy Association and has worked in the fields of mental health and education for the past 5 years. Linda has an integrative approach to psychotherapy, but draws heavily from the cognitive behavioural and humanistic approaches. She also utilizes mindfulness cognitive techniques in therapy and has a very present oriented and strength-based approach. She is experienced in addressing a variety of interpersonal and mental health concerns, which includes, but is not limited to, mood, anxiety, grief, interpersonal issues (e.g., intimate, family, work, etc.), stress, grief, and behavior concerns.

Scott Coleman, MAPPC, CCC
Hours:
Mon: 09:00am – 4:30pm
Tues: 09:00am – 4:30pm
Wed: 09:00am – 4:30pm
Alternating Sat: 08:30am – 3:00pm
Scott Coleman has a master's degree in pastoral counseling from St. Andrew’s College in Saskatoon (federated college with the University of Saskatchewan), an undergraduate degree in psychology from Concordia University College of Alberta, and advanced training in Somatic Experiencing (a technique for working with trauma and other emotional regulation issues). He has worked in the human services industry since 1998 in the fields of counseling, education and social work. Scott has contributed to Canadian Teacher Magazine on various issues. Scott specializes in working with anxiety, stress management, trauma, substance abuse issues, children and adolescents, couples, and family work.

Shelina Merali-Tate, MSW, RSW

Hours:
Alternating Sat: 08:30am – 12:30pm

Shelina is a registered social worker with the AB College of social workers and received her Master’s in Social Work from Dalhousie University specializing in child and family therapy. She has over 10 years of experience working in mental health, domestic violence, children and youth issues, at risk, high needs youth, child and youth mental health, adult mental health and crisis counseling. Areas of interest include mental health, couple, family and individual counseling, children and youth issues, self-esteem, conflict resolution and stress management and divorce/separation issues. Some treatment modalities include CBT (cognitive behavioral therapy), Solution Focused Therapy using strength based approach.

Tracey Emmel MSc, MFT, CCC (INTERNAL/EXTERNAL)

Hours:
Mon: 10:00am – 3:30pm
Tue: 10:00am – 3:30pm
Wed: 10:00am – 2:00pm
Fri: 10:00am – 3:30pm

Tracey Emmel completed a masters’ degree with Loma Linda University, where she completed the Marriage and Family Therapy program. Tracey received her undergraduate degree from Concordia University College in Edmonton. She is a Certified Canadian Counsellor with the Canadian Counselling and Psychotherapy Association. Tracey has been practicing for the past five years mainly in her private practice in Millet, Karunia Counselling in Leduc, for the Leduc County and in Edmonton. Tracey’s main areas of focus are couples related issues, family issues including parenting, and individual issues such as anger management, depression and anxiety. Tracey’s main goal is for her clients to build on their strengths as individuals while growing and changing through the process of therapy.

Wendy Yasinski, DMFT, CPC

Hours:
Sat: 8:00m – 3:00pm

Wendy obtained a Doctorate in Marital and Family Therapy (DMFT) and a Master’s of Science (MSC) in Marital and Family Therapy at Loma Linda University in Loma Linda, California. Wendy also obtained a
Bachelors of Arts (BA), with a major in psychology, from the University of Alberta and an Early Childhood Development Diploma from Grant MacEwan Community College. Wendy also obtained a Clinical Mediation Certificate from Loma Linda University. While working part time as a therapist, Wendy also currently works full time as a Caseworker with Children's Services. Over the past 16 years, Wendy has worked as a therapist addressing numerous issues, some of which include anxiety, depression, domestic violence and anger management, life transitions, self-esteem, childhood/adolescent behavioral issues, and parenting. As a Marital and Family Therapist, Wendy uses various types of systemic therapy, such as solution focused and cognitive behavioral therapy. Wendy is currently a Certified Professional Counsellor (CPC) member with Professional Association of Christian Counsellors and Psychotherapists (PACCP) in Alberta.

Yogesh Gupta MSc, RSW
Hours:
Mon: 6:00pm – 9:00pm
Tue: 6:00pm – 9:00pm
Wed: 6:00pm – 9:00pm
Sat: 10:00am – 3:30pm

Yogesh obtained his undergraduate degree in Sociology from York University and his BSW from Lakehead University in Ontario. He received his master’s degree in Marriage and Family Therapy from Loma Linda University. He is member in good standing with the Alberta College of Social Work, British Columbia College of Social Work and Alberta Family Mediation Society. Yogesh has over 25 years’ experience in child services, family mediation and counselling and has mediated cases for the Court of Queen’s Bench in Saskatchewan. He strives to work in a culturally sensitive manner and incorporates cognitive behavioural and solution focused and person-in-environment approaches. His area of interest includes but is not limited to relationship/family issues, self-image, self-esteem, anxiety, depression, grief and loss, and employment problems.

Edmonton 103 Office
Suite 501, 10158 – 103 Street
Beaver House
Edmonton Alberta

Erin McDougall, MC
Hours:
Tue: 08:30am – 4:30pm
Wed: 08:30am – 4:30pm
Thu: 08:30am – 12:00pm

Erin McDougall obtained her Bachelor of Arts degree with a specialization in Psychology from Concordia University College of Alberta, as well as a Master’s degree in Counselling Psychology from Athabasca University. Erin is registered with the College of Alberta Psychologists. Erin has been working in the human services industry with children, youth and families since 1998. Erin practices from a client
centered approach integrating cognitive behavioral therapy, solution focused therapy, and narrative therapy. She is also trained in play therapy, and is currently venturing into animal assisted psychotherapy.

Harold Glass, MSW, RSW, CSW, SAP, CSAT
Hours:
Mon: 9:00am – 1:00pm
Tue: 9:00am – 4:00pm
Wed: 12:00pm – 5:00pm

For close to thirty years, Harold has been counselling individuals and families and offering classes and workshops to staff groups on a wide variety of subjects. Harold is an expert in the area of marriage and family counselling, specializing particularly in the problems facing teenagers and adolescents. Harold is experienced and trained in the area of providing addiction treatment and has successfully worked with drug and alcohol, gambling and sexual addictions. He is a Substance Abuse Professional, qualified to evaluate employees who have violated drug and alcohol policies and makes recommendations concerning education, treatment, follow-up testing, and aftercare. Harold has worked in numerous settings providing Critical Incident and Stress Debriefing to individuals and teams following serious injury or death in the workplace. Harold has offered training and support to Stress Debriefing Teams.

Jack Lewis, R. Psych
Hours:
Mon: 10:00am – 4:30pm
Wed: 10:00am – 2:00pm

Jack has over 30 years’ experience in counselling and clinical psychology. He has worked in several in-patient and out-patient clinics where he provided psychotherapy for a wide range of mental health conditions. He also worked as a psychologist at a day center for adolescents living in families with complex mental health problems. As a senior clinical psychologist in community mental health, he contributed his expertise assessing and treating individuals and families. He has been a consultant psychologist and supervisor for many projects over the years including Social Services. He also presents workshops concerning mental health issues. He is an expert in stress management and relaxation techniques, working with groups and individuals. Jack uses a positive integrative approach that supports the client's strengths and abilities. His background includes cognitive behavioral therapy, psychodynamics, interpersonal theory and mindfulness. His special interests and expertise includes working with teenagers, couples therapy and helping individuals dealing with stress-based issues such as depression and anxiety.

Mary Fahmy, MA, RSW, CCC
Hours:
Wed: 09:00am – 3:30pm
Thu: 09:00am – 3:30pm
Fri: 09:00am – 3:30pm
Mary Fahmy obtained her BA in Psychology from the University in Cairo, Egypt and her Master's degree in counseling from the University in Washington. She is a member of the Canadian Counseling Association as well as a Registered Social Worker and a member of the Psychologist Association of Alberta. A few areas Mary specializes in include marital/relationship issues, parenting, depression, multicultural issues as well as anger, stress and stress management. Mary speaks Arabic and English.

**Rachel Walpert M.Ed., CCC**

Hours:
Mon: 08:00am – 4:00pm  
Tues: 12:00pm – 8:00pm  
Wed: 12:00pm – 8:00pm  
Thurs: 08:00am – 4:00pm  
Fri: 08:00am – 4:00pm

Rachel Walpert is a Certified Canadian Counsellor (CCC) with the Canadian Counselling & Psychotherapy Association, having earned her Master's Degree in Counselling from The University of Ottawa. She is a member of the Association of Traumatic Stress Specialists and will soon be a Certified Trauma Treatment Specialist (CTTS). Rachel brings strong experience working within complex trauma and addiction from her time residing in the Northwest Territories, working within culturally-sensitive practice. Rachel has experience working with school-aged children and youth in educational settings, from a psycho-educational approach. Rachel draws from several therapeutic modalities including strength-based/solution-focused, trauma-informed, narrative and cognitive behaviour therapy (CBT). Her areas of interest include stress & anxiety, trauma, relationship & family issues, self-esteem and identity work, addictions and working with youth and young adult.

**Scott Coleman, MAPPC, CCC**

Hours:
Thu: 08:00am – 3:30pm  
Fri: 08:00am – 3:30pm

Scott Coleman has a Master's degree in pastoral counseling from St. Andrew's College in Saskatoon (federated college with the University of Saskatchewan) and an undergraduate degree in psychology from Concordia University College of Alberta. He has worked in the human services industry since 1998 in the fields of counseling, education and social work. Scott is a contributor to Canadian Teacher Magazine and a sought after presenter when he was employed with Living Sky School Division. Scott specializes in working with adolescents, families, couples, anxiety, stress management, spiritual challenges, and trauma having post graduate training in somatic experience.

**Shelagh Kennedy, MEd, R. Psych**

Hours:
Mon: 08:00am – 2:30pm  
Wed: 08:00am – 3:30pm  
Fri: 08:00am – 3:00pm
Shelagh has a Master's in Educational Psychology, a Bachelor of Education and a Bachelor of Science. She started providing psychotherapy in 1994 and was a teacher for eight years prior. Shelagh provides mainly individual therapy to adults. Shelagh’s interests include working with people who are depressed, anxious, grieving, have experienced abuse or trauma, are having relationship or communication difficulties, or are experiencing stress in their professional or personal lives. She utilizes a variety of approaches including the use of EMDR (Eye Movement Desensitization and Reprocessing) and EFT (Emotional Freedom Techniques). She works using an integrative approach, which includes cognitive-behavioural and psychodynamic therapies as well as a solution-focused approach. She also provides career testing and counselling. She has delivered workshops on a variety of topics including Stress Management, Seasonal Affective Disorder, Depression and Dealing with Conflict.

**Wendy Yasinski, DMFT, CPC**

**Hours:**
- Tues: 5:00pm – 9:00pm
- Wed: 5:00pm – 9:00pm
- Thurs: 5:00pm – 9:00pm

Wendy obtained a Doctorate in Marital and Family Therapy (DMFT) and a Master's of Science (MSC) in Marital and Family Therapy at Loma Linda University in Loma Linda, California. Wendy also obtained a Bachelor's of Arts (BA), with a major in psychology, from the University of Alberta and an Early Childhood Development Diploma from Grant MacEwan Community College. Wendy also obtained a Clinical Mediation Certificate from Loma Linda University. While working part time as a therapist, Wendy also currently works full time as a Caseworker with Children’s Services. Over the past 16 years, Wendy has worked as a therapist addressing numerous issues, some of which include anxiety, depression, domestic violence and anger management, life transitions, self-esteem, childhood/adolescent behavioral issues, and parenting. As a Marital and Family Therapist, Wendy uses various types of systemic therapy, such as solution focused and cognitive behavioral therapy. Wendy is currently a Certified Professional Counsellor (CPC) member with Professional Association of Christian Counsellors and Psychotherapists (PACCP) in Alberta.

**External Provider Locations & Number of Providers in the Area**

- **Edmonton** - 32 Providers
- **Fort Saskatchewan** – 2 Providers
- **Sherwood Park** – 7 Providers
- **St Albert** – 5 Providers
- **Spruce Grove** – 2 Providers
- **Stony Plain** - 3 Providers
- **Leduc** – 7 Providers
- **Millet** – 2 Provider
- **Camrose** – 6 Providers
- **Wetaskiwin** – 2 Providers
Ponoka – 2 Providers
Lacombe – 2 Providers

PLEASE NOTE: The above information, including specific counselors and their hours of availability, is subject to change.

In addition EAP services are available nationally and internationally.
For the complete current information please call the Homewood Health EAP at 780-428-7587.