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: 8:00am – 3:30pm
Tue: 8:00am – 3:30pm
Wed: 8:00am – 3:30pm
Thu: 8:00am – 3:30pm
Fri: 8:00am – 2:30pm

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.

Anne Bello, MSW, RSW
Hours:
Wed: 4:00pm – 8:00pm
Thu: 4:00pm – 8:00pm
Fri: 9:00am – 3:30pm

Anne Bello is a registered member of the Alberta College of Social Worker (ACSW) in good Standing. She has a Master’s degree in Social Work and an Honors Bachelors of Social Work from University of Windsor in Ontario. She is a Certified Edu-Therapist for grief and loss. She has extensive training and experience in mental health, aging and spirituality, grief and loss, individual, and family counseling. Anne’s greatest passion is in health, healing, and recovery.

As a social worker, she finds pleasure in watching the healing and recovery process of clients who have been through a traumatic/stressful experience including children and seniors and are able to find healthy perceptions, inner strength and solutions. She believes in respecting the rights and protecting clients’ dignity during the healing and recovery journey as one of the antidotes to promote optimal health and quality of life.

Beth Ellis, MA, RSW
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  
Wed: 3:15pm – 8:45pm  
Thu: 5:15pm – 9:15pm  
Fri: 9:00am – 3:30pm  
Sat: 9:00am – 3:45pm

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: 8:30am – 4:30pm  
Wed: 8:30am – 4:30pm
Thu: 8:30am – 4:30pm
Fri: 8:00am – 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: 8:45am – 4:00pm  
Tue: 8:45am – 4:00pm  
Wed: 8:45am – 4:00pm  
Thu: 8:45am – 4:00pm  
Fri: 8:45am – 12:45pm

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 – 8:15pm  
Tue: 5:15pm – 8:15pm  
Wed: 5:15pm – 8:15pm  
Thu: 5:15pm – 8:15pm  
Sat: 10:00am – 2:00pm

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.

**Kingsley Oruwa, BSW, MSW, MPA, RSW**

**Hours:**
- Tues: 6:00pm – 9:00 pm
- Thurs: 6:00pm – 9:00 pm
- Sat: 9:00am – 4:00pm

Kingsley obtained a Master’s degree in Social Work (MSW) at Washington University in St. Louis, Missouri after obtaining a Diploma and Bachelor’s degree in social work at University of Calabar, Nigeria. Kingsley also obtained a Master’s in Public Administration at the Johnson Shoyama Graduate School of Public Policy, University of Saskatchewan. Kingsley worked with a non-profit organization in Washington DC as a Clinical Case Manager and a Clinical Social Worker at Saskatchewan Health Authority. Kingsley is currently working full-time at Alberta Health Services as a Mental Health and Addiction Therapist. Over the past 10 years, Kingsley has worked as a therapist addressing issues such as anxiety, depression, anger management, interpersonal problems, self-esteem, OCD, PTSD, ADHD, suicide, self-harming, sleeping, childhood/adolescent behavioral issues, and parenting. As a Mental Health and Addiction Therapist, Kingsley uses various types of therapeutic approaches, such as solution focused, cognitive behavioral therapy, trauma focused cognitive behavioral therapy, functional family therapy, motivational interviewing approaches and family coping resources. He is member in good standing with the Alberta College of Social Work and Saskatchewan Association of Social Workers.

**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: 11:00am – 3:30pm  
Tues: 11:00am – 4:30pm  
Wed: 11:00am – 3:30pm  
Thu: 10:00 am – 12:00pm

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: 9:00am – 4:30pm  
Tues: 9:00am – 4:30pm  
Wed: 9:00am – 4:30pm  
Thu: 8:00am – 4:30pm  
Alternating Sat: 8:30am – 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.

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

**Hours:**
Mon: 9:30am – 3:00pm
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.

Yogesh Gupta MSc, RSW
Hours:
Mon: 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.

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

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 – 3:30pm
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 back ground 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:
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.

**Megan Briscoe, MA, CCC**  
**Hours:**  
Tues: 12:00pm – 7:00pm  
Wed: 12:00pm – 7:00pm  
Fri: 12:00pm – 7:00pm

Megan obtained an undergraduate degree in Religion and Theology through Taylor University in 2005 and worked and volunteered for non-profit organizations in suicide prevention, critical incident stress management, pastoral counselling, and leading groups for adult survivors of childhood sexual abuse. In her non-profit work, Megan was repeatedly encouraged to consider psychology as a profession. In 2009 she was offered a counselling position with Burden Bearers Counselling Center, a Christian non-profit serving several rural communities in Alberta. Upon accepting this position, Megan enrolled in a Master of Arts in Counselling through Providence Theological Seminary. Deeply appreciative of the paid internship, Megan graduated in 2012 and immediately took additional training in EMDR to better address the needs of her clients. In 2013 she transitioned from non-profit to EFAP, and then into private practice in Sylvan Lake. Megan obtained certification with the Professional Association of Christian Counsellors and Psychotherapists and holds memberships with the Canadian Counselling and Psychotherapy Association and EMDRIA, the EMDR International Association. Megan’s utilizes EMDR, emotion-focused therapy, dialectical behavior therapy, solution-focused therapy, and mindfulness. With thousands of hours of EFAP counselling Megan is deeply appreciative of the broad cross-section of concerns brought into her office, from relationship concerns, to workplace stress or trauma, to extended family dynamics, to abuse and developmental trauma. Megan has been honored to listen to people share from their lives and learn from cultures, ages, and all walks of life.

**Scott Coleman, MAPPC, CCC**  
**Hours:**  
Fri: 8:00am – 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.

**Tatiana Peet, MA, CCC, RCAT**

Hours:
- Mon: 12:00pm – 4:00pm
- Wed: 1:00pm - 7:00pm
- Thurs: 1:00pm – 4:00pm
- Fri: 12:00pm – 4:00pm

Tatiana has been a therapist for 10 years in the Edmonton area. She utilizes mindfulness, focusing-oriented, and trauma-informed approaches to her work with clients. Tatiana is also a Registered Art Therapist and is trained to use the arts and the creative process to effectively address a range of clinical issues with adults, adolescents, and children. She is a past Associate Chair and Faculty Lecturer of Art Therapy at St. Stephen's College in Edmonton. Tatiana frequently teaches, supervises, and facilitates workshops and trainings.

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

- **Edmonton** – 38 Providers
- **Fort Saskatchewan** – 2 Providers
- **Sherwood Park** – 10 Providers
- **St Albert** – 8 Providers
- **Spruce Grove** – 2 Providers
Stony Plain - 3 Providers
Leduc – 7 Providers
Millet – 2 Providers
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.