



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

Sat: 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.

David Walters, MA, MLitt, PhD, CSci, FHEA, CCC

Hours:

Tue: 3:45pm – 9:15pm

Wed: 3:15pm – 8:45pm

Thu: 3:45pm – 9:15pm

Fri: 10:00am – 3:30pm

Sat: 10:00am – 3.30pm

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).

Harpreet Gill, PhD, R. Psych

Hours:

Tue: 8:45am – 1:45pm

Wed: 8:45am – 1:45pm

Thu: 8:45am – 1:45pm

Fri: 8:45am – 3:45pm

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
Fri: 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 joined 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 25 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 couples. 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 Oriuwa, BSW, MSW, MPA, RSW

Hours:
Tues: 6:00pm – 9:00 pm
Wed: 6:00pm – 9:00 pm
Thurs: 6:00pm – 9:00pm
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.

Kymerlee 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

Kymerlee 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. Kymerlee takes an open-minded and holistic therapeutic approach in providing direct client services to diverse populations. Kymerlee 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. Kymerlee'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. Kymerlee 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. Kymerlee 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:

Mon: 10:00am – 2:30pm

Tue: 10:00am – 2:30pm

Tues: 10:00am – 2:30pm

Wed: 10:00am – 2:30pm

Thu: 10:00 am – 2:30pm

Fri: 10:00am -1:00pm

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: 9:00am – 4:30pm

Fri: 8:00am – 3:30 pm

Alternating Sat: 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), 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: 10:00am – 2:00pm

Tue: 10:00am – 2:00pm

Wed: 10:00am – 2:00pm

Fri: 10:00am – 2:00pm

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:

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.

Vinita Parmar, MSW, RSW

Hours:

Mon: 9:00am-15:00pm

Fri: 9:00am-15:00pm

'Vinita is a registered social worker with a wide range of experience working with children, youth, adults and families for more than 15 years. She believes in human resilience, inner strength and inherent dignity and worth. Her positive, non-judgmental and compassionate approach is client centred and evidence based including Cognitive Behavioural Therapy (CBT), Dialectal Behavioural Therapy (DBT) Narrative Therapy and Solution Focused Therapy (SFT). In her experience she has supported individuals suffering with anxiety, depression, trauma, abuse, self-harm, grief, anger, phobias, communication and relationship issues.

Vinita welcomes clients of all ages, genders, sexual orientation and backgrounds to support and empower them to make positive changes in their journey.

Qualifications- Master of Social Worker- 2015 from Dalhousie University Nova Scotia

Master of Social Worker 1987 from India

Registered Social Worker with Alberta College of Social Worker#6699'

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 - 1:00pm

Wed: 12:00pm - 5:00pm

Thru: 8:00 am - 12:00pm

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.

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: 9:00am – 3:30pm

Thu: 9:00am – 3:30pm

Fri: 9:00am – 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.

Tatiana Peet, MA, CCC, RCAT

Hours:

Mon: 12:00pm – 4:00pm

Wed: 1:00pm - 8:00pm

Thurs: 12:00pm – 4:00pm

Fri: 9:00pm – 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.

Tania Bryan, MACP, CCC, CCPA

Hours:

Monday: 10:00am- 2:00pm

Tuesday: 10:00am- 2:00pm

Fri: 10:00am- 2:00pm

Tania Bryan is a quiet but approachable therapist. She believes deeply in the capacity of all people to change and grow out of even the most difficult life circumstances. She brings to Homewood her training in education, social work and counselling and over 20 years of experience. She holds a Master's degree in Counselling Psychology and is a registered C.C.C. member of CCPA.

Tania have a diversity of experience with children, youth, and adults. I'm most referred to for supporting children 12 and under. The specialties (child& adult) I've developed include parent-child relationships, stress management, anxiety, and anger management. My work is informed by family systems and client centered perspectives.

Lihchin Tan, MACP, CCC

Hours:

Mon: 8:00 am-4:00 pm

Tue: 8:00 am-4:00 pm

Wed: 12:00 pm-8:00 pm

Thru: 12:00 pm-8:00 pm

Fri: 8:00 am-4:00 pm

Lihchin holds a Master of Social Science degree in Counselling and Psychotherapy and is a Canadian Certified Counsellor and Registered Clinical Counsellor. She has worked extensively with youths and their families, adults, and couples over the last 10 years. In addition, Lihchin worked as a crisis counsellor for over 8 years, attending to people who were suicidal and victims of domestic violence. She also served as clinical supervisor to new crisis counsellors. As a trainer, she has conducted many workshops for youths and young adults in topics ranging from self-awareness, relationship management, adjustment, etc.

Lihchin's emphatic and gentle demeanor helps clients feel safe in sharing about their complex and often overwhelming difficulties. Having worked with clients of diverse ethnicities and social identities, Lihchin adopts a culturally-informed practice and strives to understand each individual in their unique cultural environment. Lihchin believes strongly in empowering clients so that they can resolve difficulties on their terms. By creating a safe space in which clients are guided to focus on their thought-process and emotions, she helps clients better understand themselves so as to make decisions that enable living more authentic and congruent lives.

Lihchin adopts an integrative approach in her clinical practice, combining client-centred, cognitive-behavioural, and emotion-focused philosophies. She has helped many clients live a full life whilst managing mental health challenges, grief and loss, and other social-emotional difficulties. Lihchin is also trained in family mediation, child-inclusive mediation and counselling, and has helped many couples (and their young children) work through divorce whilst prioritizing the best interests of their children.

Lihchin provides counselling services in English and Mandarin.



External Provider Locations & Number of Providers in the Area

- Edmonton** - 39 Providers
- Fort Saskatchewan** – 2 Providers
- Sherwood Park** – 11 Providers
- St Albert** – 9 Providers
- Spruce Grove** – 4 Providers
- Stony Plain** - 2 Providers
- Leduc** – 7 Providers
- Millet** – 2 Providers
- Camrose** – 6 Providers
- Wetaskiwin** – 2 Providers
- Ponoka** – 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.