

Team Expertise

Psychologist	Hobbies/Interests	Expertise	Completed Advanced Training
<p><u>Mallory Trepanier</u></p> <p>R. Psych</p> <p>Virtual Sessions Only</p>	<ul style="list-style-type: none"> · Hiking · Camping · Traveling · Biking · Snowboarding · Board games · Reading · Podcasts 	<p><u>Teens & Adults:</u></p> <ul style="list-style-type: none"> · Youth who've experienced childhood trauma · Sexual, domestic, developmental and intergenerational trauma <p><u>General Individual Issues:</u></p> <ul style="list-style-type: none"> · PTSD · Grief and loss · Emotional regulation · Sexuality · Relationships 	<ul style="list-style-type: none"> · Level 2- Sensorimotor Psychotherapy Trauma and Developmental Traumas <p>General Mental Health Training: Anxiety, Depression, Suicide, Crisis, Self-regulation</p>

Psychologist	Hobbies/Interests	Expertise	Training
<p><u>Benazir Sindhi</u></p> <p>P. Psych</p>	<ul style="list-style-type: none"> · Travelling · Painting · Salsa Dancing · Yoga · Running · Anything to do with the brain! · Animal lover · Social Justice Advocacy 	<p><u>Children, Teens and Young Adults (5-21):</u></p> <ul style="list-style-type: none"> · Anxiety · ADHD · Behavioural concerns · Separation/Divorce · Grief and Loss · Trauma · Family Relationships · Relationships · Self-regulation <p><u>Consultation and Workshops:</u></p> <ul style="list-style-type: none"> · School based mental health consultation (including: behaviour consultation, IPP support, Behaviour plans, classroom support strategies) · Mental health and trauma informed care workshops · Diversity and Inclusion workshops · Parent workshops · Parent consultations and strategies 	<ul style="list-style-type: none"> · Small Talk- Suicide Intervention training for children under 12 · Acceptance and Commitment Therapy · Enhancing the Cultural Competence of Mental Health Professionals · Cognitive Behaviour Therapy · Dialectical Behaviour Therapy · Family Systems and Trauma · Play Therapy · Play it Fair! <p>General Mental Health Training: Anxiety, Depression, Suicide, Crisis, Self-regulation</p>

Psychologist	Hobbies/Interests	Expertise	Training
<p><u>Jessa Tiemstra</u> P. Psych</p>	<ul style="list-style-type: none"> · Spending time with family and friends · Animals - hanging out with my dog and cat · Cooking and eating delicious food · Plants! And veggie gardening in summer · Being out in nature · Walks & Hikes · Video games · Arts & Crafts · Learning and trying new things · Home renovations 	<p><u>Children & Teens:</u></p> <ul style="list-style-type: none"> · Anxiety · Depression · Self-Esteem · Perfectionism · Anger Management · Relationships · ADHD <p><u>Young Adults:</u></p> <ul style="list-style-type: none"> · Mood Disorders (Anxiety, Depression) · Self-Image & Self-Esteem · Stress Management · ADHD <p><u>Chronic Illness:</u></p> <ul style="list-style-type: none"> · Rheumatoid · Chronic Fatigue · Chronic Pain · Arthritis · Adolescent Group Therapy 	<ul style="list-style-type: none"> · ACT for Adolescents · Professional Development courses (less advanced): · Trauma Informed Practice: Being Trauma Aware Program · Helping Youth Bounce Back from Stress <ul style="list-style-type: none"> - Ins and Outs of Prompting Resiliency - Strategies to Promote Resiliency · Emotional Regulation and the Developing Brain · Anxiety & Perfectionism · Childhood Maltreatment & the <ul style="list-style-type: none"> · Impact on Attachment · Understanding Autism & ADHD to Promote Long-Term Success <p>General Mental Health Training: Anxiety, Depression, Suicide, Crisis, Self-regulation</p>



McAfee
Psychology

Psychologist	Hobbies/Interests	Expertise	Training
<p><u>Amy Patterson</u> P. Psych</p>	<ul style="list-style-type: none"> · Teaching my cats tricks and taking them on adventures · Yoga · Neurodiversity · Volunteering and fostering for the Alberta Animal Rescue Foundation · Brains - neuroscience, anatomy art · Flowers - container gardening · Playing card and board games · Creative projects - painting, DIY, baking · Mortal Kombat is my favorite video game (the only one I can beat my little brothers at) 	<p><u>Children & Teens:</u></p> <ul style="list-style-type: none"> · Developmental concerns · Behavioural concerns (defiance, aggression, sexual behaviour, risk-taking) · Emotional regulation · Youth justice system involvement · Neurodevelopmental disorders (ADHD, ASD, ODD, FASD, Intellectual disability) · Self-esteem, self-criticism · Anxiety and depression · Sibling dynamics <p><u>Adults:</u></p> <ul style="list-style-type: none"> · Neurodivergent individuals (ADHD, Autism) - self diagnosed, suspected or diagnosed. · Trauma (developmental trauma, domestic violence, dating violence) · Changing family dynamics · Adoption · Supporting a significant other or family member with mental health concerns · PTSD · Relationship issues (individual) · Grief and loss 	<ul style="list-style-type: none"> · Childhood trauma- developmental trauma, domestic violence, dating violence · Changing family dynamics · Self-esteem, self-criticism · Adoption · Supporting a significant other or family member with mental health concerns · PTSD · Relationship issues (individual) · Grief and loss <p>General Mental Health Training: Anxiety, Depression, Suicide, Crisis, Self-regulation</p>

Psychologist	Hobbies/Interests	Expertise	Training
<p><u>Alexis Power</u> P. Psych</p>	<ul style="list-style-type: none"> · Spending time with my two boys · Family based · Cooking · Spending time with friends and family · Travelling · Yoga · Interior Design · Swimming · Playing Chess · Watching Movies 	<p><u>Adults:</u></p> <ul style="list-style-type: none"> · Individual and Group Therapy · Couples Therapy · Cognitive Behavioral therapy · Therapeutic experience with self-esteem · Relationships dynamics · Grief and loss · Guilt and shame · Family dynamics · Eating disorders · Compulsive behavior · Physical, emotional, and sexual abuse · Anger management · Emotional regulation · Working a recovery program 	<ul style="list-style-type: none"> · Ethics in the Workplace · Calgary Communities Against Sexual Abuse · Sexual Assault Counsellor · Group Therapy · Same Sex Domestic Violence Workshop · Eating Disorders Training · Grief Support · Connelly BSW, RSW, RYT, Bereavement Educator · Dialectical Behavior Therapy & Substance Abuse · Motivational Interviewing Training · Introduction to Sex Addiction



McAfee
Psychology

Psychologist	Hobbies/Interests	Expertise	Training
<p><u>Ally Venturo</u> Counselling Intern</p>	<ul style="list-style-type: none"> · Traveling · Spending time with family and friends · Hiking · Karaoke · Cross-stitch and Embroidery · True Crime shows/podcasts · Spin (Indoor cycling) 	<p><u>Children & Teens or Young Adults:</u></p> <ul style="list-style-type: none"> · Teen-related issues (12-24): self-esteem, emotional regulation, social related concerns and other presenting concerns including substance use and addictions, self-harm, relations concerns, and attachment related presentations. · Experience with teenagers involved in the Youth Justice and Child Welfare System <p><u>Trauma Informed Counselling</u></p> <ul style="list-style-type: none"> · Youth and families who have PTSD or other related trauma. · Providing support to teenagers to enhance their natural supports. · Experience in conflict resolution, family reunification, and enhancing communication. 	<ul style="list-style-type: none"> · DBT · Attachment · Family Systems

Psychologist	Hobbies/Interests	Expertise	Training
<p><u>Ashley Gobin</u> P. Psych</p>	<ul style="list-style-type: none"> · Outdoor activities (e.g., hiking, snowshoeing, skiing) · Fitness (e.g., spin, HIIT, running) · Hanging with the dog · Director -> transitioning into the role of President of Minds Over Matter (non-profit) · Hanging out with friends and family! 	<p><u>Children & Teens:</u></p> <ul style="list-style-type: none"> · Parent/School Consultations & Strategies: · Working with children with PUF/FSCD funding · Behavioral concerns from age 2 - 18 · Developmental Disorders (e.g., ADHD, ASD, ODD, FASD, GAD, ID) <p><u>Young Adults:</u></p> <ul style="list-style-type: none"> · Self regulation (ADHD, ASD, Anxiety, Depression) <p><u>Assessments:</u></p> <ul style="list-style-type: none"> · Psycho-educational assessments · Mental health assessments: Adult ADHD/ Cyclothymic Disorder, Trauma...etc. · Identifying gifted learners · Social/emotional functioning · Solution focused (SFBT) · Cognitive Behaviour Therapy (CBT) · Play-based therapy · Early intervention and children 	<ul style="list-style-type: none"> · ADOS-2 training (only) · Neurofeedback training · Formal and General assessments through masters program <p>General Mental Health Training: Anxiety, Depression, Suicide, Crisis, Self-regulation</p>



McAtee
Psychology

Psychologist	Hobbies/Interests	Expertise	Training
<p><u>Gavin McAtee</u></p> <p>R. Psych</p>	<ul style="list-style-type: none"> · Video games · Outdoors · Hanging out with my dog · Hiking · Working out/ Sports background · Previous swim/strength training coach · Risk-taker/ adventurer · Mental Health advocate 	<p><u>All relate to both Children and Adolescent Issues:</u></p> <ul style="list-style-type: none"> · Counselling for children/teen, adults, parent consultations · Assessments · Relationship Issues (Making friends, peer interactions, social skills) · Mood Disorders (Stress, Depression, Anxiety Perfectionism) · Developmental Disorders (e.g., ADHD, ASD, ODD, FASD) <p><u>Adults:</u></p> <ul style="list-style-type: none"> · Relationship Issues (Couples & Family Therapy) · Parent Consultation & Strategies · Developmental Disorders (e.g., ADHD, ASD, ODD, FASD) 	<ul style="list-style-type: none"> - Extensive training with children & teens from 8 to 18 - Extensive training with developmental disorders (e.g., ADHD, ASD, ODD, FASD) - EMDR/DBT/CBT · Couple Counseling · Formal & General Assessments <ul style="list-style-type: none"> - Mental Health - MVA - Psycho-Educational - Gifted - Learning Disability - Gottman 1 and 2 - Family Counselling General Mental Health Training: Anxiety, Depression, Suicide, Crisis, Self-regulation