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 addictions, relationship/family issues, interpersonal conflict, depression/anxiety, employment problems and anger management.

David Walters, MA, MLitt, PhD, CSci, FHEA, CCC
Hours:
Tue: 3:45pm – 9:15pm
Wed: 3:15pm – 8:45pm
Thu: 10:00 am– 3:30 pm
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:
Monday; 8:45-11:30
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

Kingsley Oriuwa, BSW, MSW, MPA, RSW
Hours:
Tues: 6:00pm – 9:00pm
Wed: 6:00pm – 9:00pm
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 a 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

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. Kimberlee’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:**
- Mon: 10:00am – 2:30pm
- Tue: 9:00am – 1:30pm
- Wed: 10:00am – 1:30pm
- Thu: 10:00 am – 2:30pm
- Fri: 10:00am -1:00pm

Linda Ly is a Canadian Certified Counsellor with the Canadian Counselling and Psychotherapy Association and has worked in the field of mental health and EFAP for 9 years. Linda has an integrative approach to psychotherapy, but draws heavily from the cognitive behavioural and humanistic approaches. She also utilizes mindfulness-based cognitive techniques in practice and has a very present oriented and strength-based approach to therapy. She is experienced in addressing a variety of interpersonal and mental health concerns, which includes, but is not limited to, depression, anxiety, stress, relationship concerns, interpersonal issues, and life transition. Linda only works with individual adult clients.
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, training in Somatic Experiencing, sensorimotor therapy (techniques for working with trauma and other emotional regulation issues), and mindfulness training. 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, neurodiverse populations, and families.

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 a 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 28 years’ experience in child services, family mediation and counseling and has mediated cases for the Court of Queen’s Bench in Saskatchewan. Yogesh has worked with victims of residential school. He has also worked with LGBTQ2S clients in dealing with personal and relationship issues. 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:
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 15 years of experience working in mental health, stress management, children and youth issues, 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.

Myron Duberry, MA, RPsych (Provisional)
Hours:
Wed; 11:30am-3:30pm
Thu: 12:30pm- 5:30pm

My main areas of focus are anxiety, self-care, stress or anger management, self-esteem, phobias, motivation, sports and performance, and school/workplace issues. I also work in general counseling areas such as relationship issues and depression.
I specialize in working with people in university or college. As well as teens and young adults. I am also available to work with all cultures, indigenous and LGBTQ2S+ communities.

Deborah Foster, PhD, MA, RSW
Hours:
Monday: 10:00 am- 4:00 pm
Tue: 11 am -6:00 pm
Wed: 12:00 pm- 7:00 pm
Thu: 9:00am- 5:00 pm
Dr. Deborah Foster is a Registered Social Worker in the Province of Alberta with over 30 years' experience in trauma-informed therapeutic practice and higher education teaching. Dr. Foster has over five years' experience in EFAP counselling and works in an eclectic manner specializing in solution focused, narrative, and feminist therapy. Dr. Foster's Master's degree is in Family Studies specializing in human sexuality and she has worked extensively with the LGBTQ2S+ community as a therapist and educator. Her PhD dissertation from the University of Alberta focused on planned two-mother families in Edmonton and how they view the concept of family. Dr. Foster has also worked as a community educator both on and off reserves and settlements with a number of Indigenous populations as well as previously teaching at a predominantly indigenous college. Dr. Foster works with individuals, couples, families, and communities to help them overcome life's challenges.

Mary Fahmy, MA, RSW, CCC

Hours:
Wed: 8:30am – 3:00pm
Thu: 8:30am – 3:00pm

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, anxiety, self-esteem, multicultural issues as well as anger, stress and stress management. Mary speaks Arabic and English.

Edmonton, 99 St.
1730-10123 99 Street NW
Sun Life Place
Edmonton Alberta

Tania Bryan, MACP, CCC, CCPA

Hours:
Tuesday: 11:00am- 6:30pm
Fri: 10:00am- 4:00pm

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 is respectful and sensitive to diversity issues and engage all clients to openly share their personal and historical stories of strengths and struggles."
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: 8:00am-4:00pm
- Tue: 8:00 am-4:00pm
- Wed: 12:00pm-8:00pm
- Thu: 12:00pm-8:00pm
- Fri: 8:00am-4:00pm

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 across the many intersections of identity, including ethnicity and gender, 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-centered, 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.

**Sacha Aldrich, MA, CCC**

**Hours:**
- Mon: 8:00am-4:00pm
- Tue: 8:00am-4:00pm
- Wed: 12:00pm-8:00pm
- Thu: 12:00pm-8:00pm
- Fri: 8:00am-4:00pm
Sacha Aldrich obtained her Master’s Degree in Counselling from Gonzaga University in Spokane, Washington in 2000 and a Bachelor of Arts Degree from the University of Alberta in 1997. She is a Canadian Certified Counsellor with the Canadian Counselling and Psychotherapy Association.
Sacha Aldrich worked in the non-profit sector for 20 years focusing on Family Violence and Trauma and the coordination of services in Edmonton and Area. Since 2015, Sacha has been in private practice working with clients experiencing anxiety, depression, relationship issues, trauma, family violence, grief and chronic illness. She works with couples and individuals. Sacha also has experience working with clients who are part of Indigenous communities, those who identify as LGBTQ2S+, immigrants and clients who are Christian.

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

- **Edmonton** - 40 Providers
- **Fort Saskatchewan** – 2 Providers
- **Sherwood Park** – 14 Providers
- **St. Albert** – 10 Providers
- **Spruce Grove** – 3 Providers
- **Stony Plain** - 2 Providers
- **Leduc** – 7 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.