



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

Akil Gulamhusein, MSW, RSW (Telephonic/video/In-person)

Hours:

Mon: 9:00 am – 4:00 pm

Tue: 8:00 am – 4:00 pm

Wed: 8:00 am – 4:00 pm

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

Brenda Peters MEd, RSW, CCC (Telephonic/video/In-person)

Hours:

Tue: 12:00 pm- 8:00 pm

Wed: 8:00 am-5:00 pm

Thru: 8:00 am-5:00 pm

Brenda Peters MEd, RSW, RCT, CCC is passionate and empathetic in her work with individuals and couples to help identify personal goals and work towards accomplishing them. Utilizing a variety of modalities including; Narrative, Emotionally Focused, CBT, SFT and ACT. Areas of interest include; grief, anxiety, depression, conflict resolution and life transition. Graduated from Dalhousie University (2010), Bachelor of Social Work and Acadia University (2015) Masters of Education (Counselling).

Claire Murray M.A., R. Psych (Telephonic/video/In-person)

Hours:

Mon: 12:00 pm- 8:00 pm

Tue: 8:00 am- 4:00 pm

Wed: 8:00 am- 4:00 pm

Claire Murray has a Master's of Arts in Counselling Psychology from Yorkville University, an Bachelor of Arts from the University of Alberta, training in Eye Movement Desensitization and Reprocessing (EMDR) and uses this approach in addition to Cognitive Behavioural Therapy (CBT), and solution-focused therapy. She specializes in anxiety, depression,



trauma, addictions, life transitions, stress management, and grief. Claire has worked in community mental health and health care before starting with Homewood Health.

Elizabeth Eaton, MPS, CCC (Telephonic/video/In-person)

Hours:

Mon: 12:00 pm- 8:00 pm
Tue: 12:00 pm- 8:00 pm
Wed: 8:00 am- 4:00 pm
Thu: 8:00 am- 4:00 pm
Fri: 8:00 am- 4:00 pm

Elizabeth Eaton is a psychotherapist whose work is focused on supporting individuals and couples toward a life-expression which is closer to their ideal; this has involved exploring and addressing trauma, grief and loss, gender and sexual identity, and complex mental health issues, such as personality disorders. Their approach is trauma-informed, strengths-based, and person-centered. They graduated from St. Stephen's College with a Master's in Psychotherapy & Spirituality, and they mainly use Dialectical Behaviour Therapy (DBT) in their work.

Harpreet Gill, PhD, R. Psych (Telephonic/video/In-person)

Hours:

Tue: 8:45 am – 1:45 pm
Wed: 8:45 am – 1:45 pm
Thu: 8:45 am – 1:45 pm
Fri: 8:45 am – 3:45 pm

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

Lihchin Tan, M.A.C.P, CCC (Telephonic/video/In-person)

Hours:

Mon: 12:00 pm- 8:00 pm
Tue: 12:00 pm- 8:00 pm
Wed: 8:00am- 4:00 pm
Thu: 8:00am- 4:00 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 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.'

Scott Coleman, MAPPCC, CCC, (Telephonic/video/In-person)

Hours:

Mon: 9:00 am – 4:30 pm

Tues: 9:00 am – 4:30 pm

Wed: 9:00 am – 4:30 pm

Thu: 9:00am – 4:30 pm

Fri: 8:00 am – 3:30 pm

Alternating Sat: 8:00 am – 3:30 pm

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

Sacha Aldrich, MA, CCC

Hours:

Mon: 8:00 am- 4:00 pm

Tue: 8:00 am- 4:00 pm

Wed: 12:00 pm-8:00 pm

Thu: 12:00 pm- 8:00 pm

Fri: 8:00 am- 4:00 pm



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.

Remote office

Belinda Leighton, Med, MSc, PhD, R. Psych (Telephonic/video)

Hours:

Mon: 9:00 am- 4:00 pm

Wed: 9:00 am- 4:00 pm

Thu: 9:00 am- 4:00 pm

Fri: 9:00 am- 4:00 pm

Sat: 9:00 am- 4:00 pm

Belinda Leighton, M.Ed., M.Sc., PhD (Cand), is passionate about helping her clients to develop resilience throughout the lifespan. She is currently a PhD Candidate at Northcentral University in Health Psychology focusing her research on resilient aging. She holds a Master of Science from Loma Linda University in Marital and Family Counselling, a Master of Education from McGill University in Adult Education and is uniquely trained as a clinical / counselling, industrial /organizational and health psychologist.

Kingsley Oriuwa, BSW, MSW, MPA, RSW (Telephonic/video)

Hours:

Tues: 6:00 pm – 9:00 pm

Wed: 6:00 pm – 9:00 pm

Thurs: 6:00 pm – 9:00 pm

Sat: 9:00 am – 4:00 pm

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.

Mary Fahmy, MA, RSW, CCC (Telephonic)



Hours:

Wed: 8:30 am – 3:00 pm

Thu: 8:30 am – 3:00 pm

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.

Myron Duberry, MA, RPsych (Provisional), (Telephonic/Video)

Hours:

Wed: 11:30 am-3:30 pm

Thu: 12:30 pm- 5:30 pm

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

Shelina Merali-Tate, MSW, RSW (Telephonic)

Hours:

Thu: 4:00 pm – 6:00 pm

Fri: 4:00 pm – 6:00 pm

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.

Tania Bryan, MACP, CCC, CCPA (Telephonic/video)

Hours:

Tue: 11:00 am- 6:30 pm

Fri: 10:00 am- 4:00 pm

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."

Yogesh Gupta MSc, RSW (Telephonic)

Hours:

Mon: 2:00 pm- 4:00 pm

Tue: 2:00 pm- 4:00 pm

Wed: 1:00 pm- 4:00 pm

Thu: 1:00 pm- 4:00 pm

Fri: 1:00 pm- 4:00 pm

Sat: 10:00 am – 3:30 pm

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 counselling 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

External Provider Locations & Number of Providers in the Area

Edmonton - 51 Providers

Fort Saskatchewan –1 Provider

Sherwood Park –13 Providers

St Albert – 8 Providers

Spruce Grove – 3 Providers

Stony Plain - 2 Providers

Leduc – 6 Providers

Beaumont- 1 Provider

Camrose-6 Providers

Hay Lakes- 1 Provider

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.

