



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

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

Hours:

Mon: 13:00 pm- 8:00 pm
Tue: 13:00 pm- 8:00 pm
Thu: 8:30 am- 3:30 pm
Fri: 8:30 am- 3:30 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.'

Randa Fent, BSW, MSW, (Telephonic/video/In-person)

Hours:

Mon: 8:00 am- 13:00 pm
Tue: 8:00 am- 13:00 pm
Wed: 8:00 am- 13:00 pm
Thu: 8:00 am- 13:00 pm
Fri : 8:00 am- 13:00 pm

Randa is a registered social worker with over 20 years experience in adult mental health working with military personnel,



EAP clientele as well as private clinical practice trauma clients.

Randa is a passionate trauma therapist. She completed basic training in EMDR in 2011 & became certified EMDR therapist in 2013. Currently, Randa is in training to become approved EMDRIA consultant. In addition, Randa is also a certified SFBT therapist and trainer since 2011.

Randa's areas of expertise include, PTSD, complex PTSD, anxiety and panic disorders, depression, grief and loss, chronic pain, anger management, stress and burnout, sleep issues, and adjustment disorder. Her approaches include and are not limited to CBT, SFBT, ACT, DBTR, CPT, Mindfulness EMDR with other adjunctive trauma therapies such as Ego States Therapy, DNMS & others.

Randa holds a BSW from the U of C and a MSW from McGill University. She is a member in good standing of the Alberta Association of Social Workers.

Scott Coleman, MAPPC, CCC, (Telephonic/video)

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 – 12:00 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.

Belinda Leighton, MED, MSc, PhD, (Telephonic/video)

Hours:

Mon: 11:30 am- 6:00 pm

Tue: 11:30 am- 6:00 pm

Wed: 11:30 am- 6:00 pm

Thu : 9:00 am- 4:00 pm

Dr. Belinda Leighton, M.Ed., M.Sc., PhD, is passionate about helping her clients to develop resilience throughout the lifespan. She holds a PhD in Health Psychology and focused her research on resilient aging. She also has a Master of



Science from Loma Linda University in Couple and Family Therapy, a Master of Education from McGill University in Adult Education and is uniquely trained as a clinical / counselling, industrial /organizational and health psychologist. Dr. Leighton is also an associate professor at City University and teaches Family Systems, Couples, Grief and Group Therapy to master's level counselling students.

Samantha Farrell, MA, R. Psych (Provisional)

Hours:

Mon: 10:00 am- 4:00 pm
Tue: 10:00 am- 4:00 pm
Wed: 6:00 pm – 9:00 pm
Thu: 10:00 am- 4:00 pm
Fri: 10:00 am- 4:00 pm
Sat: 12:00 pm- 3:00 pm

Samantha Farrell, Prov. Registered Psychologist, is passionate about helping individuals from a holistic model, and is well-versed in concurrent disordered concerns such as mental health and addiction issues. Samantha supports her clients by encouraging a journey of hope, resilience, and motivation in creating a healthier future. She graduated from the University of Lethbridge with a Health Sciences Degree majoring in Addictions Counselling, and a Master's Degree in Counselling Psychology from Yorkville University

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

Hours:

Mon: 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:

Mon: 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.

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

Hours:

Tue: 1:00 pm- 5:30 pm
Fri: 10:00 am- 3:00 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: 12:00 pm- 4:00 pm
Tue: 12:00 pm- 4:00 pm
Wed: 12:00 pm- 4:00 pm
Thu: 12:00 pm- 4:00 pm
Fri: 12:00 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

Kenneth Guye, Bachelor of Psychology, BSW, MSW (Telephonic/video)

Hours:

Tue: 09:00 am- 4:00 pm

Wed: 09:00 am- 4:00 pm

Thu: 09:00 am- 4:00 pm

Kenneth Guye has worked with families and individuals across the lifespan in a variety of settings, including: Child and Family Services, Correctional Services, post-secondary education, the health care system, legal aid, the Alberta public education system, and several other social services organizations. This has allowed him to work with individuals and families experiencing complex challenges relating to trauma, depression, family conflict, anxiety, behavioural problems, mental health conditions, emotional dysregulation, and addictions.

He practices from a strengths-based approach. He has professional training in Narrative Therapy, Play Therapy, Emotion Focused Therapy, Solution Focused Therapy, Mindfulness, and Cognitive Behavioural Therapy. He has over a decade of experience supporting children, teens, and adults from diverse backgrounds including Indigenous and African Canadian communities."

Amaka Chijioke – MSW (Telephonic/video)

Hours:

Mon: 6:30 am- 7:30 am and 7:30pm – 9:30pm

Thu: 6:30 am- 7:30 am and 7:30pm – 9:30pm

Amaka Chijioke is a Registered Social Worker practicing as a Mental Health Therapist with a Master's Degree in Social Work (Trauma informed Clinical Specialization). She has lot of experience working with individuals, children, youths, couples, and families. Her practice is built from both personal and professional learnings to help guide, support, and empower you on your journey. She is dedicated to working with clients who struggle with a wide range of concerns. she also provides an empathetic listening ear, with a holistic approach in a warm space and client focused approach, for you to restore your dignity, happiness and regain self-confidence. She also believes people are their own best experts and already have many skills abilities and competencies that will assist them to address the challenges influencing their lives. she incorporates evidence-based, trauma-informed and culturally appropriate therapeutic approaches in her work, such as Cognitive Behavioral Therapy (CBT), Dialectical



Behavior Therapy, Acceptance Commitment Therapy, Christian Counselling, Narrative Therapy, Solution Focused Brief Therapy, EMDR, and Art Therapy to highlight a few.

Caleb Anacker - BPE, MSW RSW ,Social Worker (Telephonic/video)

Hours:

Mon: 11:00 am - 5:30 pm

Tue: 11:00 am - 2:30 pm

Caleb Anacker is committed to helping kids and adults build resiliency against trauma and severe stress. For 15 years, he worked in child protection with a special focus on Indigenous social work. He specializes in holistic, strength-based, and solution-focused practices applied to the safety and resilience of family systems. He is passionate about toxic stress, adverse childhood experiences, talking circles, life skills, self-regulation, and social justice. He believes you are an expert of your own life, mind, and body. It is endlessly awe-inspiring to collaborate with people like you and to honour the strengths, solutions, and capacities that live within your stories and relationships. He looks forward to listening to your stories while you think about how they will lead to a better life and world.

Wendy Hunter BSW , MSW (Telephonic/video)

Hours:

Tue: 9:00 am - 2:00 pm

Wed: 9:00 am - 2:00 pm

Thu : 9:00 am - 2:00 pm

Wendy Hunter, MSW, RSW, is passionate about being an effective listener to support clients dealing with emotional regulation such as anxiety and depression, stress management, communication concerns, and addressing trauma and addiction issues. She graduated from the University of Calgary with a Masters in Social Work in 2014. She utilizes multiple therapeutic approaches, but mainly uses dialectical behavioural therapy, cognitive behaviour therapy along with life skills such as effective communication in her practice.



Mary Nyachieo BSW , MSW (Telephonic/video)

Hours:

Tue: 5:00 pm - 6:00 pm
Wed: 5:00 pm - 6:00 pm
Thu : 5:00 pm - 6:00 pm
Fri : 5:00 pm - 6:00 pm
Sat : 9:00 am - 1:00 pm

Mary Nyachieo has BSW/MSW from Delaware State University, Delaware USA, currently registered with ACSW Alberta and SASW Saskatchewan. She has experience working in the Social Services and Medical settings. She strongly believe in listening, understanding and validating my clientele's concerns. she is adept at equipping and educating people in ways that help them to make a true positive change in areas of need.

She has had the opportunity to meet and work with people from all different walks of life; ethnicity, cultures, heritages, languages, beliefs and values.

she connects easily with clients, which makes them feel supported as they work through their struggles. she applies various modalities during counseling, but mostly Solution-focused and Strength Based. she loves to see her clients experience freedom and healing as quickly and effectively as possible.

she deals with Personal Issues, Family/marital relationship, Crisis Intervention, Psychological issues, Social and work related, and Other Issues – Sickness, Grief, Spiritual Problems, and Spiritual Growth and Culture Identity

In addition, she is a trained Trainer in Compassion Fatigue from TREND, Ontario, which focuses on professional and individuals that are facing physical and emotional exhaustion. This method introduces strategies for integrating self-care, mindfulness activities and how to manage conflict in high stress workplaces.

Registered member of Alberta College of Social Workers and Saskatchewan College of Social Workers

Linda Pachnowski, Mcouns , Certified/Registered Nurse (Telephonic)

Hours:

Tue: 9:00 am - 12:00 pm

Linda has 30 years plus experience in a variety of clinical roles as well as educational roles. Client centered, recovery oriented and trauma informed approach. Linda is a certified counsellor and is in good standing with the Canadian Counselling and Psychotherapy Association. She obtained her Masters in Counselling degree from Gonzaga University in 2002. She became licensed as a psychiatric nurse in 1979 and she is now retired from nursing.



Focus of current practice: individuals experiencing stress related to work, relationships, health issues, interpersonal issues, existential concerns, depression, anxiety, life transitions.

Philosophy/foundational approach: each of us has the internal resources to be well, happy, and fulfilled. Resources ebb and flow. Counselling is the place to discover what is needed at this moment in your journey. I am happy to offer a safe place to explore and find solutions.

Darlene Brink BA, MA (In-Person)

Hours:

Mon: 10:00 am - 6:00 pm

Wed: 10:00 am - 6:00 pm

Darlene Brink , BA , MA , professional counselling journey began after a MA in Counselling from Providence Seminary in Otterburne, Manitoba. She was stretched as a person and a developing professional. These years proved to be some of the toughest in her life but would prove to be valuable as a therapist.

Her first experience post master's was hands on developing curriculum and counseling students in 2003. She loved this opportunity to be on the other side of the learning experience.

The next deep dive was into mental health as a case worker and then as a supervisor at a mental health residential facility. This initiated her experience into lifelong struggles young adults face due to their diagnoses.

After working with women in an addictions centre, it became clear to her that this combination left a lasting impression on her.

For the next fifteen years, she worked in the Employee Assistance Field with individuals, families, and couples. Even though each story was distinct, there was always the need to be valued and accepted.

She uses the following treatment approaches to guide her practice: Cognitive Behavioral (CBT), Couples Therapy (Level 2 Gottman), Solution Focused Brief Treatment and a variety of somatic coping skills.



External Provider Locations & Number of Providers in the Area

Edmonton - 67 Providers
Grande Prairie- 16 Providers
Sherwood Park –13 Providers
St Albert – 10 Providers
Spruce Grove – 4 Providers
Leduc – 8 Providers
Beaumont - 1 Provider
Camrose - 7 Providers
Hay Lakes- 1 Provider
Morinville- 2 Providers
Valleyview- 1 Provider
Whitecourt- 3 Providers
Whitehorse – 14 Providers
Yellowknife – 3 Providers
Yukon – 2 Providers
Fort McMurray – 8 Providers
Athabasca - 3 Providers
Bonnyville - 1 Provider
Cold Lake - 6 Providers
Lacombe - 1 Provider
St. Paul - 3 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.