

PPC

*Professional
Psychologists
& Counsellors*
(Prof. Corp.)



Phone: (306) 664-0000
www.peopleproblems.ca



1118 College Drive
SASKATOON, SK S7N 0W2

ABOUT PPC

PPC is a team of professional psychologists, social workers and certified counsellors with various specialized areas of expertise. We can match your individual needs with a counsellor that seems best for you, or you can choose who you would like to see yourself. Our team can help you when it seems like your world is spinning out of control. We work diligently and with integrity to help people deal with their personal difficulties. Our therapists have a broad range of training and experience and are committed to working with clients to bring about positive results and timely resolution of issues.

We don't believe that you need to be in crisis in order to use our services. In fact, earlier intervention usually ensures a quicker solution. Our job is to help you with your choices. We do this by helping you to clarify the problem and working together to create solutions that work for you.

If a problem bothers you, it is real. Remember, early interventions can mean the difference between solving a problem or going through a long period of struggle with a difficult situation. That's when you should call PPC for caring, confidential and professional assistance.

Service Access -- Very commonly, people use an EFAP (Employee Family Assistance Program) or pay privately (and are often able to access an insurance benefit for reimbursement).

Visit our website at www.peopleproblems.ca to see photos of our historic office location and to learn more about us.

Introducing Our Therapists...

BERG, Don: R.Psych #393, M.Ed. – Don is a Registered Psychologist who has practiced psychology in school systems, mental health services and private practice. At PPC he enjoys working with children, adolescents and adults, as well as doing relationship work. It is important to him to ensure there is a common understanding of the purpose of counselling by the client and the therapist. He primarily uses a Cognitive Behavioral Approach in therapy but recognizes it is also important to have flexibility and be able to adapt techniques to suit the client's needs in a context of openness and trust. He has interest and training in dealing with anxiety, depression, trauma, grief and couples work.

BYBLOW, Denise: CCC #4422, MC – In addition to a general mental health and family practice, Denise specializes in post-partum adjustment (including depression), couples counselling, the at-risk youth population especially related to anxiety, defiance and those youth struggling with self-esteem, and providing support and direction for families with developmental challenges, behavioral issues, conflict, and trauma.

CACHENE, Eunice: RSW #309, BSW – Eunice's areas of training include domestic violence, Early Childhood Development issues (including working with families of children with Autism), family of origin, cross-cultural sensitivity, self-esteem issues, crisis intervention, Critical Incident Stress Debriefing (CISD) and Critical Incident Stress Management (CISM), working with children and adults who have experienced trauma, helping youth and their families deal with self-harm, adoption, teaching parenting classes, and ideation. She is experienced in counselling residential school survivors and the ADR process. She has training in addictions/mental health, Accelerated Resolution Therapy (ART), which helps clients deal with the above areas of concern.

CHRISTENSEN, Jill: RSW #1363, MSW – Jill supports teens and adults to access their own strength and resilience. Her specialties include depression recovery, anxiety management, addictions, healthy relationships and self-esteem enrichment. Jill also offers family therapy as well as Somatic Experiencing, a naturalistic, short-term approach to trauma recovery.

COATES, Dennis: R. Psych. #311, RSW #003, M.Ed. (Psych), # – Dennis is the owner of PPC and has been a counsellor here since its inception in 1980. He supports clients in the areas of addictions, marital, anxiety, trauma, spirituality, CISD and workplace conflict. Dennis has Eye Movement Desensitization and Reprocessing training and is a member of the Canadian Register of Health Service Providers in Psychology (CRHSPP). He primarily uses a Cognitive-Behavior Therapy approach (CBT).

DIELSCHNEIDER, Ryan: CCC #8002, M.C. (Counselling) – Ryan combines a gentle, client-centered counselling style with evidence-based therapy techniques, providing clients with a casual space to process their feelings and learn new strategies. He especially enjoys working with young adults, adolescents, and individuals dealing with anxiety, stress, trauma or past stressful events, persistent depression, family-of-origin issues, addictions, or LGBTQ issues. He draws from several models of counselling but primarily uses Cognitive-Behavioural Therapy (CBT), Schema Therapy, Emotion-Focused Therapy (EFT), and Positive Psychotherapy.

FLETCHER, Kara: RSW #4061, PhD, MSW, BA – Kara has expertise in working with individuals, couples, and affected family members in the context of addiction and multiple disorders, families with young children, families working through separation and divorce, and individuals living with trauma. Kara is welcoming and non-judgmental. She loves working with her clients to accomplish what it is they are hoping to change when they are feeling stuck. She believes in the inner strength of her clients and will work with you to get to the root of the problem, identify the roadblocks in your way, help you to find those "ah ha" moments (and usually some "ha ha" moments), and make those changes last!

KARLSON, Jay: RSW # 4256, BSW, MSW – Jay's 15 plus years of counselling experience and education has afforded him the privilege to support adults in the areas of grief, trauma, anxiety/depression, addictions, career transition/employment, cultural adaptation, mindfulness and managing mental health symptoms. He possesses a particular interest and skill set in working with men in the areas of emotionality, family dynamics and self-development. He strongly believes that we all want lives that work toward authenticity, purpose and peace of mind. We are more likely to experience this when we can begin to understand more honestly and get beyond the 'old stories' we frequently tell ourselves. Therapy is not so much about fixing our problems but allowing our problems to fix us through insight, courage and healthy planning...and of course laughter. Relationship and connection is key in the process.

LEGARÉ, Michelle: RSW #3128, BSW, M.Ed. – Michelle has over 25 years of experience supporting individuals, groups and community based organizations in a variety of settings. Her areas of interest include; women centered therapy, LGBTQ, complex and developmental trauma, addictions, and post traumatic stress.

LALONDE, Rebecca: R. Psych #1016 B.A., M. Ed. – Rebecca has been working in the helping profession since 2013, supporting a wide variety of individuals in schools and community agencies. More recently, she began her work as a Psychologist in the healthcare field, where she currently supports a wide variety of clients. Rebecca has interest in the areas of stress management, anxiety, depression, and symptom management of other conditions (e.g., AD/HD, OCD, etc.) She provides support to youth (13+) and adult clients using cognitive-behavioral and narrative models. Those who know Rebecca describe her as informed, supportive and down-to-earth. Using evidence based techniques, she creates a non-judgmental atmosphere where clients feel empowered and supported to reach their goals.

McFADYEN, Danielle: R. Psych. #880, M.C. – Danielle has supported individuals and families from a diverse clientele throughout the past seven years. Her range of experiences include; family violence, at risk youth, cross cultural issues, parenting, stress management, family counseling, grief work, and performance coaching for sports, arts, and academics.

NEUFELD, Sharon: R. Psych. #352, CCC, M.Ed. (Psych) – since 1992 Sharon has supported clients through difficulties with stress, grief and loss management, depression, relationships, mid-life issues, life/work balance, separation and divorce, abuse recovery, post-traumatic stress, career and spiritual issues. Sharon is trained in EMDR.

PELLERIN Cindy: R. Psych. #492, M.Ed., B.Ed., BFA – Since 1995, Cindy has honed a personable, engaging style that appeals to both the general and specific complexities of life. She is a veteran Cognitive Behavioral Therapist (CBT) who thoroughly enjoys a lively (and sometimes humorous) interactive approach to life's challenges.

STERN, Angela: R. Psych. #457, CCC, M.Ed. (Psych) – Angela's primary focus is child/teen, but she also enjoys family therapy, single parenting, separation/divorce and marital issues, and is qualified in EMDR.

SUBCHYSHYN, Rachel: CCC #6810, M.Ed. (Psych) – Rachel's primary focus is anxiety but also encourages people in the areas of depression, eating disorders, bullying, self-esteem, anger management and family therapy. Rachel is trained in EMDR.

YEE Derek: RSW #2275, BA, BSW – Derek is our go-to man for adolescent males. He is most interested in anger, depression and anxiety, its impact on families and the practical steps that can be taken to achieve goals, long and short. You will find Derek to be an engaged, active therapist.

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