

## About PPC

PPC is a team of Registered Psychologists, Registered 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. *(If you are using an insurance provider to help with your costs, you will want to ensure that the therapist you book with meets the criteria of your specific insurance policy).* 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. Our team can help when it seems like your world is spinning out of control.

**At PPC, 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 intervention 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, 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 full or partial reimbursement).

Visit our website at [www.peopleproblems.ca](http://www.peopleproblems.ca) to see photos of our historic office location, and to learn more about us.

# PPC

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

Phone: (306) 664-0000  
[www.peopleproblems.ca](http://www.peopleproblems.ca)

1118 College Drive  
Saskatoon, SK S7N 0W2

**Find us on Facebook**



**Don BERG: R. Psych #393, M.Ed.** – Don has practiced Psychology in school systems, mental health services and private practice. At PPC he enjoys working with children, adolescents and adults. 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 couple's work.

**Ryan BILANSKI: RSW #4019, B.A., B.S.W., M.S.W.** – Ryan has worked in the human service field since 2007. His practice is focused around building, maintaining, and creating healthy relationships with individuals, families, communities, as well as ADHD Coaching. Ryan's uses evidence-based approaches to therapy while blending in his experience in communication through mediation and dispute resolution to help people work through issues and difficult problems they may be experiencing.

**Denise BYBLOW: CCC #4422, B.A., M.C.** – 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.

**Eunice CACHENE: 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 and Critical Incident Stress Management, 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. Eunice is NIHB approved.

**Dennis COATES: R. Psych #311, M.Ed.** – Dennis is the owner of PPC and has been a therapist 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 (EMDR) training and primarily uses a Cognitive Behavior approach.

**Ryan DIELSCHNEIDER: CCC #8002, M.C. (Psych)** – 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 adolescents and individuals dealing with anxiety, stress, trauma or past stressful events, persistent depression, family-of-origin issues, addictions and LGBTQ issues. He draws from several models of counselling but primarily uses Cognitive-Behavioral Therapy (CBT), Schema Therapy, Emotion-Focused Therapy (EFT) and Positive Psychotherapy. Ryan is also qualified to provide Biofeedback and Neurofeedback.

**Kara FLETCHER: 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 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.

**Jay KARLSON: RSW #4256, BSW, MSW** – Jay's 15+ 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 adaptations, 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 towards authenticity, purpose and peace of mind.

**Joel KYLE: RSW #3207, BSW, MSW (Pending)** – Joel has experience working with teens, university students and adults. He has worked within the human services fields since 2007 and uses a strength based, empowered approach with his clients. He believes in people's ability to be resilient and their adaptability to change if desired. Joel uses a multitude of therapeutic approaches: Cognitive Behavior Therapy (CBT), Mindfulness, and Solution-Focused therapy.

**Paula MACPHERSON: R. Psych. (Provisional) #1131, M.A.** - Paula practices primarily in the area of mental health (e.g., adjustment issues, anxiety, and depression) as well as in areas of grief/loss, life transitions, and stress management. She provides psychological treatment to school-age children, adolescents, adults, couples, and families experiencing a wide range of problems and concerns. Her

empathic treatment approach is based on sound psychological principles and research and primarily involve Cognitive-Behavioral strategies. She also draws on other treatment approaches including Acceptance and Commitment Therapy, Solutions Focused Therapy, Mindfulness and Mindful Self-Compassion.

**Danielle McFADYEN: R. Psych #880, M.C.** – Danielle has supported individuals and families from a diverse clientele since 2007. Her range of experience includes family violence, at-risk youth, cross-cultural issues, parenting, stress management, family counselling, grief work, anxiety, and those suffering with more serious previously diagnosed mental health challenges.

**Sharon NEUFELD: R. Psych #352, M.Ed. (Counselling)** – Sharon has supported clients through difficulties since 1992 in the areas of 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 Eye Movement Desensitization and Reprocessing (EMDR).

**Cindy PELLERIN: 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.

**Rachel SUBCHYSHYN: CCC #8106, M.Ed. (Psych.)** – Rachel enjoys working with clients from a developmental and strength-based perspective in a variety of areas such as: Anxiety, depression, eating disorders, and self-esteem. Rachel is also trained in Eye Movement Desensitization and Reprocessing therapy (EMDR).

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

