

Intern Edition!

From the Editor's Desk

From an editor's perspective, this is an exciting time around the Collective. With the start of the new year, we welcome on board new interns who are starting their practicum journey towards achieving full licensure.

As I have completed this process myself, I am always struck by the eagerness and energy that new blood brings to the profession. That being said, I welcome clients to read the following pages because working with an intern can be a cost-effective way of meeting therapy goals.

All interns have masters-level work completed by the time they begin working with clients on their practicum. You need not worry about whether or not they are competent or not.

Lastly, each intern has their own style and their own way of practicing. You can tailor the fit to your needs and requirements so that you can benefit from the therapy process the most.

- Michael Zibauer

A Word from the Clinical Director

As Michael shared, it is an exciting time as we kick off 2023 at Crossroads! We have some new projects getting off the ground including our Crossroads Podcast. Watch for the release of the Podcast in the new future.

One of the tenets of Crossroads is offering services to the public without barriers. Our intern program allows clients to access educated, well-trained, and extensively supervised interns that offer counselling sessions at reduced rates. In addition to their formal education, our interns complete a mandatory 16-week training program at Crossroads. This training has become very rigorous. They also attend multiple hours of mandatory supervision each week with our trained and competent supervisors.

We are confident in each of our interns to provide the care and that they have the necessary skills to help our clients. If you or anyone you know is looking for counselling at reduced rates, our interns are keen to help as many clients as they can.

- Marianne Cottingham

Our Langley Interns

Each of our interns offers their own unique style to counselling based on the training that they have received from their respective universities. All the interns have had sufficient training to get to this point to allow themselves to work with clients. We invite you to read over each of their bios to determine which intern is right for you.

Shannon McDonald realizes that life doesn't always bring us what we hope for. This can cause challenges for us as we find ourselves navigating unexpected situations. It is her goal to help you or your loved one with personal struggles which are preventing you from feeling relaxed, happy, and achieving your best in life.



Gurpreet Nahal has the goal of providing clients with a nonjudgmental and supportive environment that allows one to deal with life transitions and challenges. She can provide one with extra support through transitions and changes, where the client is given a safe space to share freely with her as she helps you move forward in life. Everyone is made up of unique parts with makes them whole.

Ruby Sall comes from an integrative approach to therapy, with an emphasis on emotionally-focused, mindfulness, and person-centered therapy. She sees humans as holistic beings through a biopsychosocial lens. Her own South Asian background has given her a window into how our perspectives are shaped by the identities we hold. She believes it is essential to honour your own unique context and needs.



How does Crossroads Collective offer affordable Counselling?

Our intern rates for services are dependent on your need and income. Standard rates on our sliding scale are typically \$40-80 per session. However, we know that everyone is faced with different circumstances – and we do have the opportunity for lower rates to accommodate your needs. Please [contact our clinic](#) to discuss your circumstances and we will ensure you get services. Our belief is that there should be no barriers to mental health services, so please reach out to get started with our counselling interns services!

Langley Interns Continued...



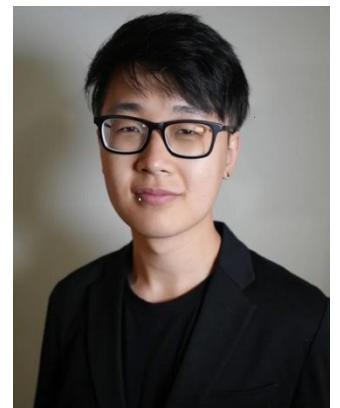
Joban Rai believes that some of the most beautiful work takes place in a therapeutic setting. He wants to help you feel heard, cared for, understood, and be there for you through your journey in discovering new and different ways to lead towards a more authentic and meaningful life. When given the right space, he believes that you can heal and succeed in leading a life that you want to live.

Elisha Sidhu believes that we are all worthy of finding a safe and open space to heal and examine our thoughts and feelings. She believes that life is a journey that can bring about many different experiences and transitions. She works with a holistic-based perspective and believes that encouraging empowerment, balance, and healing are some of the most important aspects of therapy.



Brandi Woods whole-heartedly trusts that every individual has the innate ability to heal when met with genuine support in a safe, empathic, and collaborative environment. Through a trauma-informed, culturally sensitive approach, her hope is to walk alongside you on your wellness journey. A few of the benefits she can impart are increased awareness of self and others, facilitate the development of coping skills and improved self-esteem.

David Qi is an innovator in therapy. His multicultural upbringing and experience makes him the ideal fit for those struggling with integration in a new culture. His mission is to help others recognize the power that individuals hold and make sense of your life. Working to encourage emotional stability and self-awareness, he fosters a safe environment where clients can explore their issues and encourage growth and progress.

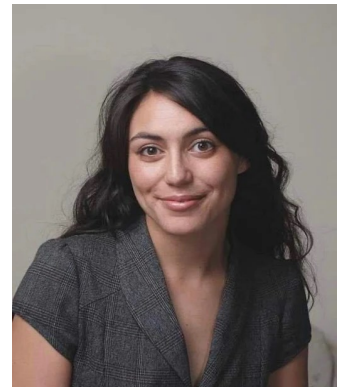


Our Kelowna Interns



Brent Hayter works out of our Kelowna office. He believes that we all have strengths and weakness. Being of service to another human being in their time of need is central to Brent's philosophy. His goal is to help his clients find a way to work through the challenges of life in a way that best suits who they are in a safe, non-judgmental, and collaborative manner. His job is to help you to discover and develop those strengths that each person has within.

Amanda Morazain recognizes that many of us feel stuck in our daily lives, not knowing exactly how to get the progress that we want. Our struggles can hold us back from where we deserve to be and can negatively affect our well-being and relationships. One form of therapy that she offers is music-integrated which can be helpful to those seeking to modulate their autonomic nervous system and reduce anxiety, depression and stress.



Alex McIvor provides his clients with tools, communication, emotional awareness, and fulfilment as they navigate through their struggles, successes, and transitions. He operates from a person-centered, strength-based perspective. He integrates CBT, mindfulness, narrative therapy, solution-focused, and other methods to cater to his clients' needs. He also is keen in recognizing that we all come from different paths and considers cultural factors and family systems in therapy.

Andres Beltran understands that sometimes in the solitude of our minds, challenges become so big that we don't know where to start. He believes that together we can collaborate and develop strategies that address the underlying cause of those difficulties. Creating a space to examine thoughts and feelings from different perspectives can help start the healing process. As life is full of challenges, you don't have to face them alone and together we can make progress.



Kelowna Interns Continued...



Dan Smith has experience in crisis response, paramedicine, and leadership. His focus includes crisis counselling, trauma counselling, grief and loss counselling, LGBTQ2S+ support, anxiety, depression and addictions. He is comfortable working with all age groups but has much experience with younger populations.

Our Langley Office in Photos



And One More Announcement

Crossroads would also like to announce the addition of two professional counsellors to the Kelowna location. Please reach out to our administration for more information.



Jessica Hughes, RPC

Jessica is a Registered Professional Counsellor and a Holistic Health Coach. She works to help people who struggle with physical, mental, emotional, or spiritual pain to find more balance, vibrant health, and wellbeing even if they have tried before without success.

She uses an integrative approach that addresses a variety of individual concerns. Being extremely empathic and intuitive, Jessica has a way of tapping into and aligning with her clients to help them to get to and address the root cause of concerns.

Gurdeep Patara, RPC-C (Candidate)

Gurdeep's goal and passion in life is to help people heal, grow, and navigate through periods of transitions in their lives.

Whether you're dealing with pain from the loss of a loved one or a recent job loss or career change, she can help you deal with these changes.

There are many different challenges that can come up in life, and it is her goal to help you through difficulties by working together in a collaborative approach that gives you the skills and confidence to navigate life and all it has to offer.

She has the tools to help people and looks forward to hearing from you.

