

# ARCH

## Psychological Services

Angie Allan, M.Ed.  
Registered Provisional Psychologist

### EDUCATION

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- 2017      **Masters of Education**, Counselling Psychology (Thesis)  
University of Alberta (Graduation: June, 2017)
- 2014      **Bachelor of Arts**, Honors Specialization in Psychology, *With Distinction*  
University of Western Ontario (*Dean's List*)
- 1997      **Bachelor of Arts**, Administrative and Information Studies  
University of Western Ontario

### ADDITIONAL RELEVANT EDUCATION AND TRAINING

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- 2016      **Introduction to Hakomi**, *Hakomi Edmonton*
- 2014      **Applied Suicide Intervention Skills Training (ASIST)**, *LivingWorks*
- 2014      **Certificate in Non-Violent Crisis Intervention**, *Crisis Prevention Institute (CPI)*
- 2010      **Professional Coaching Certificate**, *University of Toronto/Adler*

### PRIMARY THEORETICAL ORIENTATION

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Gestalt, Humanist, Solution-focused

### THERAPY AND COACHING WORK EXPERIENCE

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**Registered Provisional Psychologist**, ARCH Psychological Services, Edmonton, 2017 – present

- Individual counselling with adults and teens on a range of topics including: career exploration and life changes, navigating challenging workplace dynamics, substance use, trauma, self-esteem, exploring sexual and gender identity, and navigating interpersonal and relationship concerns.
- Assessments including: career exploration, comprehensive psychological and personality assessments, and psychoeducational assessments.
- Work with organizations on a variety of topics including dealing with workplace stress, disruptive behaviour, effective interpersonal communication, emotional intelligence, succession planning, growth support, retention, and employee engagement.

**Therapist**, *Education Counselling Clinic*, University of Alberta, Sept 2015 – April 2016

- Provided one-on-one counselling to members of the greater Edmonton Community
- Individual therapy, intake interviews, assessments, writing reports
- Assessments included: vocational (Strong Interest Inventory), personality (NEO-PI-3, PAI, MMPI-2, MCMI-IV), intelligence (WAIS-IV), process, outcome

**Student Therapist**, *YWCA Edmonton*, October 2016 – present

- Provided one-on-one counselling to members of the greater Edmonton Community

- Individual therapy, intake interviews

**Mental Health Worker**, *Eating Disorders Residential Treatment Facility and Short Stay Transition Home*, Canadian Mental Health Association Middlesex, 2014 – 2015

- Motivated and supported clients to work towards achievement of their individual goals
- Assisted and coached clients in the learning and management/achievement of activities of daily living such as personal hygiene, daily chores, budgeting, socialization, etc.
- Facilitated and implemented client meetings, small groups, and activities

**Counsellor**, *Wait List Clinic*, Canadian Mental Health Association Middlesex, 2013-2014

- Counsellor: Provided supportive counseling to clients of CMHA and Family Health teams while they wait for mental health services

**Career and Life Coach**, *Private Practice*, 2008 - 2014

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## TEACHING AND FACILITATION EXPERIENCE

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**Professor**, *Fanshawe College*, 2015

**Workshop Facilitator**, *Western University Student Success Centre*, 2012 – 2014

**Coach and Workplace Facilitator**, *Private Practice*, 2008 - 2014

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## OTHER WORK EXPERIENCE

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**Director of Resource Management, Recruiting, and Operations**, Healthtech Consultants, 2011 – 2012

**Contractor Procurement and Resource Manager**, Community Care Information Management program, Ontario Ministry of Health, 2008 – 2011

**Resource and Recruiting Manager**, Capgemini Consultants, 2007-2008

**Executive Search Consultant**, Ray and Berndtson (now Odgers Berndtson), 2006-2007

**Staff Deployment Manager**, BearingPoint Consulting, 1998-2005

**Marketing and Communications Specialist**, Assante Wealth Management, 1997-1998

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## RECENT VOLUNTEER EXPERIENCE

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**Founder**, *Psychology Salon and Psychology Nerd Club Book Club*, 2016 – present

**Director**, *International Coaches Federation*, Toronto Chapter, 2008 – 2010

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## PRESENTATIONS

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Allan, A., Hanson, W.E. (2017, March). *Therapy Process Research: A Content Analysis of Four Leading Journals*. Roundtable discussion at the G. M. Dunlop Educational Psychology Graduate Student Research Conference in Edmonton, Alberta.

Allan, A., Schraeder, K., Otchet, F. (2015, June). *Changes In Functioning And Perceived Social Support For Those Receiving Supportive Counseling While Wait-Listed For More Intensive Psychological Services*. Poster presented at the Canadian Psychology Association Conference in Ottawa, Ontario.

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## GRANTS, HONORS AND SCHOLARSHIPS

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2017	Graduate Student Scholarship, Alberta
2016	Georgina Costuros Graduate Scholarship, University of Alberta
2014	Emotional Intelligence Lab Honorarium, Western University

2013	Wait List Clinic Honorarium, CMHA Middlesex
2013	Emotional Intelligence Lab Honorarium, Western University

**PROFESSIONAL AFFILIATIONS**

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2017 – present	Member of the Psychologists' Association of Alberta
2016 – present	Member of the College of Alberta Psychologists
2012 – present	Member of the Canadian Psychology Association
2008 – 2014	Member of the International Coaches Federation

**REFERENCES**

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- References are available on request.