

ARCH

Psychological Services

Mitchell Loep

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Edmonton

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Summary

Registered Clinical and EMDR-trained Psychologist practicing at ARCH Psychological Services.

Highlights of Qualifications

- B.A Degree in Psychology with the focus on practical experience, courses included counselling/ assessment, ethics, research methods and child and developmental Psychology
- M.A. Degree in Psychology with the focus in child Clinical/Counselling Psychology
- Experienced in working with children, adolescents, and adults with wide range of mental health concerns (Therapy & Assessments in areas of Clinical/Counselling)
- Experienced with providing consultation to professionals who are caring for high-risk youth
- Experienced in working with First Nations and Inuit populations

Summary of Skills and Experiences

- Skilled in offering a full range of clinical psychological assessment
- Skilled in offering comprehensive psychotherapy services for children & adolescents, adults, couples, and families.
- Skilled in administering and interpreting a wide battery of assessment tools and tests
- Skilled in working with clients who are coming from different cultural settings, and able to communicate and provide services in different languages
- Skilled in providing behavioural consultation to school and residential treatment facilities for high risk adolescents.
- Expert in clinical psychology and able to give opinion evidence in the area of therapeutic counselling and providing recommendations from such counselling sessions

Professional Affiliations

College of Alberta Psychologists 5416

Psychologists' Association of Alberta 2023

Relevant Employment History

Registered Clinical/Counseling Psychologist

ARCH Psychological Services

2017– Present

Edmonton, AB, Canada

- Working with various populations of clients in an out-patient environment (Edmonton, Alberta) - providing individual, couples, and family therapy and assessments.
- Working with youth and trained staff members in an in-patient environment (High Prairie, Alberta) for a residential treatment of youth experiencing significant symptoms of mental, emotional, and behavioral disorders.
- Working with First Nations staff members and youth in an in-patient environment (High Prairie, Alberta) and acquiring in-depth cultural knowledge by participating in various cultural activities such as smudges and talking circles.
- Providing therapy for various concerns, such as severe trauma, depression, anxiety, substance abuse and other behavioral concerns.
- Providing various assessments, such as neuropsychological, psycho-educational, PDD/AISH, and parenting assessments.

Childcare Counselor

CASA House

December 2016 - 2017

Sherwood Park, AB, Canada

- Worked with a multidisciplinary team to provide treatment for adolescents with suicidal ideation, depression, anxiety, eating disorders, gender confusion etc.
- Mediated conversations between adolescent and caregiver(s) that promoted healthy relationships Discussed effective parenting strategies with the legal caregivers of the adolescents.
- Attended weekly meetings and completed progress reports for the adolescents under my caseload.

Classroom Behaviour Specialist

CASA Adolescent Day Program/Child Day Program

September 2016 – Present

Edmonton, AB, Canada

- Implemented individual treatment/education plans for children diagnosed with various learning disabilities and or developmental delays

Teaching Assistant

University of Windsor

September 2012 – April 2012

September 2014 – April 2014

Windsor, ON, Canada

- 2012 – Professor Dr. Marcia Gragg (Behaviour Modification 400-level course)
 - Proctored and graded exams, graded assignments and term papers
 - Assessed and consulted with students as they completed their practicum hours
- 2014 – Professor Dr. Ken Cramer (Introductory Psychology 100-level course)
 - Proctored and graded exams
 - Acted as a lab instructor where I created and taught information about the course to students

Day Program Disability Support Worker

Mira Facilitation Centre

2012

Edmonton, AB, Canada

- Provided direct support to individuals with Down Syndrome and facilitated their access to various community programs and inclusion activities

Interventionist

Centre for Autism Services Alberta

May 2011 – June 2012

Edmonton, AB, Canada

- Provided one-on-one instruction to children and adolescents diagnosed with Autism Spectrum Disorder.
- Educated higher functioning clients on skills necessary for independent living.
- Led camps and community outings for 15 children between the ages of 5-12.
- Educated families about the causes and prognosis of Autism.
- Conducted planning meetings for 6 clients between the ages of four and 16.
- Challenged each client to increase their vocabulary, strengthen receptive knowledge and decrease rigidity

Child and Youth Care Worker

Catholic Social Services Edmonton

May 2007- April 2011

Edmonton, AB, Canada

- Worked in residential homes with children and youth diagnosed with Fetal Alcohol Spectrum Disorder, Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder, Post-traumatic Stress Disorder, Reactive Attachment Disorder and Major Depression.
- Performed client in-take interviews and follow-up case conferences.
- Conducted informal counseling and registered the clients in school and extracurricular activities.
- Wrote Critical Incident Reports and Suicide safety plans for “at-risk” clients as well as dealt with self-harm behaviour (e.g., cutting) and implemented appropriate consequences for misbehaving.
- Attended Aboriginal meetings monthly in order to be the Aboriginal representative at the residential treatment facility.

**Independent Contractor -
Research & Writing Academic Material**

Concordia University College of Alberta

May 2009 – December 2009

Edmonton, AB, Canada

- Worked under the direction of Dr. Annabel Evans and Dr. Bryan Rooney
- Researched academic articles that utilized particular statistical techniques
- Summarized articles by categorizing the research problem, hypothesis, assignment of participants to groups, independent/dependent variable(s), experimental design, statistical analysis, results and conclusions.
- Formulated multiple choice questions associated with particular academic articles and statistical techniques.

Teaching Assistant Field Placement

Concordia University College of Alberta

Sept 2007 – Apr 2008

Edmonton, AB, Canada

- Acted as a teaching assistant one day per week for eight hours as part of the Child and Parent Head Start Program for children ages 3-5 from low income families.
- Assisted in writing lesson plans and provided one-on-one support to children who are

- cognitively and/or socially delayed.
- Constructed and led various games that facilitated the understanding of English and mathematics. Implemented appropriate consequences to children who were misbehaving (e.g., time-out).

Expert Witness Experience

J.O Vs Alberta (CFSA), Provincial Court, Grande Prairie

June 2019

Permanent Guardianship Order

- Provided expert testimony regarding child and adult psychology, as well as adult individual therapy in a parenting matter.

J.L Vs Alberta (CFSA), Provincial Court, Grande Prairie

February 2020

Permanent Guardianship Order

- Provided expert testimony regarding child and adult psychology, as well as adult individual therapy in a parenting matter.

S.R Vs Alberta (CFSA), Provincial Court, Grande Prairie

August 2020

Permanent Guardianship Order *Judge: M.B. Golden, Grande Prairie.*

- Provided expert testimony regarding child and adult psychology, as well as individual youth and family therapy in a parenting matter.

Clinical Internship

University of Windsor

January-August 2014

Child Clinical Assessment

Windsor, ON, Canada

- Provided diagnostic psychological assessments to five children between the ages of 6-12 under the supervision of Dr. Catharine Lee.
- The psychological assessments included interviews with the primary caregiver(s) and the child, intellectual and personality assessments; and feedback to the caregiver(s) on the results of the assessment.
- Had experience working as part of a team with my supervisor, student advisor and other colleagues in determining and implementing appropriate treatment plans.
- Responsible for maintaining clinical records for individual sessions and assessments.

University of Windsor

January-June 2014

Child Therapy

Windsor, ON, Canada

- Therapy Practicum under the supervision of Dr. Roseanne Menna
- Provided Cognitive Behavioural Therapy (following the Coping Cat program as a guideline) for 12 weeks to a 13-year-old boy who was previously diagnosed with anxiety and depression.
- Made adaptations to the Coping Cat program to more accurately address the goals of treatment for this individual client. Had meetings with both mother and child along with my therapy supervisor to discuss progress reports.
- Responsible for maintaining clinical records for individual sessions and progress reports.

Education

M.A Degree in Child Clinical Psychology 2015
University of Windsor Windsor, ON, Canada

- Thesis: *Stress-related growth of parents raising children diagnosed with autism*
<http://scholar.uwindsor.ca/etd/5315/>

Bachelor of Arts with High Distinction 2009
Concordia University College of Alberta Edmonton, AB, Canada

- Major: Psychology (Applied Emphasis)
- Minor: Sociology

Training/Workshops

Training: EMDR Therapy 2018
Eye Movement Desensitization and Reprocessing Therapy Sherwood Park, AB, Canada

Workshop: Foundation of caregiving 2018
CFSA Grande Prairie Edmonton, AB, Canada

- Addressing intergenerational trauma in Aboriginal population from a mental health perspective.

Therapeutic Crisis Intervention Certification 2016
Aboriginal Awareness Workshop Sherwood Park, AB, Canada

Volunteer activity

**Experienced Community Life as Treatment
for Individuals with addictions** January 2017- May 2017
Edmonton, AB, Canada

- Conducted informal interviews regarding the effectiveness of this treatment from individuals who were part of the community from 6 months to 2 years.
- Attended meetings on the appropriate stages of developing a community with the purpose of treatment
- Discussed possible tools to educate incoming clients to foster adaptive coping.
- Interviewed clients prior to their admission to St. Philomena House.

Provide Hospitality September 2016 – Present
Marion Centre Edmonton, AB, Canada

- Serve food and talk to the “Brother Cristophers” during the lunch hour
- Provide physical necessities of life when requested and if available

Childcare for Children with Autism
Summit Centre for Preschool Children with Autism

January 2013 – May 2015
Windsor, ON, Canada

- Provided one-on-one support for children with autism between the ages of 3-6 whose parents were being trained in Applied Behavioural Analysis (ABA)

References and Documentation Available Upon Request

