



# Psychological Services

**Lucretzia Appavoo**

(BSc., M.C, Registered Provisional Psychologist)

Edmonton (in person and online)

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## Summary

Registered Provisional Psychologist practicing under the supervision of Hilda Huj (M.A., R. Psych) at ARCH Psychological Services.

## Summary of Skills and Experiences

- Experienced in working with children, adolescents, adults, families, and couples, utilizing a range of therapeutic modalities to address various psychological concerns.
- Provide treatment and support for PTSD, anxiety, depression, and other mental health disorders.
- Fluent in English and French.

## Professional Affiliations

College of Alberta Psychologists

P7989

## Relevant Employment History

**Registered Provisional Psychologist**

Oct 2024 – Current

ARCH Psychological Services

- Psychotherapy services for children, adolescents, adults, couples, and families.
- Providing various assessments, such as psycho-educational, comprehensive psychological, PDD/AISH and Motor Vehicle Accident Assessments.

**Mental Health Therapist**

Apr 2024 – Aug 2024

BIPOC Healing and Wellness Centre

- Provided individual and group therapy to marginalized and racialized individuals with a variety of mental health concerns including trauma, abuse, and personality disorders.
- Wrote client notes, created treatment plans, conducted suicide risk assessments, managed crisis situations, and provided psychoeducation and career counselling for clients.

**Intern Therapist**  
BIPOC Healing and Wellness Centre

Sept 2023 – Mar 2024

- Provided individual and group therapy to marginalized and racialized individuals with complex mental health concerns including trauma, abuse, and racial newcomer health.
- Wrote detailed client notes and treatment plans, completed risk assessments and managed crisis situations.

**Active Listener**  
7 cups (online)

Feb 2020 – Present

- Provided peer support and emotional support through the use of active listening for individuals in need.
- Conducted crisis intervention for individuals who were at risk of self-harm.

## Education

**Master of Counseling - Counselling Psychology**  
City University of Seattle, Alberta, Canada

Oct 2022 - June 2024

**Bachelor of Science, Major in Biological Sciences**  
University of Alberta, Canada

Sep 2015 - Jun 2020

- Enrolled in Major Psychology and Minor Economics

## Training/Workshops/Scholarships

CPR & AED / Lifesaving Society

Jul 2014

Play Therapy Sample Platter: An Overview of Different Models / Institute of Child Psychology

May 2024

EMDR Basic Training / Thrive Training and Publications

May 2024

Alberta Opioid Dependency Treatment (ODT) / Alberta Health Services

Jan 2024

Suicide Prevention, Risk Assessment & Management / Alberta Health Services

Jan 2024

LivingWorks Start / LivingWorks / Suicide Prevention

Mar 2023

Trauma-Informed Care (TIC) / Alberta Health Services

Apr 2023

Improving Cultural Competency for Behavioral Health Professionals / Think Cultural Health

Apr 2023

## **References and Documentation Available Upon Request**