

Lynne M. Kostiuk, Ph.D.

Registered Psychologist

Owner & Director of Aspirations Counselling & Training

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As an owner, Lynne is committed to an intake process that assesses clients' therapeutic needs in order to make the most appropriate therapist-client connection. Lynne is also responsible for creating various contracts to support employees and their families with local, provincial, and federal businesses. She supports her team in organizing events and creating opportunities to build awareness in the community of various psychological issues and the services offered at Aspirations Inc.

In her practice, Lynne considers individual, couple and family issues from a holistic viewpoint. Her non-judgmental approach creates safety within the therapeutic relationship, which enables clients to embark upon a personal journey towards wellness. Lynne is especially interested in facilitating personal growth for children/adolescents, couples and individuals. Her special interests include development of self, emotional distress, trauma, bereavement/loss, pre & post-pregnancy adjustment and relationship dynamics. She has had specialized training in hypnotherapy & hypno-birthing, play and sandplay therapy as well as Sensorimotor Psychotherapy for the Treatment of Trauma.

Ian S. Cowie

Marketing Strategist & Creative Designer

Owner & Director of Marketing

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As an owner, Ian is responsible for seeking out relevant topics that impact everyday people in society today. His quest is to find creative outlets for these topics to be heard by the Greater Edmonton Area Communities. The intent of these efforts is to offer opportunities for individuals to gain a better understanding of themselves and their families and to promote the overall wellness of Albertans.

Ian makes connections with other professional services for the purposes of marketing the services offered at Aspirations Inc. His creative talents have led to the creation of our print marketing materials as well as various murals within our on-site child care service. He has also supported the company by maintaining the care of our building.

Rosalyn Fung, M.Sc.

Marital & Family Therapist

Registered Psychologist

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Rosalyn specializes in Marital and Family Therapy, and has thorough knowledge of family dynamics. She works from a strength-based approach and believes people are resourceful and resilient. She believes strongly in working collaboratively with clients to discover new perspectives by holistically exploring and creating awareness of clients' inner strengths and solutions through their own mind, body and spirit. She considers a genuine therapeutic relationship to be of utmost importance for healing, growth and change.

Rosalyn is passionate in her work with children, adolescents, adults, couples, and families. She welcomes a various range of issues including: work/life balance, parenting, life transitions, self-esteem, anxiety, depression, grief, anger, addictions, sexual (lesbian, gay, and bi-sexual), transgender, and family-of-origin issues. She has special interest in Asperger's Syndrome and Autism.

Rosalyn has specialized training in Hakomi, Sensorimotor Psychotherapy, Sandplay Therapy and Play Therapy.

**Samantha Pekh, M.A.,
Registered Psychologist**
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As a therapist, Samantha brings a warm and accepting presence to her counselling work with her clients and their families, putting them at ease and creating an environment in which they feel validated and encouraged to work through life difficulties and towards self-development. She takes a collaborative approach and empowers her clients to draw on their strengths and to implement effective problem-solving and coping skills, thus leading to emotional balance and healing.

Samantha works with children/adolescents, individuals, families, and groups. She has a special interest in the areas of self-esteem & personal growth, depression, anxiety, past & recent (acute) trauma issues, grief & loss, suicide bereavement, parenting difficulties, and family-of-origin issues. She also has extensive training and experience in play and sandplay therapy and attachment-based approaches, as well as trauma resolution techniques (EMDR) to facilitate personal growth and/or family relationship enhancement goals.

Samantha also provides clinical and diagnostic assessment services in the areas of: academic underachievement and learning difficulties, cognitive and intellectual functioning, executive functioning, emotional and behavioural problems, adaptive behaviour skills, and functional behavioural analysis. These services, when requested, include a comprehensive report outlining the results and recommendations, in addition to consultation meeting(s) to discuss the results and their implications.

**Renata Logan, M.Sc.,
Registered Psychologist**
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Drawing from a person-centered, strength-based approach, Renata's therapeutic style is described as patient, empathetic, collaborative, and connective. Her warm, genuine manner invites clients to openly share their living stories with her as they transition through the many challenges that life's mystery may present.

Basing her work in a holistic frame, Renata believes that the source for healing or positive, lasting change is rooted in the mind-body-spirit triad, as well as the individual-family-community connection. Her overlying focus is to assist clients of all ages and histories in 're-authoring' their life stories; that is, to access those resources that may guide them towards improved daily life functioning and overall well-being, as well as towards more healthy relations with their supportive others. She achieves this using a variety of treatment modalities, tailoring the therapeutic experience to best match each client's needs at any given point in therapy.

Although her training and experience has focused on marital and family therapy, she also carries special interest in the following areas: grief/bereavement/loss, adjustment difficulties, body image and eating disorders; issues of sexual identity and expression; relational and boundary issues; depression and anxiety, work-life balance and stress-related issues, and personal growth/transition across the lifespan.

**Linda Bao, M.S.W.,
Registered Social Worker**
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Working from a person-centered and strengths-based approach, Linda believes in the importance of honouring her client's inherent strengths and their ability to create change in their lives. Warm, compassionate, and nonjudgmental, the essence of Linda's work is her ability to create a safe and trusting therapeutic relationship with her clients, which builds the foundation for effective counselling. Throughout the self-change process, Linda is committed to playing the role of collaborator, advocate, resource facilitator and support system. As a social worker, she also considers factors outside the individual, such

as social structures and systems that may play a part in her client's issue. Dedicated to providing her clients with the highest-quality service possible, Linda infuses both heart and professionalism into her work.

Linda has over 8 years of crisis counselling experience, extensive experience in solution-focused therapy, and specialized training in suicide bereavement counselling. Linda welcomes adults, couples, and adolescents. She offers support in the areas of loss and grief, self-esteem, depression and anxiety, boundary setting, anger management, relationship stress, and life transitions.

**Jennifer Thomson, B.S.W., M.Ed.,
Registered Social Worker & Canadian Certified Counsellor**
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Jennifer works as a developmental counselor and enjoys encouraging ideas for change with her clients. Her experience includes supervising a crisis counselling program, which has fine-tuned her skills as a Solution-Focused Professional. Knowing that clients often want short-term care, Jennifer's brief therapy keeps the focus on client goals, and provides hope and motivation.

Jennifer is strength-based, creative and quick to understand her clients' concerns. As a social worker, she assists with loss and grief issues, unexpected crisis, personal transition and family support. She concentrates on maintaining stability, increasing capacity and healthy coping strategies. She welcomes clients who want to develop relationship skills, personal boundaries, physical wellness, social connections, mental fitness, and overall wellbeing.

**Joanna Zieminski, M.A.,
Provisionally Registered Psychologist**
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Joanna gained 5 years of clinical experience following her Master's Degree in Psychology that she obtained in Poland. Joanna has completed an additional 3 year program in Cognitive - Behavioural Therapy (CBT) and is a certified CBT therapist. She strongly believes that our thoughts influence our moods, behaviours, and perceptions in any situation. She supports her clients in learning and practicing new strategies and techniques to deal with stress in all of its manifestations and to regain control of their life. She specializes in treating anxiety disorders and depression and has experience dealing with behavioural issues of school age children through the 5 years she worked as a school psychologist in Poland. Since her move to Canada, she has spent several years supporting children and their families dealing with Autism Spectrum Disorders.

She offers her services in English and Polish.

Po uzyskaniu tytułu magistra psychologii na Uniwersytecie Śląskim w Katowicach, Joanna przepracowała 5 lat nabierając doświadczenia jako psycholog kliniczny. Joanna ukończyła również 3 letni program podyplomowy w zakresie psychoterapii poznawczo-behawioralnej i jest certyfikowanym terapeutą poznawczo-behawioralnym. Zgodnie z zasadami tej terapii, Joanna głęboko wierzy, że nasze myśli wywierają decydujący wpływ na nasze nastroje, zachowania i interpretacje sytuacji, w których się znajdujemy. W swojej pracy Joanna wspiera swoich klientów w poznawaniu i późniejszym stosowaniu nowych technik i strategii radzenia sobie ze stresem we wszelkich jego objawach by umożliwić im odzyskanie kontroli nad własnym życiem. Joanna specjalizuje się w leczeniu zaburzeń lękowych i depresji. Przepracowawszy 5 lat jako psycholog szkolny w Polsce, Joanna ma również doświadczenie w pracy z dziećmi w wieku szkolnym z zaburzeniami zachowania.

Po przeprowadzce do Kanady, Joanna spędziła kilka lat pracując z głęboko zaburzonymi dziećmi autystycznymi i z ich rodzinami.

Joanna oferuje swoje usługi w języku polskim i w języku angielskim.

Lubna Zaeem, M.Ed.,
Provisionally Registered Psychologist
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Lubna brings an excellent academic track record and 5 years of diverse counselling experience. She has completed a Masters in Educational Psychology, as well as a Post-Graduate Certificate in counselling psychology. Lubna uses a client-centered approach drawing from Solution Focused and Cognitive Behavioral therapies to work with clients from diverse cultures and age groups.

Her own life experiences as an immigrant has led her to spend considerable time working within the community providing hope and support to people with difficulties. She has counseled individuals with a range of problems including depression, domestic violence, life transitions and grief. Due to her special interest and vast experience with immigrant population, particularly adolescents, she possesses a deep insight into immigrant issues including the social and cultural challenges they come across while parenting in Canada.

She provides services in English, Urdu, Hindi and Punjabi languages.

Nicole Perry, M.A.,
Provisionally Registered Psychologist
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Nicole Perry believes in helping clients recapture the positive power in their lives by re-examining their dominant narratives. She works from a feminist counselling perspective, and specializes in working with those who have experienced abuse, trauma, and loss, as well as those experiencing relationship issues and difficult life transitions. Nicole believes in an open, mutual learning process, and ultimately that the client knows what's best for her/him. She also believes in looking at problems in context and attending to barriers. LGBTQ clients welcome.

Nicole has over 5 years of crisis counselling experience as well as experience in longer-term therapeutic work. She provides a holistic healing experience using a variety of modalities (including art and movement). She believes in the importance of the client-counsellor relationship and above all in being a genuine, non-judgmental advocate and supporter.

To learn more about Nicole, [CLICK HERE](#) to view her personal website.

Kjariene Kasa, M.A.,
Provisionally Registered Psychologist
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Kjariene Kasa appreciates working with individuals to rediscover their strengths through connecting in healthy ways in a positive, warm, and safe space. Through her work, Kjariene creates authentic healing connections with individuals and encourages individuals to share their stories. Kjariene believes that clients have a wonderful potential to grow, and she works collaboratively with clients to work towards their true potential. Kjariene welcomes adults, couples, and adolescents to work with her in the experience of counselling.

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