

A GUIDE TO ALBERTA'S
CERTIFIED SEX ADDICTION
THERAPISTS (CSAT)

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Certified Sex Addiction Therapists (CSAT)

Sex addiction, like any addiction, is a complex brain disease involving a loss of control over otherwise healthy or harmless behaviours. Like a river that has veered off course, people suffering from sex addictions may feel like it's impossible to get their lives back on track – but help is available.

Just as it takes a team of specialists to redirect the course of a river, it takes therapists with specialized training to help someone overcome a sex addiction.

This guide is a list of CSAT professionals in Alberta: therapists with training in evidence-based programs proven to help people overcome their addiction and improve their relationship with their partner. Please make contact if you think you or someone you know might have a sex or pornography addiction.

CSAT training is supported by Alberta Health Services and the Norlien Foundation's Alberta Family Wellness Initiative. Inclusion of therapists in this directory indicates participation in the CSAT program but is not an endorsement by either organization.

Kim Busch

MA, RPsych, CSAT

CALGARY COUNSELLING CENTRE

#200, 940 – 6 Ave. S.W.

Calgary Counselling Centre offers counselling for individuals, families, and couples for a wide range of problems. Kim Busch has special training in dealing with sex addiction that may include pornography, chat rooms, risky sex behaviours, and other addictive sexual acts. She provides testing to help identify the presence of an addiction and other areas that may show up as a concern in addiction treatment. She also helps rebuild relationships after an addiction or problem has become apparent in a relationship.

HOURS: Mon – Thu, 9:00 a.m. – 7:00 p.m.

PHONE: 403-691-5985

EMAIL: kim.busch@calgarycounselling.com

Gary Gerber

MA, CSAT

124 – 20 Ave. N.E.

Gary Gerber is a marriage and family therapist working with couples, individuals, and families. He is a certified sexual addiction therapist, specializing in sex addiction with an emphasis on trauma reduction, spirituality, and the utilization of the 12 Step Program. His experience includes readjusting after death or leaving, treating attention deficit disorder in children and adults, and workplace bullying. He has training in Jungian psychology and eye movement desensitization and reprocessing (EMDR). He is also an accredited instructor for the Prevention Relationship Enhancement Program. His working hours can be flexible to suit individual schedules.

HOURS: Mon – Thu, 9:00 a.m. – 5:00 p.m.

PHONE: 403-270-8824

EMAIL: garygerber@telus.net

Lynne Goertzen

RPsych, CSAT

#105, 2003 – 14 St. N.W.

Lynne Goertzen provides counselling for families, couples, adults, and adolescents who are navigating transition, change, and challenges in their lives. Areas of focus include trauma and abuse, addictions (substance abuse, sex addiction, and disordered eating) and relationship concerns. She also offers support in addressing anger management, anxiety, depression, divorce, self-esteem, stress, and separation.

Her approach is collaborative and strength-based, utilizing both solution-focused and narrative theory, as well as cognitive behavioural therapy (CBT) strategies. She offers eye movement desensitization and reprocessing (EMDR), clinical hypnosis, and brainwave entrainment as adjuncts to therapy. She is also trained in rapid trauma resolution therapy and is an approved First Nations and Inuit Health Branch provider for treaty-status clients.

HOURS: Mon – Thu, evenings and Saturdays

PHONE: 403-630-7595

EMAIL: lynne.goertzen@gmail.com

WEB: www.lynne-goertzen-counselling.com

Joanna Jewell

MA, RPsych, CSAT

#620, One Executive Place

1816 Crowchild Tr. N.W.

Joanna Jewell provides couple, family, group and individual therapy for a range of issues, including co-dependency, eating disorders, relationship issues, and sexual addiction. She also offers career counselling and treatment programs for eating disorders that are faith-based compatible. She uses a bio-psycho-social-spiritual approach, incorporating cognitive behavioural therapy (CBT), emotionally focused therapy (EFT), family systems, and psychodynamic and task-centred approaches to direct and support clients' healing change processes.

HOURS: Weekdays, evenings, Saturdays

PHONE: 403-397-9925

EMAIL: joannajewell@gmail.com

WEB: www.jewellcounselling.com

Suzie Le Brocq

ICAADC, ICCDPD, CSAT

LE BROCCQ COUNSELLING & LIFE SERVICES

#307, 1615 – 10 Ave. S.W.

Suzie Le Brocq works within a cognitive-behavioural model, focusing on the relationship between a person's thinking, emotions, and behaviours. Le Brocq takes a trauma-informed approach and has a good understanding of the 12 Steps. Treatment includes co-dependency, family interventions, and couple, individual, and family counselling; continuing care, group therapy, and sex addiction. She was trained in both the United Kingdom and North America. Le Brocq's career in the field of addiction and eating disorders has taken her to Europe, North America, and the South Pacific. She has a broad understanding of a number of different treatment modalities and methodologies.

HOURS: By appointment

PHONE: 403-770-9595

EMAIL: suzie@lifeservices.ca

WEB: www.lifeservices.ca

MJ MacLeod

MA, RPsych, CSAT

#204, 1982 Kensington Rd. N.W.

MJ MacLeod offers assessment, counselling, and referral services for families and individuals who are impacted by addictions, such as alcohol, drugs, gambling, or sex. She conducts interventions in the community and provides counselling to individuals with adult ADHD, anxiety, depression, and trauma.

HOURS: Mon – Fri, 9:00 a.m. – 7:00 p.m.

PHONE: 403-289-0056

EMAIL: mjmac@nucleus.com

WEB: www.calgaryaddictiontherapist.ca

Michael McKernan

MSW, CSAT

#39, 2526 Battleford Ave. S.W., Currie Barracks

Michael McKernan has 33 years' experience in community practice, psychology, and psychiatry. His services include individual and relationship counselling; working with addictions, anxiety, depression, and trauma; and growth-focused psychotherapy. McKernan works with men's issues and spirituality through body-focused psychotherapy, cognitive behavioural therapy (CBT), dream work, eye movement desensitization and reprocessing (EMDR), hypnosis, mindfulness training, and meditation. He specializes in helping couples and individuals discover opportunities to grow through the experience of crisis and struggle.

HOURS: Tue – Fri, days; Tue – Thu, evenings

PHONE: 403-270-8881

EMAIL: mckernan.cal@shaw.ca

WEB: www.counsellingincalgary.com

Jocelyn Monsma

MSW, RSW, CSAT

#405, 1333 – 8 St. S.W.

Specializing in the treatment of addiction, through a *Continuing Care* program, with over 30 years of practice experience. Supporting individuals and families who suffer from the emotionally painful consequences of addiction to alcohol, drugs, gambling, food, sex, and pornography. With a caring team of professionals to assess, intervene, and provide individual, couple, family, and group therapy, all clients receive therapeutic support to develop a solid, long term recovery plan while understanding the emotional consequences of living with addiction and generating healthy new coping skills to promote emotional resilience.

HOURS: Mon, Thu, Fri, 8:30 a.m. – 6:00 p.m.; Tue, Wed, 8:30 a.m. – 9:15 p.m.

PHONE: 403-290-1805

EMAIL: jocelyn@jocelynmomsma.com

WEB: www.monsmacounselling.com

Tara O'Sullivan

MSW, RSW, RMFT, CSAT

Calgary

Tara O'Sullivan is a clinical social worker, and family and relationship therapist. Her practice spans 35 years and includes work with adolescents, adults, children, and families. She is a clinical member and approved supervisor with the Alberta Association of Marriage and Family Therapy, as well as an eye movement desensitization and reprocessing (EMDR) and trauma specialist. Her interests include alternative approaches to mental health, attachment injury and complex trauma, co-dependency, family and partner recovery, mood and eating disorders, self-trust and self-betrayal, and understanding the impact of narcissism and other Cluster B traits. Tara authored *The Hologram Healing System* – an integrative energy healing modality, which considers addictions, co-dependence, dissociation, and trauma within an energy anatomy framework.

HOURS: Mon – Fri, 8:30 a.m. – 5:30 p.m.

PHONE: 403-270-8881

EMAIL: tosullivan@shaw.ca

Jennifer Thibodeau

MSW, RSW, Clinical Social Worker, CSAT-Supervisor

Calgary & Lethbridge

LifeStar Alberta offers a three-phase outpatient treatment program designed to help addicts and their partners who are adversely affected by pornography addiction and other sexually compulsive behaviours. The phases are specifically designed to uncover and heal patterns that create and sustain addictive behaviours. Appointments for individual and couple counselling are also available. Jennifer Thibodeau is trained in emotionally focused therapy (EFT) and eye movement desensitization and reprocessing (EMDR).

HOURS: Mon – Sat, days and evenings

PHONE: 403-328-7447; 1-855-328-7440

EMAIL: lifestaralberta@gmail.com

WEB: www.lifestaralberta.com

Steven Thibodeau

PhD, AAMFT, MSW, RSW, Certified Marriage & Family Therapist, Clinical Social Worker – Supervisor, CSAT-Supervisor

Calgary & Lethbridge

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PHONE: 403-328-7447; 1-855-328-7440

EMAIL: lifestaralberta@gmail.com

WEB: www.lifestaralberta.com

Stephanie Wellings

BSW, MSW, RSW, CSAT

HUMANITY FIRST COUNSELLING

796 Coach Bluff Cres. S.W.

For many years, Stephanie Wellings has worked with people who are overcoming their addictions to alcohol, drugs, gambling, and sex. Her principal purpose is to assist people in dealing with the traumas that may have triggered their addictions and help them through their recovery process. This includes treating anxiety, depression, grief, and loss. She is a certified sex addiction therapist and trained in eye movement desensitization and reprocessing (EMDR).

HOURS: By appointment, days and evenings available

PHONE: 403-228-4101

EMAIL: swellings@shaw.ca

Harold Glass

MSW, RSW, Clinical Social Worker, CSAT

#501, 10158 – 103 St.

Harold Glass offers marital and family counselling, and assesses and treats alcohol and substance abuse, and sexual addictions. Glass has extensive experience assessing and treating employees in safety-sensitive positions. Much of his work has been in the area of providing counselling, critical incident stress debriefing, and workshops for employee assistance programs. He is an approved provider of counselling services to Treaty Status Indians through First Nations and the Inuit Health Branch.

HOURS: Weekdays, some evenings may be arranged

PHONE: 780-944-0321

EMAIL: hglass@ohiinc.ca

Robert Kaminsky

MC, RPsych, CSAT

RECOVERY ON PURPOSE

#900, 10665 Jasper Ave.

Recovery On Purpose provides individual, couple, and group therapy for addictions and a variety of therapeutic interventions. Robert Kaminsky has specialized training in sexually compulsive behaviours. Priority is given to crisis situations. His goal is to alleviate the immediate crisis and foster recovery management. He believes restoration of self and relationships are paramount to successful therapy. He welcomes both professional and self referrals.

HOURS: Mon – Fri, 5:00 p.m. – 9 p.m.; Sat, noon – 4 p.m.

PHONE: 780-686-7018

EMAIL: info@recoveryonpurpose.com

WEB: www.recoveryonpurpose.com

Cindy King

MC, CSAT

ALBERTA HEALTH SERVICES ADDICTION AND MENTAL HEALTH
10010 – 102A Ave.

Addiction Services Edmonton provides young adult and adult outpatient treatment for concerns related to alcohol and other drugs, concurrent sex addiction, and gambling.

HOURS: Mon – Fri, 8:00 a.m. – 5:00 p.m. by appointment

PHONE: 780-427-2736

EMAIL: cindy.king@albertahealthservices.ca

JoAnn McCartney

MC, CSAT

JOMC COUNSELLING SERVICES LTD.

#203, 10222 – 140 St.

JoAnn McCartney works predominantly with individuals who are leaving behind an assortment of addictions and illegal behaviours. McCartney helps people who want to deal with the traumas underlying their behaviours, so that they can move forward and be more productive. She has experience with crime and victimization, exploitation, intimate partner violence, sexual abuse, the legal system, and womens' issues. She also has a masters degree in counselling and is certified through the Canadian Counselling and Psychotherapy Association.

HOURS: Mon – Thu, 9:00 a.m. – 6:00 p.m. or by appointment

PHONE: 780-945-7964

EMAIL: mccartneyj@shaw.ca

Debbie O'Neil-Nugent

BScN, RN, CSAT

Edmonton

PHONE: 780-700-7056

EMAIL: nurseratchett8@hotmail.com

Christina Schmolke

RPsych, CSAT

#304A, 11523 – 100 Ave. N.W.

Christina Schmolke is a registered psychologist who specializes in sex and love addiction, as well as other addictions and mental health concerns. She is a certified sex addiction therapist who is currently pursuing a certification in somatic experiencing (a body-based approach for healing trauma).

HOURS: By appointment

PHONE: 780-239-3344

EMAIL: psychologistchristina@shaw.ca

WEB: www.sexaddictionrecoveryedmonton.com

Craig Staniforth

BA, ASAT

ALBERTA HEALTH SERVICES ADDICTION AND MENTAL HEALTH

Edmonton

Craig Staniforth's sex and substance abuse addiction services include assessment, follow-up, referral, and treatment.

HOURS: By appointment

PHONE: 780-644-5395

EMAIL: craig.staniforth@albertahealthservices.ca

Deena Workun

CSAT

ALBERTA HEALTH SERVICES ADDICTION AND MENTAL HEALTH

10010 – 102A Ave.

Deena Workun's treatment approach draws on multiple modalities and integrates biological, psychological, and social theories of addiction. Her services include individual treatment with the option of additional group support. As a therapist, she strives to provide a safe and respectful environment for clients to attain an abstinent lifestyle, and develop the foundation for personal and interpersonal wellbeing.

HOURS: Mon – Fri, 8:00 a.m. – 4:00 p.m.

PHONE: 780-422-2024

EMAIL: deena.workun@albertahealthservices.ca

Grande Prairie

Frank M. Winsor

MA, BRS, CSAT

10005 – 97A St.

Frank Winsor works with couples, families, groups and individuals. He offers counselling for addictions, anger, anxiety, depression, eating disorders, grief, marriage, sexual abuse, and stress.

HOURS: Mon – Fri, 9:00 a.m. – 5:00 p.m.

PHONE: 780-539-5225

EMAIL: frank@burdenbearersgp.com

WEB: www.burdenbearersgp.com

Jennifer Thibodeau

MSW, RSW, Clinical Social Worker, CSAT-Supervisor

Calgary & Lethbridge

LifeStar Alberta offers a three-phase outpatient treatment program designed to help addicts and their partners who are adversely affected by pornography addiction and other sexually compulsive behaviours. The phases are specifically designed to uncover and heal patterns that create and sustain addictive behaviours. Appointments for individual and couple counselling are also available. Jennifer Thibodeau is trained in emotionally focused therapy (EFT) and eye movement desensitization and reprocessing (EMDR).

HOURS: Mon – Sat, days and evenings

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EMAIL: lifestaralberta@gmail.com

Web: www.lifestaralberta.com

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HOURS: Mon – Sat, days and evenings

PHONE: 403-328-7447; 1-855-328-7440

EMAIL: lifestaralberta@gmail.com

WEB: www.lifestaralberta.com

Stephanie Caras

MA, CSAT

ALBERTA HEALTH SERVICES ADDICTION AND MENTAL HEALTH
4920 – 51 St.

HOURS: Mon – Fri, 8:30 a.m. – 4:00 p.m.

PHONE: 403-340-5274

EMAIL: stephanie.caras@albertahealthservices.ca

Karen Landry

MA, CSAT

Red Deer

Karen Landry is a certified sex addiction therapist who provides sex addiction counselling to addicts. She offers a safe, non-judgmental environment that enables clients to work on their addictions. Psychoeducational work is one component of the counselling she offers.

HOURS: Mon – Tue, noon – 8:00 p.m.; Wed – Thu, 8 a.m. – 4:30 p.m.

PHONE: 403-348-1977

EMAIL: karen@destinycounselling.com

WEB: www.destinycounselling.com

K. Patrick McNulty

MA, CSAT

ALBERTA HEALTH SERVICES ADDICTION AND MENTAL HEALTH
Main Floor, Provincial Building, 104, 4920 – 51 St.

Patrick McNulty provides addiction services in Red Deer. He offers adult and youth outpatient treatments for concerns including alcohol and other drugs, gambling, as well as concurrent sexual addiction.

HOURS: Mon – Fri, 8:15 a.m. – 4:30 p.m.

PHONE: 403-340-5274

EMAIL: patrick.mcnulty@albertahealthservices.ca

WEB: www.albertahealthservices.ca / www.familyservices.ca



In 2010, Alberta Health Services and the Palix Foundation's Alberta Family Wellness Initiative identified a need for specialized support to treat sex addictions in Alberta. This partnership has helped Alberta's public and community-based addiction treatment providers, as well as private practitioners, develop clinical skills to better care for their clients.