



# One Tree Psychological

And Therapeutic Services

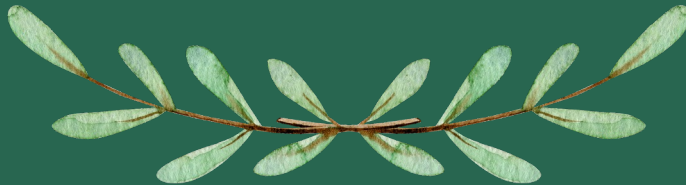


# Why One Tree?

Different species of the Aspen tree grow all over the world. All of the aspens trees within a forest share one connecting root system, making all of the aspens trees connected as if they were all one tree.

Families are made up of individual and unique members that are connected by their family roots. What happens to one member will always impact another; just as what happens to one tree will impact the others.

One Tree Psychological and Therapeutic Services believes that working with the family unit will ensure that all family members experience emotional and mental wellbeing.





# Our Team



*As a team, One Tree works with individuals and families to increase mental and emotional wellbeing.*

**Danyelle Lynch** - *Clinical Director, Registered Psychologist*

**Brittney Khalil** - *Registered Provisional Psychologist*

**Tara Murphy** - *Registered Provisional Psychologist*

**JC Page** - *Registered Professional Counsellor*

**Parker Pothier** - *Canadian Certified Counsellor*

**Nicole Pawlick** - *Counselling Therapist*

**Jocelyn Your-** *Counselling Therapist Intern*

**Lukas Hagstrom-** *Counselling Therapist Intern*

**Jody Esch** - *Certified Professional Brain Trainer*

**Chelsey Watson** - *Certified Professional Brain Trainer*

**Jalissa Endicott** - *Office Manager*



# Our Clinic

We are located at 214-13220 St Albert Trail NW, Edmonton







# Services we offer:

Individual Therapy

Couples Therapy

Family Therapy

Play Therapy

Sand Tray Therapy

EMDR

Neurofeedback



# What is Play Therapy?

Through play therapy, a child is given psychological distance from their problems, allowing them safety to express their thoughts and feelings, process their current struggles, experiment with different roles and endings, and learn emotional regulation and problem solving skills. In order to accomplish this, the therapist may introduce the child to various modalities including; storytelling, puppets, dramatic play, music, dance, sand play, art, board games, and sensory play (Axline, 1947; Carmichael, 2006; Landreth, 2002).



# Play Therapy & Autism

Play therapy is an effective tool for supporting children with autism as it utilizes the natural medium of play to help children express themselves, build social skills, and process their experiences. Play therapy can serve as a safe and supportive way for children with autism to explore their world, enhance their development, and build skills that will benefit them in everyday life.



- ❖ Improves social skills
- ❖ Enhances communication
- ❖ Reduces anxiety
- ❖ Increases emotional regulation
- ❖ Builds Flexibility and Adaptability
- ❖ Promotes problem-solving skills
- ❖ Fosters relationships and attachment
- ❖ Tailored to individual needs





Location  
**#214, 13220 St. Albert Trail  
NW Edmonton AB**

Join us for 3 sessions  
**Oct 23, 30 & Nov 6**

Time  
**5:30pm – 7:00pm**

Price  
**\$300**

*Compassionate Parenting*

# A Workshop for Parents of Children with Autism

**Find more joy and connection in your family life.**

Are you a parent of a child with autism, seeking more joy and less struggle in your family life? Join Jocelyn and Brittney at One Tree Psychological! Discover how self-compassion can help you reduce stigma, cultivate a kinder inner voice, and redefine your family goals towards more fun and connection.



For questions and registration, please email or call us.

[contact@onetreepsychological.ca](mailto:contact@onetreepsychological.ca) 780-886-5471

# What is Neurofeedback?



Neurofeedback is a non-invasive training technique that measures a person's brainwaves and provides real-time feedback about how the brain is functioning. It's a type of biofeedback that works with the brain and nervous system to help calm and regulate. Training can increase resilience by creating a relaxed calm in the body while also helping to achieve other goals.

We successfully help people who are struggling; emotionally; mentally; physically in their day to day lives. By calming and regulating the brain and nervous system through neurofeedback many symptoms can improve and be alleviated.



# Neurofeedback can help support those with Autism:

For children with autism, neurofeedback has been explored as a way to help improve symptoms such as emotional regulation, sensory processing, and behavior.



- ❖ Improves emotional regulation
- ❖ Enhances focus and attention
- ❖ Reduces hyperactivity & impulsivity
- ❖ Supports sensory processing
- ❖ Improves sleep patterns
- ❖ Promotes social engagement
- ❖ Non-invasive & Medication-free



# Contact Us

214, 13220 St Albert Trail NW, Edmonton

780-886-5471

[contact@onetreepsychological.ca](mailto:contact@onetreepsychological.ca)

[www.onetreepsychological.ca](http://www.onetreepsychological.ca)

