

Ms Shana Prinsloo
M.Sc., Clin Psych.
Clinical Psychologist



Health Professions Council Registration: **PYL042585**

Ms Shana Prinsloo is a licensed Clinical Psychologist currently working in a supervisory clinical role within a corporate setting. She has extensive experience in providing diagnostic assessments to individuals who are off work as a result of mental health concerns, as well as providing follow up treatment. Her clinical experience also includes working with individual, children, family, couples and group therapy within a private practice setting, as well as the performance of psychoeducational, neuropsychological and forensic assessments.

AREAS OF SPECIALISM

- Diagnostic assessments of individuals experiencing substance use concerns
- Diagnostic assessments of mental health concerns affecting functional capacity

PROFESSIONAL QUALIFICATIONS

2007 Master of Science in Clinical Psychology, University of Limpopo (Medunsa Campus)
2004 – 2006 Honours Bachelor of Arts in Psychology, University of South Africa (UNISA)
2000 – 2003 Bachelor of Arts in Psychology and Criminology, University of South Africa (UNISA)
Completed a theoretical course in HIV/AIDS Care and Counselling

PROFESSIONAL MEMBERSHIP

2023 – Present Health and Care Professions Council (HCPC)
2012 – Present College of Alberta Psychologists
2012 – Present Canadian Psychological Association
2008 – 2013 Health Professions Council of South Africa
2010 – 2012 South African Clinical Neuropsychology Association (associate member)
2010 Equine Assisted Psychotherapy Institute of South Africa

WORK HISTORY

2021 – Present **GreenShield Health (Inkblot Technologies), Director, Clinical Services**

- Oversight of our 1000+ counsellor practitioners delivering services virtually and in-person, ensuring to keep to delivery standards and contractual obligations.
- Development of evolving WorkHealth and Substance Use Program offerings and operations, including collaboration with corporate customers on customized programs, and continued building/managing a team of specialized practitioners to deliver to contract specifications.
- Building and managing treatment service offerings.

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- Oversight of EFAP, iCBT, Disability Management and Specialized Clinical Services and Training, as well as advisory/coaching services operations and quality including platform integration.
 - Accountable for clinical quality assurance reviews and implementation of changes and policies and procedures as needed to ensure compliance to delivery standards.
 - Supervision and oversight of Inkblot's iCBT program.
 - Act as subject matter expert on workplace mental health including participating in client events, finalist presentations, partner conversations and community/media opportunities.
 - Contribute to the sales and profitability requirements of the business as determined by the strategic plans. Development and delivery of specialised group trainings to both clinical and corporate audiences.

2020 – 2021**EQ Care (Telus Health), Virtual CBT Return-to-Work Program Lead**

- Clinical program lead for the virtual Cognitive Behavioural Therapy return-to-work program.
- Providing clinical consultation and oversight based on best practice standards to a large network of clinicians who deliver therapeutic services within the vCBT program.
- Delivering therapeutic services to clients who are off work or transitioning back into the workforce.
- Delivering therapeutic services through iCBT for client's experiencing anxiety, depression, trauma, and substance use concerns.
- Providing video and phone case consultation on complex mental health cases within a multidisciplinary team framework, to case managers and managers in individual and group settings.
- Individual and group consultative sessions with case managers and HR surrounding specific workplace situations that are likely to impact employee's mental health and wellness, as well as how to provide mental health support for employees.
- Virtual group trainings on mental health and wellness with education surrounding resources for self and others (colleagues and employees).

2012 – 2020**Homewood Health Inc, Clinical Manager**

- Supervising and managing a large clinical network of service providers, including psychologists and counsellors, for quality assurance purposes pertaining to diagnosis and treatment recommendations based on best-practice standards.
- Providing clinician consultation on complex mental health and addictions cases.
- Attending to corporate customer needs and questions regarding their employee's fitness to work.
- Attending customer meetings, both in an individual and group format, assisting with the management of disability cases. Meetings occurred in person as well as in a group / individual tele-conference format.
- Reviewing clinical reports and other documents distributed to third parties by staff and associates.
- Managing cases of clients found psychologically unfit for work, with the aim of returning them to optimal health and eventual return to work.
- Providing virtual training workshops on Substance Abuse Assessments to our group of clinical providers.
- Development and oversight of Depression Care and Trauma Care program.
- Work with a Disability Prevention Model and Work-Focused Cognitive Behaviour Therapy approach, as well as issuing best practice treatment recommendations to facilitate return-to- work.
- Well-versed in the American Society of Addiction Medicine Placement criteria (ASAM).
- Collaborate with other Client Services such as Organizational Wellness or EFAP to coordinate services.

2011 – Present**Private Practice**

- Providing psycho-diagnostic assessment and treatment services to both adults and children.

- Equine assisted group therapy for Veterans and First Responders diagnosed with operational stress injuries. This work is provided on a contract basis with CanPraxis.

2012 Contract Clinician at Homewood Health Inc

- Providing short-term, CBT-focused counselling to adults and children.

2010 – 2012 Jeromy Mostert and Associates

- Providing psychological services to adults and children, including conducting neuropsychological and forensic evaluations.
- Giving court testimony when required.

2010 Family Therapy Centre

- Providing psychological services to adults and children in a private therapeutic practice, including conducting neurological, cognitive and personality assessments.
- Conducting individual, couples, family and group therapy.
- Facilitating corporate team-building programs.
- Participated in Equine Assisted Psychotherapy training.

2009 – 2010 Department of Correctional Services

- Community Service Clinical Psychologist
- Assessing, diagnosing and intervening with sentenced offenders, including suicide risks, court referrals, offenders who had previously undergone psychological or psychiatric treatment, aggressive offenders, sexual offenders and offenders who personally requested therapy.
- Consulting with Case Management Committee and Parole Board to provide psychological evaluations.
- Treatment methods: individual, group, family and couples therapy, and structured programs.
- Participation in a pilot study to determine the value and applicability of an overseas developed risk assessment instrument and assisted in the development of a format to advise Parole Boards on the risk of re-offending for those offenders sentenced to life imprisonment.

**2008 Dr. George Mukhari Hospital
Weskoppies Psychiatric Hospital**

- Internship in Clinical Psychology.
- Assessing, diagnosing and intervening with children, adolescents and adults experiencing moderate to severe psychopathology and psychological distress. Assessments included cognitive, emotional and neurological function as well as personality assessments.

2005 – 2009 Family Therapy Centre (Volunteer)

- Under the guidance of Head Clinical Psychologist Kim Kidson and Professor Charl Vorster, increasing to full autonomy in assessing, diagnosing and intervening with clients dealing with challenging forms of psychological distress and psychopathology.
- Providing group therapy to children and adolescents during a holiday camp aimed at assisting children presenting with psychological distress and challenging behaviour.
- Supporting corporate team-building activities.
- Participated in basic Equine Assisted Psychotherapy training.