

Equinox Therapeutic's Equine-Assisted Mental Health Therapists

Amanda Slugoski, R. Psychologist



Amanda Slugoski is a Registered Psychologist, and is the owner of Equinox Therapeutic and Consulting Services. She has a Master's Degree in Counselling Psychology, specializing in Equine Assisted Mental Health, and has been providing equine and animal-assisted therapy for over a decade. She also presents on the topic regularly, and provides trainings in equine-assisted therapy to individuals across Canada and the United States.

She has an extensive background with horses, including twice competing in Europe on the Canadian University Equestrian Team in dressage and show jumping.

Amanda oversees all of the Equinox Therapeutic team's work.

Barbara Boulton, R. Provisional Psychologist



Barb Boulton has her Master's Degree in Counselling Psychology, and is a Registered Provisional Psychologist. She has been providing Equine-Assisted Therapy since 2012.

Barb has a lifetime of experience with horses. She spent her childhood summers on a working cattle ranch in Southern Alberta and competed in novice barrel racing during her adolescence.

Ally Thornton, R. Psychologist



Ally Thornton has her Master's Degree in Counselling and is a Registered Psychologist. She has been providing Equine-Assisted Therapy since 2014. She has a background in social services and has worked with a wide range of clients as a youth worker, a family aide, and as a foster care placement coordinator.

Ally grew up mostly in the city but loves spending time in the river valley and enjoys snowboarding in the mountains. Animals have always been a huge part of her life, especially a life-long love of horses and dogs.

Lyndsay Chaban, R. Provisional Psychologist



Lyndsay Chaban has her Master's Degree in Counselling and is a Registered Provisional Psychologist. She has been providing equine assisted therapy and canine assisted therapy since September 2015.

Lyndsay has several years of experience working with families, youth and volunteers, most recently with Boys and Girls Clubs Big Brothers Big Sisters of Edmonton.

Lyndsay was born and raised in the city but enjoys spending her free time with family and travelling. Lyndsay also volunteers at a local animal rescues fostering dogs.

Cozy Kumaria, R. Provisional Psychologist



Cozy Kumaria has a Master of Clinical Psychology. She obtained her Bachelor of Science degree in Psychology at York University, She has been providing equine assisted therapy and canine assisted therapy since September 2016.

Cozy has experience in working with children with special needs through her volunteer work at Marvin Heights Public School. She also has over three years of experience in supporting youth, adults, and families in their struggle with mental health issues.

Cozy was born and raised in the city but loves spending time in nature. She loves to read and spend quality time with her family. In her free time, she enjoys listening to music, cooking, and going for walks in Edmonton's beautiful river valley.

Thea Comeau, R. Provisional Psychologist



Thea Comeau has a Masters of Education, and is a doctoral candidate in Counselling Psychology at McGill University. She has been providing equine assisted therapy and canine assisted therapy since September 2017.

Thea has amassed extensive clinical experience with a variety of populations in Canada and the United States. She specializes in working with clients who have experienced trauma and those in phases of life transition.

Thea was born and raised in Leduc, but has lived all over Canada, the USA, and Europe as an adult. Now that she is back home in Alberta, she loves to read and spend quality time with her family. Thea also loves cooking, and soaking up time with her horse, Ginger.

Justin Long, Mental Health Therapist



Justin Long has his undergraduate degree from the University of Alberta, and is in the third year of his Masters of Counselling degree at Alder University. He is particularly interested in specializing in the treatment of addiction, trauma, and brain injury.

Justin has some prior experience co-facilitating canine-assisted therapy, and is looking forward to expanding his animal-assisted knowledge to include equines.

He spends his free time reading and relaxing with family and friends. He loves to spend lazy afternoons with his mom and his puppy, and thinks that Alberta sunsets are the finest in the world.