

2022 FORMING A NEW RELATIONSHIP WITH TRAUMA THROUGH AN INDIGENOUS FOCUSING - ORIENTED THERAPY (IFOT) LENS

- FOUNDATION OF INDIGENOUS FOCUSING-ORIENTED THERAPY
- FACILITATING POST-TRAUMATIC GROWTH AND LIVING CONNECTION: WORKING WITH FOCUSING-ORIENTED THERAPY AND COMPLEX TRAUMA
- ENHANCING ENGAGEMENT AND EMPOWERMENT PRACTICES

OCTOBER 25 - 26, 2022

**BEST WESTERN PLUS TORONTO AIRPORT HOTEL
MISSISSAUGA, ONTARIO, CANADA**

PRESENTED BY

W. ZARCHIKOFF & ASSOCIATES

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INSIGHT EDUCATION & TRAINING SOLUTIONS

DAY 1 - TUESDAY, OCTOBER 25, 2022

0830 - 0900 **Registration**

0900 - 0915 **Welcome, Introductions and Opening Remarks**

Convenor: W.W. (Bill) Zarchikoff, President. W. Zarchikoff & Associates, Langley, British Columbia, Canada

DAY 1 Presenter: Norm Leech, Executive Director, Vancouver Aboriginal Community Policing Centre Society, Vancouver, British Columbia, Canada

Territorial Acknowledgment

We would like to respectfully acknowledge that the land on which we gather is situated in the unceded territories of the people of [xʷməθkʷəy̓əm](#) (Musqueam), [Skwxwú7mesh](#) (Squamish), and [Selilwitulh](#) (Tseil-Waututh) Nations.

0915 - 1600 **Foundation of Indigenous Focused-Oriented Therapy**

- Guided meditation to ground and center the audience
- Indigenous issues - past and present
- Inter-generational trauma
- Indigenous Worldview
- Medicine Wheel, Web of Life, Tree of Life
- Trauma: Simple, Complex, Personal, Vicarious, Inter-generational
- Healing trauma
 - Standard approaches
 - Indigenous Land-based approaches
 - Visualizing trauma. See it to manage it
 - Changing the relationship with trauma. Kind and curious
 - Recognize triggers and reactions
- Strategies
 - Kind and Curious
 - Maintaining Right Relations
 - Recognize our own relationship with Indigeneity and Trauma
 - Responding from a grounded and centred place rather than reacting

DAY 1 - TUESDAY, OCTOBER 25, 2022 - CONTINUED

- Difficult conversations
 - Rejecting the premise without rejecting the person
 - Seeking to understand before seeking to be understood
 - Asking questions and clarifying
 - Avoiding defensiveness, especially our own
- Difficult Questions to ask ourselves and each other
 - Can we re-examine some of our fundamental assumptions and truths?
 - Says who? Who said or wrote this? Why?
 - Whose interest does this serve or benefit?
 - Does this make sense? How is my Spirit with this?
- Questions and Discussion
- Closing meditation

A No-Host Lunch from 1200 - 1330 and tea and coffee services in the morning and afternoon

DAY 2 - WEDNESDAY, OCTOBER 26, 2022

DAY 2 Presenter: Alexis Phillips, M.A., R.C.C., S.F.T.T., C.H.T. is a Registered Clinical Counsellor, Supervising Focusing-Oriented Therapist and Trainer and a Certified Hakomi Therapist

0900 - 1600 Facilitating Post-Traumatic Growth and Living Connection: Working with Focusing-Oriented Therapy and Complex Trauma

Workshop Description:

In this workshop participants will explore how we are and have always been in connection. Participants will be encouraged to explore and draw on their ancestral roots and ancestral ways of knowing in order to restore attachment and connection. This workshop will introduce post-traumatic growth and resilience in the participants personal relationships and in their work with clients when working with complex trauma. Participants will be given an overview of basic Focusing. Other topics of discussion will include: self-regulation, tracking the body, 8 keys for working safely with Focusing-Oriented Therapy and complex trauma; trauma backlash.

Goals:

Emphasis will be placed on experiential exercises' and group discussion. Participants will develop an understanding of how land-based practices can be used to support and facilitate growth and relations. Participants will practice the new skills being introduced and come away with practical tools to incorporate into their own way of working with clients.

0900 - 1200

Opening Circle/Clearing Space (Openings and closings will incorporate ceremony, ritual and song as a way of holding, containing and grounding the work.)

- Introductions
- Post-Traumatic Growth Perspective (Video- "*Savage*")
- Introduction to Land-Based Practice
- History of Focusing
- Six Movements of Focusing
- Self-Regulation

1330 - 1545

- Tracking the Body
- 8 Keys of Working Safely with FOTCT
- Trauma Backlash

DAY 2 - WEDNESDAY, OCTOBER 26, 2022 - CONTINUED

The Experiential Exercises during the workshop are:

- *Clearing Space*: focus on connection to the land and multi-generational connection
- *Post Traumatic Growth*: watching the video “Savage” by Lisa Jackson (2009) through a post-traumatic growth lens
- *Felt-Sense*: finding the right distance and size
- *Group Focusing Experiential*: using animals and transformation when working with conflict
- *FOTCT Demo Session*

1545 - 1600

CLOSING AND EVALUATION

A No-Host Lunch from 1200 - 1330 and tea and coffee services in the morning and afternoon

ABOUT OUR SPEAKERS

NORM LEECH

Norm has been the Executive Director for the Vancouver Aboriginal Community Policing Centre since May 2016. He is from T'it'q'et, a St'at'imc Nation community which surrounds the town of Lillooet.

ALEXIS PHILLIPS

Alexis Phillips, M.A., R.C.C., S.F.T.T., C.H.T. is a Registered Clinical Counsellor, Supervising Focusing-Oriented Therapist and Trainer and a Certified Hakomi Therapist. Alexis holds a Master of Arts degree in Counselling Psychology from the University of British Columbia (2001). She provides individual counselling, supervision, consultation and community training. Her private practice is located in Nelson, British Columbia. Alexis brings a diverse range of tools to her counselling practice in dealing with such issues as; complex trauma, attachment, anxiety, depression, life transition, self harm and grief and loss. She draws on interventions grounded in Focusing-Oriented Therapy, Hakomi Mindfulness Based Somatic Psychotherapy, Play therapy, Cognitive Behaviour Therapy, Circle of Security Parenting, Family Systems and Expressive Therapy. Alexis is skilled in working with all developmental stages from young children through adolescence and adulthood. She brings an attachment focus to all of her work.

Alexis specializes in working with complex trauma and has presented on this work at the 2014, 2011 and 2009 World Conferences on Focusing-Oriented Psychotherapies in New York. Alexis was one of the instructors and clinical supervisors of the Aboriginal Focusing-Oriented Therapy and Complex Trauma Certificate Program with the JIBC (Justice Institute of British Columbia) and The International Focusing Institute in, New York. She has taught FOTCT for NKLCSS (North Kootenay Lake Community Services Society, Kaslo, British Columbia), IRSSS (Indian Residential School Survivor's Society, British Columbia, Canada), Saint-Paul University (Ottawa, Canada), Shiluv Centre (Israel), and ACT Institute (Brazil). Alexis has also taught FOTCT certificate programs in Osaka, Japan (2015-2019), Shanghai, China (2015-2022) with her brother Shaun Phillips, (M.Ed., R.C.C., S.F.T.T.). Shaun and Alexis taught the AFOTCT program in Whitesand First Nations in Ontario, Canada (2014-2016). Shaun and Alexis are currently running a two year AFOTCT certificate program for IFNA (Independent First Nations Alliance) training front line mental health workers from five Indigenous communities in Northern Ontario, Canada. Shaun and Alexis will be running a second FOTCT program starting September 2022 in Shanghai, China. Alexis' research on trauma recovery has been published in the Journal of Counselling & Development.

As a Focusing Oriented Therapist and Trainer I am privileged to witness the tremendous healing potential of the individuals I work with. We have the potential to survive and even thrive in the face of adversity. Focusing is a body-oriented psychotherapy and is an invaluable tool for healing, particularly complex trauma. The body strives for completion and generally knows how to find its way back to wholeness. Focusing-Oriented Psychotherapy encourages clients to reclaim the self, one's own authority, and one's connectedness to and trust in one's inner wisdom.

"At the FOT conference, I attended the morning sessions led by Shaun and Alexis Phillips on "Facilitating Post-Traumatic Growth and Living Connection," which I found deeply moving and enlightening. Alexis and Shaun showed us how to give full space to the experience of trauma

and to know that we and the clients we work with are fundamentally resilient. Their way makes use of Aboriginal Focusing-Oriented Therapy traditions which connect us to the wisdom of our ancestors and of the earth. In the wake of trauma, we humans are capable of so much more than mere survival; by encountering our trauma in a gentle, compassionate, land-based and decolonizing way with Focusing, we can truly thrive."- Catherine Torpey, Executive Director, The Focusing Institute (In Focus-The Focusing Institute Newsletter; June 2014)

MANAGEMENT INFORMATION

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CANCELLATION POLICY

Registrations cancelled 5 or more days prior to the workshop are refundable, minus \$50.00 administrative fee. or you may receive a full credit to attend a future training. Cancellations less than 5 days prior to the workshop are non-refundable. If at any time you are unable to attend, you are welcome to transfer your registration to another individual at no extra cost. In this case, please notify us of the name of the alternate person who will be attending.

If you register and do not attend without prior notification, you will be charged for the full amount of the registration fee.

We reserve the right to cancel workshops due to unforeseen circumstances or under-enrolment. Liability is limited to a refund of workshop fees only. Please make travel arrangements with this in mind.

LIMITED SEATING

Register early! To better facilitate group interaction, seating is limited in most workshops. Children and unregistered guest are not permitted in the meeting rooms.

YOU WILL RECEIVE

All training material associated with this course, a workshop Certificate of Completion. The Certificate of Completion will allow you to apply for course credit at various credit issuing organizations.

REGISTRATION INFORMATION

If you do not have a registration form, you can download one from our website, www.aboriginaltrainingandconsultingservices.com or contact us by phone (See above contact numbers). We accept payment by Visa, Mastercard, check, purchase orders or cash. Onsite registration is allowed, providing there is space, but we encourage you to register in advance in order to be notified of any potential changes (See above Cancellation Policy).

ONSITE TRAINING OPTIONS

If you are interested in bringing this, or other training opportunities to your community, please contact W.W. (Bill) Zarchikoff to get more information (contact information above).

