

2021 EDUCATION & HEALTH PROFESSIONAL DEVELOPMENT WORKSHOP
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VIRTUAL WORKSHOP -WOUND TO WELLNESS: 3-DAY WORKSHOP FOR SERVICE PROVIDERS OFFERING VIOLENCE-RELATED TRAUMA HEALING TO INDIGENOUS CLIENTS

OCTOBER 20 - 22, 2021

START TIME 0800 (PST) FINISH TIME 1500 (PST)

FACILITATED BY DARIEN THIRA, PH.D., R. PSYCH

Sponsored by:



Presented by.

W. Zarchikoff & Associates

VIRTUAL WORKSHOP WOUND TO WELLNESS

3-DAY WORKSHOP FOR SERVICE PROVIDERS OFFERING VIOLENC-RELATED TRAUMA HEALING TO INDIGENOUS CLIENTS

Violence within indigenous communities is an expression of colonial trauma that tragically creates more trauma. This workshop will offer an understanding of trauma and violence within the community and identify approaches to wellness and healing for those who have been impacted by violence, as victims or perpetrators or both. Many front-line workers and counsellors are asked to provide healing services for which they have not received training. And many basic training programs have encouraged a focus on their client's problems and as opposed to enhancing their client's personal and cultural/community wellness. This 3-day intensive workshop will offer participants the opportunity to develop a vision of wellness and hands-on training in techniques that move "beyond the basics"—developing powerful healing skills that are both simple and practical. This course is an opportunity to learn and practice culturally-sensitive counselling approaches and techniques that will assist Aboriginal clients as they travel their journey from trauma to wellness.

WORKSHOP FACILITATOR:

Darien Thira, PhD., R. Psych.

Dr. Darien Thira is a registered psychologist (CPBC #2040) who has served as a community development/mental health consultant for many Indigenous communities across Canada for the last 25 years. He offers training workshops and clinical consultation related to personal and community wellness, grief and trauma healing, suicide pre-/inter-/post-vention, "addiction" and related fields. He is also an adjunct faculty member at the Adler School of Professional Psychology and offers clinical consultation/supervision and psychotherapy in private practice. His doctoral dissertation related to indigenous suicide resilience and social activism. He was involved in further resilience research at the University of British Columbia. He has previously served for several years as a clinician with Indigenous clients as a substance-related Healing Centre, with suicidal youth at Child and Youth Mental Health, and as the Director of Community Education and Professional Development at the Vancouver Crisis Centre. His "Through the Pain", a culturally driven community-based suicide prevention program has been used in over 40 Indigenous communities across the country and as a national program in Australia. His "Opening the Circe" program assists communities to develop their own Crisis Response Team. "Choices", his youth suicide awareness education video & seminar was used by more than 250 suicide prevention programs world-wide and he has collaborated on the production of a new version called "Reaching Out". Darien has presented workshops at many local, provincial, national conferences, and international conferences in Canada, the United States and Australia.

VIRTUAL WORKSHOP WOUND TO WELLNESS

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Day 1 - WEDNESDAY, OCTOBER 20, 2021

TIME	ACTIVITY
0755 - 0800	Registration
0800 - 0815	Introduction and Opening Remarks
0815 - 0915	Traditional Values and Colonization

Indigenous substance misuse, violence and suicide are often understood as a mental health problem with a medical/psychological solution. While this is true in some cases, these issues can be better understood as a community problem rooted in the insults of colonization. A “post-colonial” approach to Indigenous mental health will be explored.

0915 - 0930 Health and Nutrition Break

0930 - 1100 Understanding Violence-Related Trauma

An introduction to violence-related trauma as a biological injury and as a psychological problem that links to violence and other mental health and social problems in a community will be followed by a review of the impacts of chronic childhood trauma on identity.

1100 - 1200 No-Host Lunch

1200 - 1330 Personal and Community Trauma

An introduction to trauma as a psychological problem that links to the most common mental health and social problems in a community will be followed by a review of the impacts of chronic childhood Trauma on identity. An exploration of the problem of and solution for three trauma-related community issues— (1) intergenerational trauma, (2) learned helplessness, and (3) lateral violence/hostile dependency completes the conversation.

1330 - 1345 Health and Nutrition Break

1345 - 1500 Responding to Violence-Related Trauma

The three steps of violence-related trauma healing—specifically (1) safety and stability (including grounding and de-activation skills), treatment (to be discussed later), and (3) re-integration (reclaiming wellness)—will be discussed. Complex childhood trauma impacts and its mental, emotional, physical, and spiritual treatment will be reviewed.

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DAY 2 - THURSDAY, OCTOBER 21, 2021

TIME	ACTIVITY
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0800 - 0915	Resilience & Wellness
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The “cure” for the psychological impacts of colonization will be identified and a culturally-rooted community-oriented approach to resilience and wellness will be offered. The four branches of wellness will be explored in this session: namely caring-connection, respectful-empowerment, a meaningful-role/identity, and cultural/spiritual-wisdom. These sources can be combined into two branches of wellness: self-worth and a worthwhile life. One branch, the Worthwhile life, is the antidote to colonization. This path will be explored in terms that will assist people to become more positively engaged in their lives, their families and their communities/culture.

0915 - 0930	Health and Nutrition Break
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0930 - 1100	Self-Worth & Wellness
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Self-Worth, the second branch of wellness, is our source of strength in the face of violence-related trauma will be explored. The *Replacement Technique* that is used in the face of “bad” behavior will be introduced.

1100 - 1200	N0-Host Lunch
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1200 - 1330	Balance and Wellness
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The balance of two Traditional caregiver values—Care and Respect—will be examined in relation to helping and healing. The *Validation-Invitation 2-Step Technique* that allows for boundaries to be maintained and enhances the capacity of clients to heal will be introduced.

1330 -1345	Health and Nutrition Break
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TIME ACTIVITY

DAY 2 - THURSDAY, OCTOBER 21, 2021 - CONTINUED

1345 - 1500 The Community Is the Medicine

The goals of positive interventions are not to end a problem, but to enhance these four sources of wellness. The practical application of this model will be examined, and the community will be explored as a source of the four resilience factors. A shift from a problem-focus to a strength-based opportunity approach to client issues will be practiced. This will be followed from a shift from focusing on an individual to recognizing the interconnected nature of who we are. Finally, participants will be introduced to a “Community Resource Map” that will provide a basis for simultaneous personal and community healing. “The community can transform one crisis a time!”

DAY 3 - FRIDAY, OCTOBER 22, 2021

0800 - 0915 The Four Paths of Healing and Grieving

The four paths of cultural/spiritual and psychological/social healing (growth, cleansing, transcendence and transformation) will be introduced with clinical examples. The four paths of cultural/spiritual and psychological/social grieving (growth, cleansing, transcendence and transformation) will also be introduced with clinical examples.

0915 - 0930 Health and Nutrition Break

0930 - 1100 Growth Techniques

Three growth techniques that encourage integration are explored in this section:

- *Gifts and Lessons Technique* that offers clients the opportunity to receive the messages offered by past experiences will be discussed and practiced.
- *3-Step Crisis Counselling Tool* for individuals and groups makes sense of suffering and encourages action; and

Two cleansing techniques that purge the force of problems and lead to a life of wellness are explored in this section:

- *Externalization Technique* takes control away from the problem and inviting the voice of wellness into one’s head and heart;
- *Re-telling the Story Technique* shifts a client’s identification with their problem/diagnostic label and offers an alternative life story, that of wellness.

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DAY 3 - FRIDAY, OCTOBER 22, 2021 - (CONTINUED)

TIME	ACTIVITY
1100 - 1200	No-Host Lunch
1200 - 1330	Transcendence Techniques & Four Paths of Grieving: Part 1

Two transcendence techniques that allow a client to rise above their personal/family suffering in order to heal are explored in this section:

- *Link to Colonization Technique* is a simple reverse flow charting from personal problems to family problems to community problems to the wound of colonization;
- *The 4th Question Technique* develops client wellness through their contribution to the community.

Four Paths of grieving will be introduced and explored with a letter-writing technique for each.

- *Cleansing Letter Technique* (“Letting Go”)
- *Growth Letter Technique* (“Hearing their Voice”)
- *Transcendence Letter Technique* (“Activism”)
- *Transformation Letter Technique* (“New Role”)

1330 - 1345 **Health and Nutrition Break**

1345 - 1445 **Four Paths of Grieving: Part 2 & Four Steps of Healing**

Finally, the four steps of healing (from victim to) will be discussed, with a practical focus on how to assist people to move past the victim stage, where they can be stuck for years, and to assist them to advance to identify as a survivor and then an explorer and, finally, to be a contributor.

1445 - 1500 **Closing and Evaluation**

Management Information

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Cancellation Policy

Registrations cancelled 7 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 7 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).