

2021 EDUCATION & HEALTH PROFESSIONAL DEVELOPMENT WORKSHOP
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VIRTUAL WORKSHOP - THROUGH THE PAIN TO WELLNESS: CULTURALLY ROOTED
COMMUNITY-BASED SUICIDE INTERVENTION PROGRAM

SEPTEMBER 28 - 30, 2021

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

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

Sponsored by:



Presented by.

W. Zarchikoff & Associates

VIRTUAL WORKSHOP - THROUGH THE PAIN TO WELLNESS: CULTURALLY ROOTED COMMUNITY- BASED SUICIDE INTERVENTION PROGRAM

Designed specifically for Indigenous communities, *Through the Pain to Wellness* offers a culturally-rooted, values-driven introduction to the knowledge, skills, and strategies necessary for community-based suicide intervention.

WORKSHOP FACILITATOR:

Dr. Darien Thira, PhD., R. Psych.

Dr. Darien Thira is a registered psychologist (CPBC #2040) who serves as a community development/mental health consultant for many Indigenous communities across Canada and offers training workshops and clinical consultation related to personal and community wellness, grief and trauma healing, “addictions,” suicide pre-/inter-/post-vention, and related fields. He is also an adjunct faculty member at the Adler School of Professional Psychology. His doctoral dissertation related to Indigenous suicide resilience and social activism and he was involved in further resilience research at the University of British Columbia. Darien has previously served as a clinician 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 Circle” 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.

DAY 1 - TUESDAY, SEPTEMBER 28, 2021

TIME	ACTIVITY
0750 - 0800	Registration
0800 - 0815	Introductions and Opening Remarks
0815 - 0930	Traditional Values and Colonization

Aboriginal suicide is 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 Aboriginal mental health will be explored.

0930 - 0945	Health and Nutrition Break
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DAY 1 - TUESDAY, SEPTEMBER 28, 2021- CONTINUED

TIME **ACTIVITY**

0945 - 1100 **Resilience & Wellness: Suicide Prevention**

The “cure” for the psychological impacts of colonization will be identified and a community-based culturally rooted community-oriented approach to resilience and wellness will be offered. The 4 Keys to resilience will be explored in this session: namely caring connection, respectful empowerment, a meaningful role/identity, and culturally rooted vision. 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 clients to become more positively engaged in their lives, their families and their communities/culture

1100 - 1200 Lunch.

1200 - 1330 **Self-Worth: Suicide Prevention - Continued**

Self-Worth, the second branch of wellness, is our source of strength in the face of suicide, addiction and trauma, will be explored.

1330 - 1345 Health and Nutrition Break

1345 - 1500 **Balance and Wellness in Suicide Intervention**

The balance of two Traditional caregiver values—Care and Respect—will be examined in the face of distress and tools to maintain boundaries in the face of client suffering, repeated calls for help, and threats will be discussed and practiced.

DAY 2 - WEDNESDAY, SEPTEMBER 29, 2021

TIME **ACTIVITY**

0800 - 0930 **Understanding Suicidal Crisis**

Basic Suicide facts will be reviewed, and the three steps of a suicidal crisis will be explored so that the 3 steps out of it can be understood. The four signals of suicide will be discussed so that participants will be better capable to recognize those in suicidal crisis.

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DAY 2 - WEDNESDAY, SEPTEMBER 29, 2021- CONTINUED

TIME	ACTIVITY
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0930 - 0945	Health and Nutrition Break
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0945 - 1100	The Three Steps to Help: 1. Ask
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Starting with how to ask the initial question as to whether somebody is suicidal or not, a suicide risk assessment technique to identify whether a person is at low risk or medium risk or high risk of a suicide attempt will be reviewed and practised.

1100 - 1200	Lunch
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1200 - 1330	The Three Steps to Help: 1. Ask-Continued
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The review and practice of the suicide risk assessment technique will be completed.

1330 - 1345	Health and Nutrition Break
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1345 - 1500	The Three Steps to Help: 2. Listen
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An introduction to active listening as a way of releasing the pain that drives suicide will be explored. This will be followed by a three-step Crisis Intervention technique that will provide a guide for how to listen to a suicidal person.

DAY 3 - THURSDAY, SEPTEMBER 30, 2021

TIME	ACTIVITY
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0800 - 0930	The Three Steps to Help: 3. Help
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After a discussion of a safety and wellness plan technique that is an essential protection for all suicidal people, specific responses for each of the 3 levels of risk will be reviewed and practiced.

0930 - 0945	Health and Nutrition Break
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0945 - 1100 The Three Steps to Help: 3. Help-Continued

Review and practice of techniques that respond to the 3 levels of risk will be completed and issues of consultation confidentiality will be discussed.

DAY 3 - THURSDAY, SEPTEMBER 30, 2021- CONTINUED

TIME	ACTIVITY
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1100 - 1200	Lunch
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1200 - 1330 Postvention-After A Suicide

Community-Based Suicide Postvention is designed to support those impacted by a suicide death and reduce the risk of further suicides. A practical model of Suicide Postvention will be offered.

1330 - 1345	Health and Nutrition Break
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1345 - 1445 Self-Care in the Face of Suicidal Crisis

Suicide prevention, intervention, and Postvention can be very challenging mentally, emotionally, physically, and spiritually. This final segment will explore serenity in the face of crisis and personal wellness.

1445 - 150 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).