

**2015 Mindfulness Training:**  
**A Novel Approach To Intervention In**  
**Aboriginal Communities Experiencing Trauma**

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**August 19 – 20, 2015**

**Stoney Nakoda Resort & Casino**

**Kananaskis, Alberta**

**Presented by:**

**W. Zarchikoff & Associates**

**and**

**Stratcom Consulting**

## Management Information

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Website: [www.aboriginaltrainingandconsultingservices.com/home](http://www.aboriginaltrainingandconsultingservices.com/home)

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### ***CANCELLATION POLICY***

Registrations cancelled 7 or more days prior to the workshop are refundable, minus a \$100.00 administrative fee. Alternatively you may receive a 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 guests are not permitted in the meeting rooms.

### ***YOU WILL RECEIVE***

All training material associated with this course, a workshop certificate of completion, as well as morning and afternoon refreshments. Participants are on their own for lunch from noon to 1:15 PM. The certificate of completion will allow you to apply for course credit at various credit issuing organizations. We are available to help you should you require additional, specific information in order to obtain credit.

### ***REGISTRATION INFORMATION***

If you do not have a registration form, you can download one from our website, [www.aboriginaltrainingandconsultingservices.com/home](http://www.aboriginaltrainingandconsultingservices.com/home) or contact us by phone or email. We accept payment by Visa, MasterCard, check, purchase orders and cash. Onsite registration is allowed, 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 Bill Zarchikoff to get more information (contact information above).

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Stoney Nakoda Resort & Casino  
Kananaskis, Alberta

## DAY ONE: WEDNESDAY, AUGUST 19

**0830 – 0900** REGISTRATION WITH COFFEE & TEA SERVICE

**0900 – 0915** OPENING REMARKS & INTRODUCTIONS

### **0915 – 1030** SESSION 1: EXPLORING MINDFULNESS: AN INTRODUCTION

Mindfulness is a natural part of being human that has been demonstrated to have benefits to physical and mental health, and can be cultivated through the practice of mindfulness meditation. This one day workshop will explore what mindfulness is, its researched evidence base, and the fundamentals of bringing mindfulness into personal and professional life, including working with trauma. Formal and informal mindfulness practices will be interwoven throughout the workshop, including sitting meditation, mountain and lake meditations, and loving kindness meditation. The workshop will conclude with a discussion of how participants can develop their own personal mindfulness practice and access further resources to bring this beneficial practice and way of being into their work with trauma and beyond.

In this 1 ¼ hour workshop, we will explore what mindfulness is. A direct personal experience of mindfulness of breath and body scan meditation will be followed by exploration of the process and practice of mindfulness.

Facilitator: Catherine L. Phillips, MD, FRCP(C)  
Assistant Clinical Professor  
Department of Psychiatry  
University of Alberta  
Edmonton, Alberta

**CATHERINE L. PHILLIPS, MD, FRCP(C)**, Founder and Director, The Mindfulness Institute.ca. is an Assistant Clinical Professor in the Department of Psychiatry at the University of Alberta, Edmonton, AB, where she teaches seminars in mindfulness, is a psychotherapy supervisor, and offers an elective in Mindfulness in Psychiatry. Through this affiliation and her clinical work as a

psychiatrist, she also provides electives in military psychiatry. She is a Scholar with the Integrative Health Institute, University of Alberta.

Dr. Phillips received her MD through the U of A and completed her training in Psychiatry at the University of Toronto. She has extensive experience offering individual psychotherapy to people with personality disorders or a background of early life trauma. Over the past 12 years, she has extended her practice to working with combat-related trauma.

Dr. Phillips is a certified Mindfulness-Based Stress Reduction (MBSR) teacher through the Oasis Institute, Center for Mindfulness (CFM), University of Massachusetts Medical School. The certification process included trainings with Dr. Jon Kabat-Zinn (Founder of MBSR), Saki Santorelli (Executive Director, CFM), and Florence Meleo-Meyer (Director, Oasis Institute). Since 2006, Dr. Phillips has run over 40 MBSR programs for clinical populations, including MBT-M (Mindfulness-Based Therapy for Military modelled on MBSR), and three programs for youth in a residential psychiatric treatment setting (a pilot research study on MBSR for teens with a psychiatric diagnosis).

**1030 – 1045**

HEALTH BREAK

**1045 – 1200**

**SESSION 2: WHY PRACTICE MINDFULNESS: THE EVIDENCE BASE**

Following practicing a sitting/ mountain meditation and exploration of the life affirming attitudes and mechanisms of action of mindfulness, we will review the neuroscience findings as well as the researched benefits of mindfulness on physical and emotional health, thus providing participants with an overview of the evidence base of mindfulness.

**1200 – 1315**

HOSTED LUNCH

**1315 – 1430**

**SESSION 3: MINDFULNESS IN CLIENT AND SELF CARE**

The fundamentals of integrating mindfulness into client care will be reviewed, including ways to integrate mindfulness both formally and informally into working with trauma. The potential risks of mindfulness practice, particularly in working with trauma, will be reviewed. Interpersonal mindfulness will be explored as an important means of facilitating skillful interpersonal interactions and communication.

**1430 – 1445**

HEALTH BREAK

**1445 – 1600**

**SESSION 4: DEVELOPING YOUR OWN PERSONAL MINDFULNESS PRACTICE**

Following a loving kindness meditation, we will explore how mindfulness practice facilitates stepping out of habitual patterns of thought, feeling, and behavior, to live with greater creativity, skill and ease. Participants will be introduced to a sampling of Mindfulness Based Programs (MBP's) based upon the Mindfulness Based Stress Reduction (MBSR) program, and will learn and gain resources to help them develop their own personal mindfulness practice as the foundation to bring mindfulness to their personal and professional lives.

## DAY TWO: THURSDAY, AUGUST 20

0900 – 1545

### SESSION 5: CONSCIOUSNESS: MINDFULNESS AND THE MEDICINE WHEEL

Mindfulness was important in our Aboriginal communities and was a rite of passage for young people emerging into adulthood. Today, people are hooked into modern technology; television, computers, and cell phones, and have fast forwarded into the space age. This fast pace has become normal and addictive for many. This workshop will introduce the concept of “slowing the mind down” and realizing the power of our consciousness. Traditional teachings and ceremonial practices supporting this mindfulness skills practice will be presented. Spiritual laws and traditional teachings relating to violence in all forms: restoring the teaching of the elders for the younger generation.

Facilitator: Don Robinson  
Educator, Trainer + Traditional Healer  
Ma Mawi Wi Chi Itata Centre Inc.  
Winnipeg, Manitoba

**Don Robinson**, a Cree man originally from the Oxford House First Nation, is a graduate of the Bachelor of Social Work Program in 1991 and the Master of Social Work Program, University of Manitoba in 2001. Don has also worked with children, utilizing play therapy approaches, individual and family counseling and group work. He was employed with All Nations Child and Family Coordinated Response Network and now works for Ma Mawi Wi Chi Itata Centre. Since 1996, he has been an Educator & Trainer in the human development field, traveling extensively to reserve communities delivering training workshops and teaching courses for the University of Manitoba. Don is involved in the traditional way and is a member of the Wolf Clan. As a member of the Wolf Clan, he is interested in learning traditional teachings about the journey of life.

1545 – 1600

Closing & Evaluations