

THE COMMUNITY IS THE MEDICINE: A CULTURALLY ROOTED APPROACH TO WELLNESS

FACILITATED BY DR. DARIEN THIRA, R. PSYCH

June 28 – 29, 2018
Best Western Terrace Inn
Terrace, British Columbia

Presented by:
W. Zarchikoff & Associates
and
Stratcom Consulting

Management Information

Website: www.aboriginaltrainingandconsultingservices.com

W. Zarchikoff & Associates

Contact	Address	Phone	Fax
Bill Zarchikoff, President	19899 - 55A	(604) 970-3419	(604) 530-3841
Email: wzarchikoff@yahoo.com	Avenue, # 112	or	
http://aboriginaltrainingandconsultingservices.com	Langley, BC	Toll-Free:	
	V3A 0C4	1(888) 683-7711	

Stratcom Consulting

Contact	Address	Phone	Fax
Rebecca Marinos	2781 Ridgeway	(650) 888-2654	(650) 513-2020
Certified Leadership Coach & Communications Consultant	Ave, San Bruno, CA 94066		
Email: rebecca@rebeccamarinos.com			
www.rebeccamarinos.com			

Policies & Other Information

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 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).

Bring a Course to Your Community

We can work with you to create new or modify existing programs to suit your needs. Contact us for details.

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ABOUT THIS COURSE:

The Indigenous community is often understood to be in a mental health crisis. This workshop will redefine issues, such as suicide, violence and addiction as a community crisis with a social cause and cultural “cure,” one rooted in Traditional values. Participants will have the opportunity to identify and then explore that four-factor “cure” utilizing an Indigenous resilience model designed to assist people to become the Elders they are meant to become. A balance of values that are essential to healthy personal and professional relationships will be reviewed and relevant techniques will be practiced. Finally, a 3-part process to decolonize ourselves and our practice will be explored. The result will be a deeper understanding of the source of community problems and a culturally-rooted approach to wellness and a greater capacity to heal oneself, one’s family, clients and the community.

WORKSHOP FACILITATOR:

Dr. Darien Thira, R. Psych.
Darien Thira Consulting Incorporated
www.thira.ca – darien@thira.ca

Dr. Darien Thira is a registered psychologist who serves as a community development/mental health consultant for many Aboriginal 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 Aboriginal suicide resilience and social activism and he was involved in further resilience research at the University of British Columbia. He 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. “Through the Pain to Wellness”, a culturally driven community-based suicide prevention program has been used in over 40 Aboriginal communities across the country and as a national program in Australia. “Opening the Circle” is designed to assist communities to develop their own crisis response team. Darien has presented workshops at many local, provincial, national conferences, and international conferences in: Canada, the United States, and Australia.

Thursday, June 28

0830 – 0900	REGISTRATION & REFRESHMENTS
0900 – 0915	INTRODUCTIONS & OPENING REMARKS Facilitator: Dr. Darien Thira, Ph.D., Reg. Psych. Darien Thira Consulting Incorporated Vancouver, British Columbia
0915 - 1015	Traditional Values and Colonization Trauma, addiction, criminal activity 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. This interactive session will explore a “post-colonial” approach to mental health and conclude with an introduction to a traditional values-based “cure” for the impacts of colonization.
1015 – 1030	HEALTH & NUTRITION BREAK
1030 – 1200	Resilience and Wellness: A Cultural Approach A culturally-rooted community-oriented approach to resilience and wellness will be offered.
1200 – 1315	NO-HOST LUNCH
1315 – 1430	The Roots of Resilience The 4 roots to resilience will be explored in this session; namely caring connection, respectful empowerment, a meaningful role/identity, and culturally rooted vision. These can be combined into two branches of wellness: self-esteem and a well-lived life.

1430 – 1445	HEALTH & NUTRITION BREAK
1445 – 1600	<p>Enhancing Resilience and Wellness</p> <p>These branches will be further explored in terms that will assist clients to become more positively engaged in their lives, their families and their communities. This facilitated conversation will draw on the strengths and knowledge of the participants in the identification of tools to explore and enhance the 4 resilience Keys.</p>
Friday, June 29	
0900 – 1030	<p>Self Esteem and Balancing the Values of Care and Respect</p> <p>While the maintenance of an effective boundary can seem challenging, it is ultimately rooted in the balance of two relational values. This session will assist helpers to provide a non-judgmental connection for our clients and to assist them to find the right resources and develop the skills necessary to gain empowerment over their situation. Finally, a simple and practical technique will be practiced—one that will ensure that healthy boundaries are always maintained.</p>
1030 – 1045	HEALTH & NUTRITION BREAK
1045 – 1200	<p>The validation-Action Two-Step</p> <p>A simple and practical technique rooted in the care and respect balance will be practiced—one that will ensure that clients will be supported to perform at their best. How to teach this Validation- Action Two-Step technique will also be explored and practiced.</p>
1200 – 1315	NO-HOST LUNCH
1315 – 1430	<p>The Community is the Medicine</p> <p>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 an opportunity approach to client issues will be practiced. Finally, participants will be introduced to and given an opportunity to practice a strength-based pragmatic tool—a</p>

	Community Resource Map—that will provide a basis for simultaneous personal and community healing. “The community can transform one crisis a time!”
1430 - 1445	HEALTH & NUTRITION BREAK
1445 – 1545	Decolonizing our Practice Participants will have the opportunity to identify their “next steps” to decolonize their practice and enhance the cultural safety of their clients.
1545 – 1600	Closing and Course Evaluations