

**3-DAY ABORIGINAL TRAUMA INFORMED
SKILL-BUILDING WORKSHOP**

Facilitated by Dr. Darien Thira, Reg. Psych.

Multiple Locations

Presented by:

W. Zarchikoff & Associates

and

Stratcom Consulting

Management Information

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Stratcom Consulting

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Due to circumstances beyond our control the program may have changed without notice. Everything possible has been done to provide equivalent speakers and sessions if a cancellation occurred. Neither W. Zarchikoff & Associates nor Stratcom Consulting assumes responsibility for such changes.

3-DAY ABORIGINAL TRAUMA INFORMED SKILL-BUILDING WORKSHOP

MULTIPLE LOCATIONS

About this Course

Despite compassion and commitment, 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 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.

Day One	
0830 – 0900	REGISTRATION & REFRESHMENTS
	<p>WORKSHOP FACILITATOR:</p> <p>Dr. Darien Thira, Reg. Psych. President Darien Thira Consulting Incorporated Vancouver, British Columbia</p> <p>LOCATION: TBD</p>
0900 – 0915	INTRODUCTIONS & OPENING REMARKS
0915 – 1030	<p>Session 1: Traditional Values and Colonization</p> <p>Trauma, addiction, 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 Aboriginal mental health will be explored.</p>
1030 – 1045	HEALTH & NUTRITION BREAK
1045 – 1200	Session 2: Resilience & Wellness

	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 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-esteem and a well-lived life. One branch, the Well-Lived 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.
1200 – 1315	NO-HOST LUNCH
1315 – 1445	<p>Session 3: Balance and Wellness</p> <p><i>Self Esteem</i>, the second branch of wellness and our source of strength in the face of suicide, addiction and trauma, will be explored.</p> <p>The <i>Replacement Technique</i> that is used in the face of “bad” behavior will be introduced. The balance of two traditional caregiver values—<i>Care and Respect</i>—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.</p>
1445 – 1500	HEALTH & NUTRITION BREAK
1500 – 1600	<p>Session 4: The Community is the Medicine</p> <p>The community will be explored as a source of resilience.</p> <p>The <i>Changing Focus Technique</i> will allow for a shift from a “problem” focus to an “opportunity” focus to enhance a strength-based approach to counselling.</p> <p>The <i>Community Resource Map Technique</i> will be used to weave together personal and community wellness.</p> <p>The result will be: “community transformation, one personal crisis at a time.”</p>
Day Two	
0900 – 1030	<p>Session 5: Understanding Grief and the Biology of Trauma</p> <p>Healthy grief and the four paths of grief healing and traumatic grief and the three common problems that maintain it (guilt, shame, and blame) will be discussed. This will be followed by an introduction to trauma as a biological problem.</p>
1030 – 1045	HEALTH & NUTRITION BREAK
1045 – 1200	<p>Session 6: Personal and Community Trauma</p> <p>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.</p>

1200 – 1315	NO-HOST LUNCH
1315 – 1445	<p>Session 7: Responding to Trauma</p> <p>The two steps of trauma healing, including grounding and relaxation skills will be discussed. Complex childhood trauma impacts and its mental, emotional, physical, and spiritual treatment will be reviewed.</p>
1445 – 1500	HEALTH & NUTRITION BREAK
1500 – 1545	<p>Session 8: The Four Paths of Healing and Grieving</p> <p>The four paths of cultural/spiritual and psychological/social <i>healing</i> (growth, cleansing, transcendence and transformation) will be introduced with clinical examples. The four paths of cultural/spiritual and psychological/social <i>grieving</i> (growth, cleansing, transcendence and transformation) will also be introduced with clinical examples.</p>
Day Three	
0900 – 1015	<p>Session 9: Growth Techniques</p> <p>Three growth techniques that encourage integration are explored in this section:</p> <ul style="list-style-type: none"> • <i>Validation-Action 2-Step Technique</i> is the foundation of counselling • <i>3-Step Crisis Counselling Tool</i> for individuals and groups makes sense of suffering and encourages action; and • <i>Gifts and Lessons Technique</i> that offers clients the opportunity to receive the messages offered by past experiences will be discussed and practiced.
1015– 1030	HEALTH & NUTRITION BREAK
1030– 1200	<p>Session 10: Cleansing Techniques</p> <p>Two or Three cleansing techniques that purge the force of problems and lead to a life of wellness are explored in this section:</p> <ul style="list-style-type: none"> • <i>Re-telling the Story Technique</i> shifts a client’s identification with their problem/diagnostic label and offers an alternative life story, that of wellness; • <i>Externalization Technique</i> takes control away from the problem and inviting the voice of wellness into one’s head and heart. • (optional) <i>Narrative Assessment Technique</i> is a problem-wellness assessment tool may also take place.
1200 – 1315	NO-HOST LUNCH
1315 – 1445	<p>Session 11: Transcendence Techniques</p> <p>Four transcendence techniques that allow a client to rise above their personal/family suffering in order to heal are explored in this section:</p>

	<ul style="list-style-type: none"> • <i>Link to Colonization Technique</i> is a simple reverse flow charting from personal problems to family problems to community problems to the wound of colonization; • <i>Solution Focus Therapy Technique</i> is a psychological approach that replaces a focus on problems and a “sick” identity with a focus on solutions and a wellness identity; • <i>The 4th Question Technique</i> develops client wellness through their contribution to the community
1445 – 1500	HEALTH & NUTRITION BREAK
1500 – 1545	<p>Session 12: Four Steps of Healing</p> <p>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.</p>
1545 – 1600	CLOSING & EVALUATIONS

Facilitator Bio

DARIEN THIRA, PH.D, REG. PSYCH.

Darien Thira, PhD., 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 post-colonial community mobilization/development, trauma, addiction, and suicide. He is an adjunct faculty member at the Adler School of Professional Psychology. His doctoral dissertation related to Aboriginal suicide resilience and social activism and he has been 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. In relation to suicide prevention, “Through the Pain”, a culturally driven community-based program has been used in over 40 Aboriginal communities across the country and as a national program in Australia. His program called “Opening the Circle” is designed to assist 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.