

2020 Professional Development Workshop

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WOUND TO WELLNESS...
SERVICE PROVIDERS OFFERING VIOLENCE-RELATED TRAUMA HEALING
TO INDIGENOUS CLIENTS

FACILITATED BY DARIEN THIRA, PHD., R. PSYCH

November 26 – 27, 2020

Virtual Via Zoom

Sponsored by:



Presented by: W. Zarchikoff & Associates and Stratcom Consulting

ABOUT THIS WORKSHOP

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.

This workshop will focus on the following key topics:

- Understanding Trauma and Responding to Trauma
- Resilience and Wellness
- Balance and Wellness and the Four Paths of Healing

WORKSHOP FACILITATOR:

Darien Thira, PhD., R. Psych.
Darien Thira Consulting Incorporated
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DARIEN THIRA, PHD. R. PSYCH.

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, 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 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. 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.

AGENDA

Thursday, November 26

0900 – 0915

INTRODUCTIONS & OPENING REMARKS

Convener: Tara Brousseau Snider, MA Counselling Psychology, Executive Director/Directrice Generate, Winnipeg, Manitoba

0915 – 0930

WELCOME & REGISTRATION

Presenter: Darien Thira, PhD. R. Psych. Thira Consulting Ltd. Vancouver, British Columbia

0930 – 1030

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.

1030 – 1045

HEALTH & NUTRITION BREAK

1045 – 1200

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.

1200 – 1315

NO-HOST LUNCH

1315 – 1430

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.

1430 – 1445	HEALTH & NUTRITION BREAK
1445 – 1600	<p>Responding to Violence-Related Trauma</p> <p>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.</p>
Friday, November 27	
0900 – 1015	<p>Resilience & Wellness</p> <p>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.</p>
1015 – 1030	HEALTH & NUTRITION BREAK
1030 – 1200	<p>Self-Worth</p> <p>Self-Worth, the second branch of wellness, is our source of strength in the face of suicide, addiction and trauma, will be explored. The <i>Replacement Technique</i> that is used in the face of “bad” behavior will be introduced.</p>
1200 – 1315	NO-HOST LUNCH
1315 – 1445	<p>Balance and Wellness</p> <p>The balance of two Traditional caregiver values—Care and Respect—will be examined in relation to helping and healing. The <i>Validation-Invitation 2-Step Technique</i> that allows for boundaries to be maintained and enhances the capacity of clients to heal will be introduced.</p>
1445 – 1500	HEALTH & NUTRITION BREAK

1500 – 1545

The Four Paths of Healing

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

1545 – 1600

CLOSING & EVALUATIONS

Management Information

Website: www.aboriginaltrainingandconsultingservices.com

W. Zarchikoff & Associates

Contact

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Charity Information

Website: www.sararielinc.com/en/home

Sara Riel Inc.

Sara Riel Inc. provides quality services in community supports, holding and employment to persons with mental health challenges through best practices, client choices and partnerships.

Contact

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About Sara Riel, Inc.

Our Mission is to provide those individuals with mental health and substance use/addiction challenges a safe, inclusive and engaging environment where self-determined needs are valued, and all are assisted on their path to reaching their goals.

We can achieve this through best practice by helping those we serve create a:

- Path to Self: Reconnecting an individual with the person they want to be;
- Path to Wellness: Exploring ways to successfully manage their mental and physical health;
- Path to Hope: Helping individuals to see that, despite potential barriers, their goals are achievable;
- Path to Empowerment: Developing the skills in effective problem solving and decision making.

VISION STATEMENT

Our Vision is for people with mental health and substance use/addiction challenges to reach their full potential mentally, physically, socially and spiritually.

Policies & Other Information

Cancellation Policy

Registrations cancelled 7 or more days prior to the workshop are refundable minus a \$25.00 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.

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 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).