

# 2022 FOCUSING-ORIENTED THERAPY THROUGH AN INDIGENOUS LENS

- FOUNDATION OF FOCUSING-ORIENTED THERAPY THROUGH AN INDIGENOUS LENS
- FACILITATING POST-TRAUMATIC GROWTH AND LIVING CONNECTION: WORKING WITH FOCUSING-ORIENTED THERAPY AND COMPLEX TRAUMA
- ENHANCING ENGAGEMENT AND EMPOWERMENT PRACTICES

**OCTOBER 20 - 21, 2022**  
**BEST WESTERN PLUS WINNIPEG AIRPORT**  
**WINNIPEG, MANITOBA**

*PRESENTED BY*

*W. ZARCHIKOFF & ASSOCIATES*

# DAY 1 - THURSDAY, OCTOBER 20, 2022

**0830 - 0900**                      **Registration**

**0900 - 0915**                      **Welcome, Introductions and Opening Remarks**

Convenor:                      W.W. (Bill) Zarchikoff, President. W. Zarchikoff & Associates, Langley, British Columbia, Canada

**DAY 1 Presenter:** Norm Leech, Executive Director, Vancouver Aboriginal Community Policing Centre Society, Vancouver, British Columbia, Canada

## **Territorial Acknowledgment**

In Winnipeg, the land on which we gather is on Treaty 1 territory and we gather on the traditional territory of Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene Peoples, and the homeland of the Metis Nation.

**0915 - 1600**                      **Foundation of Focused-Oriented Therapy Through an Indigenous Lens**

- Guided meditation to ground and center the audience
- Indigenous issues - past and present
- Inter-generational trauma
- Indigenous Worldview
- Medicine Wheel, Web of Life, Tree of Life
- Trauma: Simple, Complex, Personal, Vicarious, Inter-generational
- Healing trauma
  - Standard approaches
  - Indigenous Land-based approaches
  - Visualizing trauma. See it to manage it
  - Changing the relationship with trauma. Kind and curious
  - Recognize triggers and reactions
- Strategies
  - Kind and Curious
  - Maintaining Right Relations
  - Recognize our own relationship with Indigeneity and Trauma
  - Responding from a grounded and centred place rather than reacting

## **DAY 1 - THURSDAY, OCTOBER 20, 2022 - CONTINUED**

### Difficult conversations

- Rejecting the premise without rejecting the person
  - Seeking to understand before seeking to be understood
  - Asking questions and clarifying
  - Avoiding defensiveness, especially our own
- Difficult Questions to ask ourselves and each other
    - Can we re-examine some of our fundamental assumptions and truths?
    - Says who? Who said or wrote this? Why?
    - Whose interest does this serve or benefit?
    - Does this make sense? How is my Spirit with this?
  - Questions and Discussion
  - Closing meditation

**A No-Host Lunch from 1200 - 1330 and tea and coffee services in the morning and afternoon**

## **DAY 2 - FRIDAY, OCTOBER 21, 2022**

**DAY 2 Presenter:** Shaun Phillips, M.Ed., R.C.C., S.F.T.T., Registered Clinical Counsellor and Supervising Focusing-Oriented therapist and trainer, Vancouver, British Columbia, Canada

### **0900 - 1600                      Facilitating Post-Traumatic Growth and Living Connection: Working with Focusing-Oriented Therapy and Complex Trauma**

#### **Workshop Description:**

In this workshop participants will explore how we are and have always been in connection. Participants will be encouraged to explore and draw on their ancestral roots and ancestral ways of knowing in order to restore attachment and connection. This workshop will introduce post-traumatic growth and resilience in the participants personal relationships and in their work with clients when working with complex trauma. Participants will be given an overview of basic Focusing. Other topics of discussion will include: self-regulation, tracking the body, 8 keys for working safely with Focusing-Oriented Therapy and complex trauma; trauma backlash.

#### **Goals:**

Emphasis will be placed on experiential exercises' and group discussion. Participants will develop an understanding of how land-based practices can be used to support and facilitate growth and relations. Participants will practice the new skills being introduced and come away with practical tools to incorporate into their own way of working with clients.

### **0900 - 1200**

Opening Circle/Clearing Space (Openings and closings will incorporate ceremony, ritual and song as a way of holding, containing and grounding the work.)

- Introductions
- Post-Traumatic Growth Perspective (Video- "*Savage*")
- Introduction to Land-Based Practice
- History of Focusing
- Six Movements of Focusing
- Self-Regulation

### **1330 - 1545**

- Tracking the Body
- 8 Keys of Working Safely with FOTCT
- Trauma Backlash

## **DAY 2 - FRIDAY, OCTOBER 21, 2022 - CONTINUED**

The Experiential Exercises during the workshop are:

- *Clearing Space*: focus on connection to the land and multi-generational connection
- *Post Traumatic Growth*: watching the video “Savage” by Lisa Jackson (2009) through a post-traumatic growth lens
- *Felt-Sense*: finding the right distance and size
- *Group Focusing Experiential*: using animals and transformation when working with conflict
- *FOTCT Demo Session*

**1545 - 1600**

**CLOSING AND EVALUATION**

**A No-Host Lunch from 1200 - 1330 and tea and coffee services in the morning and afternoon**

**ABOUT OUR SPEAKERS**

## NORM LEECH

Norm has been the Executive Director for the Vancouver Aboriginal Community Policing Centre since May 2016. He is from T'it'q'et, a St'at'imc Nation community which surrounds the town of Lillooet.

## SHAUN PHILLIPS

Shaun Phillips, M.Ed., R.C.C., S.F.T.T., is a Registered Clinical Counsellor and Supervising Focusing-Oriented therapist and trainer. Mr. Phillips brings a diverse range of tools to his counselling practice in dealing with such issues as: anxiety, depression, attachment, behaviour challenges, learning challenges, trauma, and the impact that relationships have in all of these presentations. He draws on interventions grounded in Play Therapy, Narrative Therapy, Cognitive Behaviour Therapy, Family Systems, Circle of Security Parenting, EMDR, and Focusing-Oriented Therapy.

Mr. Phillips is skilled working with all developmental stages from very young children through adolescence. In addition, he provides parent consultation and support while honouring the family dynamics. Mr. Phillips brings an attachment focus to all of his work. Mr. Phillips has presented at the Early Years Conference (2020/18/16).

Mr. Phillips specializes in working with complex trauma. In addition to his work with Sand Story Psychology Services, Mr. Phillips also works in Private Practice with adults who have experienced complex trauma. He presented on this work at the First and Second World Conferences on Focusing-Oriented Psychotherapies in New York (2009/11/14).

Mr. Phillips was one of the instructors and clinical supervisors of the Aboriginal Focusing-Oriented Therapy and Complex Trauma Certificate Program (JIBC and Focusing Institute, New York). Mr. Phillips has taught AFOTCT for Saint-Paul University (Canada), Shiluv Centre (Israel), and ACT Institute (Brazil), Flemish Association for Client Centered and Experiential Psychotherapy and Counselling (Antwerp, Belgium), Focus Centrum (Netherlands), and Long Lake #58 First Nations and Whitesand First Nation (Canada). Mr. Phillips taught the four-year AFOTCT program in Osaka (2015-2019), Japan and will be returning to Shanghai, China, in 2021 to complete the AFOTCT program there. He teaches with his sister Alexis Phillips (M.A., R.C.C., S.F.T.T.) when training international students in AFOTCT.

Mr. Phillips continues to work closely with Long Lake #58 First Nation (Ontario), where he and his colleague Dr. Deborah Bell have partnered with the community to create and facilitate Seeds of Hope: Creating Change by Building Connection and Capacity in Community (an infant mental health initiative funded by Health Canada).

Mr. Phillips brings humour, energy and warmth to all that he does and is adept at connecting with clients of all ages.

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#### CANCELLATION POLICY

*Registrations cancelled 5 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 5 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](http://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).*