

# REGISTER TODAY – MULTIPLE DATES & LOCATIONS

## 2022 FORMING A NEW RELATIONSHIP WITH TRAUMA THROUGH AN INDIGENOUS FOCUSING-ORIENTED THERAPY (IFOT) LENS

### ABOUT THE WORKSHOP!

This workshop brings together learners and practitioners to share how Indigenous Focusing-Oriented Therapy (IFOT) can contribute to the health and wellness in Indigenous communities. IFOT has been developed to address complex and intergenerational trauma primarily in the Indigenous Canadian context.

You will have an opportunity to network with fellow learners and practitioners and improve your client care.

IFOT is a clinical and land-based approach that benefits practitioners who work with residential school survivors, those with addictions, and survivors of sexual, physical, and emotional abuse.

Themes in this workshop include:

- Foundation of Indigenous Focusing-Oriented Therapy (IFOT)
- Facilitating Post-Traumatic Growth and Living Connection: Working with IFOT and Complex Trauma
- Enhancing Engagement and Empowerment Practices

### WHO SHOULD ATTEND?

- Indigenous and non-Indigenous Service Providers Working with Residential School Survivors, those with Addictions, and Survivors of Sexual, Physical, and Emotional Abuse
- Mental Health and Wellness Caregivers
- Educators and Community-Based Providers
- Researchers and Policymakers
- Psychologists
- Social Workers
- Counsellors

### PLEASE CHECKMARK THE DATES AND LOCATION YOU WISH TO ATTEND

September 15 - 16, 2022, Holiday Inn Hotel & Suites Downtown Vancouver, BC \_\_\_\_\_

October 20 - 21, 2022, Sandman Hotel & Suites Winnipeg Airport, Winnipeg, MB \_\_\_\_\_

October 25 - 26, 2022, Best Western Plus Toronto Airport, Mississauga, ON \_\_\_\_\_

November 17 - 18, 2022, Coast Nisku Inn & Conference Centre, Nisku, AB \_\_\_\_\_

Fee: \$495.00 + \$24.75 (5% GST) TOTAL PER PERSON \$519.75

## HOTEL INFORMATION

Please contact the hotel directly for your accommodation needs.

**September 15 - 16, 2022**, Holiday Inn Hotel & Suites Downtown Vancouver, 1100 Howe Street, Vancouver, BC  
Res. Toll Free: 1 - 800 663 - 9151 or email: [reservations@hivancouverdowntown.com](mailto:reservations@hivancouverdowntown.com)

**October 20 - 21, 2022**, Sandman Hotel & Suites Winnipeg Airport, 1750 Sargent Avenue, Winnipeg, MB  
Res.: Toll Free: 1 - 800 - SANDMAN or Res.: (204) 775 - 7263

**October 25 - 26, 2022**, Best Western Plus Toronto Airport Hotel, 5825 Dixie Road, Mississauga, ON  
Res.: (905) 670 - 8180 or Toll Free: 1 - 800 - 528 - 1234

**November 17 - 18, 2022**, Coast Nisku Inn & Conference Centre, 1101 4<sup>th</sup> Street, Nisku, AB Res.: (780) 955 - 7744  
or email: [guestservices@coastniskuinn.com](mailto:guestservices@coastniskuinn.com)

No refunds within five business days of the workshop. Substitutions are permitted. W. Zarchikoff & Associates reserve the right to change program content and cancel events. Registrants will be notified at the earliest possible date in the event of a cancellation. Registration fees for events that we cancel will be refunded; however, we will not be liable for any loss, damages or other expenses that such a cancellation may cause. GST Registration Number 86939 6309 RT0001

**REGISTRATION INFORMATION:** To register, EMAIL this form to Rebecca Marinos at [rebecca\\_marinos@yahoo.com](mailto:rebecca_marinos@yahoo.com)

or FAX (780) 760-1776. We will send you a confirmation email and an agenda. You can also obtain a full agenda and registration form at [www.aboriginaltrainingandconsultingservices.com](http://www.aboriginaltrainingandconsultingservices.com)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Title: \_\_\_\_\_ Organization: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

## PAYMENT INFORMATION

Payment Type \_\_\_\_\_ Check \_\_\_\_\_ Mastercard \_\_\_\_\_ Visa \_\_\_\_\_ Total Amount Owing \_\_\_\_\_

Credit Card # (if applicable) \_\_\_\_\_ Expiration \_\_\_\_\_

Notes Regarding Payment \_\_\_\_\_

MAIL CHECK TO: W. Zarchikoff & Associates - #112 - 19899 55A Avenue, Langley, BC V3A 0C4

**CONTACT INFORMATION:** Bill Zarchikoff, Phone (604) 970 - 3419 or Toll Free 1 - 888 - 683 - 7711

Fax: (604) 530-3841, Email: [wzarchikoff@gmail.com](mailto:wzarchikoff@gmail.com), Website: [www.aboriginaltrainingandconsultingservices.com](http://www.aboriginaltrainingandconsultingservices.com)

If you are interested in having this workshop brought to your community, contact us!

## **ABOUT INDIGENOUS FOCUSING-ORIENTED THERAPY AND COMPLEX TRAUMA TRAINING**

The practice of Focusing-Oriented Therapy when working with complex trauma is growing in Canada, the U.S. and across the globe. There are an increasing number of therapists utilizing Indigenous Focusing-Oriented Therapy (IFOT). We are pleased to offer this training to provide the opportunity for you to experience this compassionate, inspiring and effective approach for working with complex trauma.

The practice of psychotherapy is undergoing changes resulting from land-based knowledge, consultation with Elders, and current research in complex trauma and neuroscience which underscores the importance of attachment, emotion, the body and relationship in the healing process. Focusing-Oriented Therapy (FOT) offers well-developed techniques to enable therapists to access body-oriented, implicit processes that researchers are finding key to neural integration and change.

FOT is a body-centered and person-centered approach to healing that was developed four decades ago at the University of Chicago by Dr. Eugene Gendlin. It is a practice that is grounded in a philosophical paradigm Gendlin developed. This process enables therapists and practitioners to guide clients to sense into their bodies and into current-moment experiences to bring about what Focusing founder Gendlin calls 'life-forward' motion. FOT allows the client to be an active participant in their healing and empowers them to determine the pace, direction, and intensity of their journey to health.

Building on this approach, IFOT in Complex Trauma was developed by Shirley Turcotte, a Metis elder and clinical counsellor, over the last 35 years in Canada by integrating an Indigenous based, anti-oppressive, and culturally diverse worldview understanding. This current-day approach and practice of trauma treatment is inclusive of cultural, ethnic and spiritual awareness. It reaches beyond common assumptions that we are all the same regardless of our cultural ancestry and experiences. It connects with the unique diversity of histories and experiences of human beings. It expands the current concepts and understanding of complex trauma.

IFOTCT can be particularly effective in the treatment and healing of complex trauma precipitated by accidents, natural and human-caused disasters, loss, sexual, physical, emotional abuse and/or neglect, institutional abuse, and inter-generational trauma and oppression. IFOTCT teaches specialized skills for working with "speechless trauma" that has become "stuck" at earlier developmental stages and that interferes with functioning satisfactorily in one's present life. These skills facilitate the release of body-held trauma and the integration and metabolization of the experience of mind/body once the release has completed so that life can move forward toward healing and a greater sense of well-being.

"Your body knows the direction of healing and life...If you take time to listen to it through Focusing, it will give you the steps in the right direction."

*-Gene Gendlin, 1981*