

# **2023 PROFESSIONAL DEVELOPMENT WORKSHOP**

## **WOUND TO WELLNESS: 3-DAY WORKSHOP FOR SERVICE PROVIDERS OFFERING VIOLENCE-RELATED TRAUMA HEALING WITH INDIGENOUS CLIENTS**

**JUNE 7 - 9, 2023**

**THE QUALITY INN & SUITES  
YELLOWKNIFE, NORTHWEST TERRITORIES, CANADA**

**FACILITATED BY DARIEN THIRA, PH.D., R. PSYCH.**

PRESENTED BY

W. ZARCHIKOFF & ASSOCIATES  
LANGLEY, BRITISH COLUMBIA, CANADA

IN COLLABORATION WITH



## WOUND TO WELLNESS

### DAY 1 - WEDNESDAY, JUNE 7, 2023

**0845 - 0900 Registration**

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

#### **Territorial Acknowledgement**

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.

**0900 - 10:30 Traditional Values and Colonization**

Understanding living one's values as a foundation of wellness and the reason many do not live their values is essential to confronting violence. Indigenous violence, substance misuse 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.

**1030 - 1045 Tea & Coffee Service**

**1045 - 1200 Colonization and Mental Health**

A "post-colonial" approach to Indigenous mental health will be explored to reduce the risk that we colonize those who we care for by accident.

**1200 - 1315 No-Host Lunch**

**1315 - 1430 Understanding Violence-Related Trauma**

An introduction to 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 reviewed. An introduction to trauma as a psychological problem that links to the most common mental health and social problems in a community will be introduced.

**1430 - 1445 Tea & Coffee Service**

**1445 - 1600 Understanding Violence-Related Trauma Continued**

The impacts of chronic childhood Trauma on identity will be reviewed. And 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.

## **DAY 2 - THURSDAY, JUNE 8, 2023**

### **0900 - 1015 Culture & 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 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.

### **1015 - 1030 Tea & Coffee Service**

### **1045 - 1200 The Two Branches of Wellness**

A 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. Self-Worth, the second branch of wellness, is our source of strength in the face of violence-related trauma will be explored.

### **1200 - 1315 No-Host Lunch**

### **1315 - 1430 Self-Worth and Replacing Violence with wellness**

After completing the discussion of self-worth, the purpose of violence will be explored in relation to self-worth. The *Replacement Technique* that is used to understand and to change “bad” or violent behavior will be introduced.

### **1430 - 1445 Tea & Coffee Service**

### **1445 - 1600 Balance and Wellness**

The balance of two Traditional caregiver values—Care and Respect—will be examined in relation to helping and healing.

## **DAY 3, FRIDAY, JUNE 9, 2023**

### **0900 - 1015 Validation-Invitation 2-Step Technique**

The *Validation-Invitation 2-Step Technique* that allows for boundaries to be maintained and enhances the capacity of clients to heal will be introduced.

### **1015 - 1030 Tea & Coffee Service**

### **1045 - 1200 Responding to Violence-Related Trauma**

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, discussed previously)—will be discussed.

### **1200 - 1315 No-Host Lunch**

### **1315 - 1430 The Four Paths of Healing**

The four paths of traditional healing—both a cultural and spiritual and psychological or social branches; that is, the growth path (with a goal of integrating our lives and becoming whole), cleansing (with a goal of releasing the problem), transcendence (with a goal of rising above the problem) and transformation (with a goal of rebirth) will be introduced with clinical examples.

### **1430 - 1445 Tea & Coffee Service**

### **1445 - 1545 The Four Paths of Healing Continued**

The four paths of traditional healing—both a cultural and spiritual and psychological or social branches; that is, the growth path (with a goal of integrating our lives and becoming whole), cleansing (with a goal of releasing the problem), transcendence (with a goal of rising above the problem) and transformation (with a goal of rebirth) will be introduced with clinical examples.

### **1545 - 1600 CLOSING AND EVALUATION**

Your comments and suggestions are very important to us. Please take a moment to complete the evaluation form located in your workshop folder. Thank you!

## **ABOUT 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.

## MANAGEMENT INFORMATION

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## CANCELLATION POLICY

Registrations cancelled 7 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 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 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).