

2015 Mindfulness Training:

**A Novel Approach To Intervention In
Aboriginal Communities Experiencing Trauma**

June 17 – 18, 2015

Travelodge Hotel Vancouver Airport

Richmond, British Columbia

Presented by:

W. Zarchikoff & Associates

and

Stratcom Consulting

Management Information

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Stratcom Consulting

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CANCELLATION POLICY

Registrations cancelled 7 or more days prior to the workshop are refundable, minus a \$100.00 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 in the meeting rooms.

YOU WILL RECEIVE

All training material associated with this course, a workshop certificate of completion, as well as morning and afternoon refreshments. Participants are on their own for lunch from noon to 1:15 PM. The certificate of completion will allow you to apply for course credit at various credit issuing organizations. We are available to 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/home or contact us by phone or email. We accept payment by Visa, MasterCard, check, purchase orders and cash. Onsite registration is allowed, 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 Bill Zarchikoff to get more information (contact information above).

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DAY ONE: WEDNESDAY, JUNE 17

0830 – 0900 REGISTRATION WITH COFFEE & TEA SERVICE

0900 – 0915 OPENING REMARKS & INTRODUCTIONS

0915 – 1030 SESSION 1: INTRODUCTION TO MINDFULNESS

What is mindfulness and how does it help reduce stress, anxiety, depression and pain? The session will include Introductory Mindfulness Practice Instruction: The 3 R's of Resting the Mind (Rest, Recognize, Return ©)

Facilitator: Brian Callahan, MBA, M. Div, RCC.
Executive Coach and Clinical Counselor
Co-founder of TruePoint
Vancouver, British Columbia

BRIAN CALLAHAN brings over 30 years of experience in business, education, and mindfulness awareness training to his executive coaching relationships. Co-founder of TruePoint, he continues to be excited by the possibility of awakened and inspired leadership. As a senior mindfulness teacher, he leads retreats internationally, and coaches entrepreneurs and executives in Canada and the USA. He is a certified clinical counselor and has completed the traditional 3 year meditation retreat in the Tibetan tradition, and the Authentic Leadership and Coaching Programs at Naropa University in Boulder, Colorado.

1030 – 1045 HEALTH BREAK

1045 – 1200 SESSION 2: MINDFULNESS AND TRAUMA TREATMENT: HITTING THE RE-SET BUTTON AND GATHERING DEEP RESOURCES FOR RECOVERY

This session will include a brief presentation of the neuroscience research that supports the use of Mindfulness within the treatment of trauma and will also highlight some short, practical

Mindfulness practices that can be incorporated within treatment. Participants will learn the practices of Rescue Breathing, Sit Like Mountain, and a very short Body Scan meditation.

Facilitator: Brian Callahan, MBA, M. Div, RCC.

1200 – 1315

NO-HOST LUNCH

1315 – 1430

SESSION 3: NEUROSCIENCE OF TRAUMA AND MINDFULNESS: CAVEATS AND CONTRAINDICATIONS

This workshop will present the nervous system and brain's response to trauma, and outline reasons why mindfulness and meditation strategies can be triggering and overwhelming, without the proper safeguards in place. The window of tolerance and expansion-constriction models will provide a helpful framework for understanding the state of emotional and physiological dysregulation that survivors struggle with, from which to understand self-protective responses, trauma symptoms and challenges that arise during mindfulness or meditation with more compassion.

Facilitator: Sarah Schlote, MA, CCC, SEP

sarah@healingrefuge.com

www.healingrefuge.com

Sarah Schlote is a therapist, Somatic Experiencing™ (SE) Practitioner, and trainer who is certified through the Canadian Counselling and Psychotherapy Association. A native speaker of English and French, she holds a Master's degree in Counselling Psychology from the University of Victoria in British Columbia, and is an approved general training assistant at all levels through the Somatic Experiencing™ Trauma Institute in Boulder, CO. She has been practicing mindfulness and self-compassion since 2003 both personally and professionally, and is passionate about increasing awareness of trauma-informed and trauma-specific care. Her 15 years of experience includes mental health and addictions, eating disorders and impulse control, chronic stress, sexual abuse, peri-natal and early developmental / attachment trauma, shock trauma and PTSD, stress and anxiety, dissociation, identity development, grief and loss, healthy aggression and boundaries work, and working with complex syndromes.

Sarah's family background has been traced to the early days of Canada, with an intermingling of early French colonists and First Nations women in her bloodlines. Her respect for indigenous traditions was fostered by her studies on the West Coast of Canada, coursework taught by métis professor Dr. Honoré France at the University of Victoria, by co-facilitating a trauma-informed practice training at the Victoria Native Friendship Centre, meetings with elders, and mindful participation in various traditions, including smudging, sweat lodge, women's drumming circle, and pipe ceremony. She will be delivering training on trauma-informed care to the Cree School Board in northern Quebec this spring.

1430 – 1445

HEALTH BREAK

1445 – 1600

SESSION 4: TRAUMA-SENSITIVE MINDFULNESS: CORE PRINCIPLES AND STRATEGIES

Drawing from Somatic Experiencing, a mindfulness and neuroscience-based body-focused modality for trauma resolution, this session will present key principles and strategies to keep in mind when implementing mindfulness with trauma survivors. Adaptations of traditional mindfulness practices will be presented in order to build internal resources and capacity for

distress and pleasure tolerance. A brief overview of the concepts of tracking, titration, containment, distancing, shift and stay, and orienting to sensory material to make mindfulness safer will also be included.

Facilitator: Sarah Schlote, MA, CCC, SEP

DAY TWO: THURSDAY, JUNE 18

0900 – 1545

SESSION 5: CONSCIOUSNESS: MINDFULNESS AND THE MEDICINE WHEEL

Mindfulness was important in our Aboriginal communities and was a rite of passage for young people emerging into adulthood. Today, people are hooked into modern technology; television, computers, and cell phones, and have fast forwarded into the space age. This fast pace has become normal and addictive for many. This workshop will introduce the concept of “slowing the mind down” and realizing the power of our consciousness. Traditional teachings and ceremonial practices supporting this mindfulness skills practice will be presented. Spiritual laws and traditional teachings relating to violence in all forms: restoring the teaching of the elders for the younger generation.

Facilitator: Don Robinson
Educator, Trainer + Traditional Healer
Ma Mawi Wi Chi Itata Centre Inc.
Winnipeg, Manitoba

Don Robinson, a Cree man originally from the Oxford House First Nation, is a graduate of the Bachelor of Social Work Program in 1991 and the Master of Social Work Program, University of Manitoba in 2001. Don has also worked with children, utilizing play therapy approaches, individual and family counseling and group work. He was employed with All Nations Child and Family Coordinated Response Network and now works for Ma Mawi Wi Chi Itata Centre. Since 1996, he has been an Educator & Trainer in the human development field, traveling extensively to reserve communities delivering training workshops and teaching courses for the University of Manitoba. Don is involved in the traditional way and is a member of the Wolf Clan. As a member of the Wolf Clan, he is interested in learning traditional teachings about the journey of life.

1545 – 1600

Closing & Evaluations