



WELCOME PACKAGE

November 18, 19, 2022

December 2, 3, 9, 10, 16, 17, 2022

Fridays: 6PM-9PM EST and Saturdays: 11AM-2PM EST

FACILITATORS

Isabel Adon, Beatrice Hyacinthe
Hilda Massoud, Maria D'Cruze

An 8 session series of an integrative therapy workshop exploring indigenous tools for living on how to work and sit with complex trauma without burnout.

INDIGENOUS TOOLS FOR LIVING

We are in connection and in relationship with water, air, fire, earth, and all the relatives who have wings, fins, roots and paws and this connection flows forwards and backwards in time, through the generations. Trauma fallout is an intergenerational relationship issue and we are in relationship with life and land through the generations.

— Shirley Turcotte, developer of Indigenous Focusing-Oriented Therapy

Background to the Training

We acknowledge that we will be gathering together online, on traditional, ancestral and land of the Lenape and the Canarsie people, for sharing these tools developed by Shirley Turcotte, Métis knowledge-keeper, and Registered Clinical Counsellor (RCC).

We acknowledge the importance of support, surrounding vicarious trauma, burnout and compassion fatigue; ensuring that we have culturally appropriate tools to help guide 'clients'; and importantly, to manage our own personal well-being.

As part of training, we acknowledge the importance of developing land based tools for our own self-care especially during these unprecedented and uncertain times of pandemic.

Indigenous Tools For Living Training

Indigenous Tools for Living (ITFL) expands Western concepts and understandings of complex mental health concerns through an Indigenous lens; honoring collective, historical and intergenerational influences. It reaches beyond common assumptions that we are all the same regardless of our cultural ancestry and experiences, connecting with the unique diversity of histories, human beings and experiences of oppression.

ITFL integrates Indigenous, land-based, anti-oppressive and culturally diverse worldviews and understandings, with some 'support' from Eugene Gendlin's Focusing-Oriented Therapy concepts.

ITFL is a training that we would usually do in person. This training promotes well-being for Indigenous and non-Indigenous frontline workers. ITFL training has been adapted to the online format.

PARTICIPANTS:

It is important that you attend all sessions. It is especially important to attend the first session (Basket #1) because it is the foundation of the rest of the teachings and interactive activities. The calendar of all teachings is outlined below.

There is also a supply list outlined below. Most of the supplies are things that you should be able to gather yourself. If you have trouble gathering these supplies, please let your program coordinator know and they will collaborate with you to come up with a creative solution.

There is a lesson plan for each basket. Basket #1: Vicarious Trauma is listed below and lists the topic, advice, and pre-readings or viewings. For example, Shirley Turcotte, RCC, the developer of the ITFL/IFOT approach introduces Aboriginal Psychotherapy in a 30 minute video.



Indigenous Tools for Living Schedule

HOST:
LK Wellness

HELPER:
Maria
D'Cruze

**We meet
on Zoom**

11.18.2022
DAY ONE

Basket #1:

- Welcome, introductions
- Review of 7rs
- Vicarious trauma
- Connect and protect
- Interactive tools

Facilitators:

Isabel Adon
Maria D'Cruze

11.19.2022
DAY TWO

Basket #2:

- flashback
- Felt Sense
- Focusing Movements
- Mood States
- Interactive tools

Facilitators:

Isabel Adon
Maria D'Cruze

12.02.2022
DAY THREE

Basket #3:

- Transformation
- Critic as Protector
- Wellness Behind the Critic
- Mask / Transformation Dance
- Interactive Tools

Facilitators:

Isabel Adon
Beatrice Hyacinthe

12.03.2022
DAYFOUR

Basket #4:

- Grief
- Social Justice
- One's own medicine
- Intergenerational
- Ceremony & land

Facilitators:

Isabel Adon
Hilda Massoud

12.09.2022
DAY FIVE

Basket #5:

- Dream versus Dream Interpretation
- Twisted thoughts
- Trying on dream elements

Facilitators:

Isabel Adon
Hilda Massoud

12.10.2022
2 DAY SIX

Basket #6:

- Addressing complex trauma without therapy
- Apply the tools

Facilitators:

Isabel Adon
Hilda Massoud

12.16.2022
DAY SEVEN

Basket #7:

- Spirituality and the Collective

Facilitators:

Isabel Adon
Beatrice Hyacinthe

12.17.2022
DAY EIGHT

Basket #8:

- Recap and Review
- Modify options

Facilitators:

Isabel Adon
Beatrice Hyacinthe

Indigenous Tools for Living Supplies to Gather

BASKET #1

- 8 river rocks or stones as big as your hand.
- A small basket or container of pebbles or smaller stones.
- Picture of cedar (like the one below) or some you may have gathered.
- Kleenex or paper towel. A washcloth or small towel.

BASKET #4

- Blank paper
- Colored felt pens

Gathered medicines from the land near you --these can be small bits of twigs, mosses, leaves, stones, water, coins(metal), rose hips, bark, tea, flowers, corn, lavender, sand, sea shells, cedar, tobacco, sage, rice grains, dried berries, etc.

BASKET #2

- Post-it notes or
- 2-3 slips of paper.
- Felt pen.
- Keep handy: Kleenex or paper towel.
- A washcloth or small towel.

BASKET #5

Blank paper Colored felt pens

BASKET # 3

- A paper plate or blank paper.
- Colored felt pens or markers.
- Optional: hand drum or rattle. (we can also use our bodies for percussion).
- A chocolate or sweet fruit. Water.

BASKET # 6

Blank paper colored felt pens.

BASKET #7 & 8

Blank Paper and colored felt pen

YOUR SPACE:

It will be important to organize your space for comfort, seated to watch the facilitators but you will be asked to have an area beside you, the protected land with your river rocks. These do not need to be on camera. They are for you. You may also want to organize a space behind your chair to stand, move, and still be seen. If you can stand back from your computer and twirl, you probably have the right amount of space. Have your supplies, water and snacks convenient to this space too.

HANDY TO HAVE:

Water or tea, sliced fruit snack or similar



ABOUT THE BASKET

ITFL Basket #1 provides safety training for working with trauma. In this basket, we emphasized post-traumatic growth perspectives through a decolonizing and relational framework. We also explore vicarious trauma as collective wisdom learned from our blood memory, a body-centered approach. Finally, we will also introduce experiential knowledge as a strengths-based orientation and outcome of surviving genocide, a genocide-informed practice.



PRIOR TO BASKET #1

The video, **Aboriginal Psychotherapy** is an important orientation to complex trauma. **Please view it prior to class if possible.** It contains descriptions of trauma and genocide so please take care to view the material from a place of strength (or later if you are feeling tender).

View the video at:

<https://www.youtube.com/watch?v=MZF5oyn9Avg>

Key concept 1: Intergenerational complex trauma as holistic and interconnected

Key concept 2: Trauma in the body

Key concept 3: Past-Present-Future helpers

Key concept 4: Land as ever present

Key concept 5: Transformation & Justice



PROTECTED LAND SPACE & PLACING TRAUMA

KEY CONCEPTS:

Connect and Protect
Therapeutic window
Body Positioning
Transferring to the land
Intergenerational
knowledge
Getting friendly with trauma
Trauma & transformation
Animals and land as helpers

Ancestors:

Clearing space with stones
Rock wash
Cotton cloth
Kleenex or paper towel



CONNECT & PROTECT

Video link (shown in class): Shirley Turcotte, RCC, Métis knowledge keeper and founder of ITFL & Indigenous Focusing Oriented Therapy (IFOT)

<https://www.youtube.com/watch?v=2apAtsTJ9Is&feature=youtu.be>

Further Reading: Turcotte, Shirley and Jeffrey J. Schiffer, "Aboriginal Focusing-Oriented Therapy," in *Emerging Practice in Focusing-Oriented Psychotherapy: Innovative Theory & Applications*, ed. Greg Madison, 48-63. Philadelphia: Jessica Kingsley, 2014.

Aboriginal Code of Professional Conduct (7 Rs)

Relationship

to be in connection with

Recognition

awareness, acceptance

Reconciliation

reestablishing, balancing, cooperating

Responsiveness

answering, influencing, being involved

Respect

feeling & showing regard, to honor, to avoid violation or interference

Redress

to set right, remedy or rectify, correct or reform

Representation

having voice



THANK YOU



Love & Kindness
WELLNESS SERVICES

For more information visit
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