

Culturally-Rooted Community-Based Programs



THIRA
CONSULTING

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Thira Consulting offers Indigenous communities emotionally safe, culturally rooted, anti-colonial, strength-based services that enhance capacity and wellness in individuals, families, professionals, and the community as a whole.

ABOUT DARIEN THIRA, PHD., R. PSYCH.

Darien Thira is a registered psychologist 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, “addiction” and related fields. He is also an adjunct faculty member at the Adler School of Professional Psychology, offers clinical consultation/supervision and psychotherapy in private practice, and serves as a clinician at an Indigenous Healing Centre. His doctoral dissertation related to Indigenous suicide resilience, and he has previously been a sessional instructor at the University of British Columbia. He has served for several years each as a clinician with Indigenous clients at a substance-related Healing Centres, 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.

Workshops & Programs

Through a respectful and interactive approach to teaching (including practice-circles, small and large-group discussions, role-plays and other exercises), participants are encouraged to share their experiences and skills and to build on their own strengths. Essential knowledge is provided, community-based strategies are developed, and techniques are practised that promote a physical, emotional, mental, and spiritual balance that simultaneously enhances and integrates individual and community well-being.

Train the Trainer: All of the programs are available in a Train the Trainer format which includes necessary training and the materials necessary to offer in-service training:

- Participant Manual
- Facilitator Manual
- PowerPoint.

Making Sense of Indigenous Healing and Wellness

Colonization is the disease. Indigenous communities and families and individuals were strong in the past, and they are strong now. If they were not, they wouldn't still be here. The distress experienced within each community is a natural response to their history and ongoing colonial violation, but these problems do not have to remain. Specifically, three target activities have been identified that promote community wellness. These are:

- (1) *Wellness Promotion* that promotes community change—revitalizing cultural and spiritual traditions, strengthening families, and supporting children and youth (i.e., true prevention).
- (2) *Direct Service* with a focus upon identifying and supporting those in distress in the moment or with a focus on healing that promotes movement towards wellness (i.e., intervention).
- (3) *Critical Incident response* that supports the community after a tragedy to reduce its affects as much as is possible and to protect the community from further similar incidents (i.e., postvention).

Culture is the cure. Indigenous communities are wounded as much as their families and individual members. The path of community healing and individual and family healing are the same. Communities will heal through their service to their families and individual members, just as individuals and families heal through service to their families and community. The community belongs to us—it is there for us and we are responsible for it. We offer *connection* to those in our community, and we can seek connection from them; we have opportunities for *empowerment* in our community and we offer opportunities to others; our *purpose* is based on our contributing roles in the community, and we offer purpose to others, based on their roles with us; and the community is the cultural source of our *wisdom*.

The community is the medicine. Just as the community is a resource for us, we are a resource for the community—community wellness and individual and family wellness are interconnected.

The following programs may be of use to the communities.

The Community is the Medicine

3-5 Day COMMUNITY WELLNESS Workshop

The Indigenous community is often understood to be in a mental health crisis. This workshop will redefine issues, such as suicide, violence and addiction as a community crisis with a social cause and cultural “cure,” one rooted in Traditional values. Participants will have the opportunity to identify and then explore that four-factor “cure” utilizing an Indigenous wellness model designed to assist people to become the Elders they are meant to become. A balance of values that are essential to healthy personal and professional relationships will be reviewed and relevant techniques will be practiced. Finally, a 3-part process to decolonize ourselves and our practice will be explored. The result will be a deeper understanding of the source of community problems and a culturally-rooted approach to wellness and a greater capacity to heal oneself, one’s family, and the community. The result will be a deeper understanding of the source of community problems and a culturally-rooted approach to wellness and a greater capacity to heal oneself, one’s family, and the community.

AGENDA

Colonization is the Disease

- Traditional Values
- 4 Waves of Colonization
- Diagnosis and Colonization

Culture is the Cure

- The 4 Cultural Branches of Wellness
- Self Worth: Enhancing Connection & Empowerment
- A Worthwhile Life: Enhancing Purpose & Wisdom
- Balancing the Values of Care & Respect as a Helper and the Validation-Invitation 2-Step

The Community is the Medicine

- Shifting Focus from Problems to opportunities
- Shifting Focus from an Individual to a Community-Based Identity
- Shifting from Government Sanctioned Problem Resources to Community/Cultural Ones
- Making Plans for Wellness

The Community is the Medicine & Wound to Wellness

5-7 Day COMMUNITY WELLNESS & GRIEF/TRAUMA HEALING Workshop

This workshop will offer the approaches and skills necessary to support healing and wellness. Participants will have the opportunity to explore a four-factor Indigenous wellness “cure” for colonization. A balance of values and techniques essential to healthy personal and professional relationships will be reviewed and practised. Finally, a 3-part process to decolonize ourselves and our practice will be explored. Healthy grief and the three traps that lead to unhealthy grief will be identified. Trauma as a personal (biological and psychological) and social wound will be discussed. Tools to prevent and respond to trauma reactions will be discussed. and the four cultural paths of healing and grieving will be discussed. Psychological techniques from each path will be practised and the four steps of healing will be explored.

<u>AGENDA</u>	
<p>Part 1: THE COMMUNITY IS THE MEDICINE</p> <p>Colonization is the Disease</p> <ul style="list-style-type: none"> - Traditional Values - 4 Waves of Colonization - Diagnosis and Colonization <p>Culture is the Cure</p> <ul style="list-style-type: none"> - The 4 Cultural Branches of Wellness - Self Worth: Enhancing Connection & Empowerment - A Worthwhile Life: Enhancing Purpose & Wisdom - Balancing the Values of Care & Respect as a Helper and the the Validation-Invitation 2-Step <p>Decolonizing Ourselves (our practice) in 3 Steps</p> <ul style="list-style-type: none"> - Shifting Focus from Problems to opportunities - Shifting Focus from an Individual to a Community-Based Identity - Shifting from Government Sanctioned Problem Resources to Community/Cultural Ones - Making Plans for Wellness 	<p>Part 2: HEALING THE WOUND</p> <p>Understanding Grief</p> <ul style="list-style-type: none"> - Healthy & Problematic Grief <p>Understanding and Responding to Trauma</p> <ul style="list-style-type: none"> - A Biological View of Trauma - A Social and Psychological View of Trauma (and “Addiction”) - Community Trauma Impacts (Optional) - Complex (Childhood) Trauma (Optional) - Responding to Trauma Reactions (Optional) <p>Four Paths of Healing</p> <ul style="list-style-type: none"> - Practising Healing Tools from the Four Paths <p>Four Paths of Grieving</p> <ul style="list-style-type: none"> - Practising Grieving Tools from the Four Paths <p>Four Steps to Wellness</p> <ul style="list-style-type: none"> - Taking the Steps From Victim to Contributor

The Community is the Medicine

3-5 Day COMMUNITY DEVELOPMENT Workshop

Community development is the opposite of community helplessness—it is any activity in which the community experiences an increase of empowerment and connection, where it contributes to its own healing and pursues a vision of its own making. Ultimately, wellness is the responsibility of the whole. Community development enhances a community's wellness; it enhances the capacity of the community to respond to its issues and is the opposite of being a victim of colonization. Participants will have the opportunity to develop and sustainable prevention and wellness-related community development plans that can be successfully implemented.

<u>AGENDA</u>	
<p>Colonization is the Disease</p> <ul style="list-style-type: none"> - Traditional Values - 4 Waves of Colonization - Diagnosis and Colonization <p>Culture is the Cure</p> <ul style="list-style-type: none"> - The 4 Cultural Branches of Wellness - Self Worth: Enhancing Connection & Empowerment - A Worthwhile Life: Enhancing Purpose & Wisdom - Staying in Balance as a Helper, Friend, and Family Member - Balancing the Values of Care & Respect as a Helper - The Validation-Invitation 2-Step <p>Decolonizing Ourselves (our practice) in 3 Steps</p> <ul style="list-style-type: none"> - Shifting Focus from Problems to opportunities - Shifting Focus from an Individual to a Community-Based Identity - Shifting from Government Sanctioned Problem Resources to Community/Cultural Ones - Making Plans for Wellness 	<p>Community Development and Wellness</p> <ul style="list-style-type: none"> - Visioning a Healthy Community in 5 Years - The 4 Branches of Wellness as a Wellness Initiative Template <p>What Is Working and What Will Work</p> <ul style="list-style-type: none"> - Identifying Successful and Sustainable Initiatives in the Community <p>Community Development Issues</p> <ul style="list-style-type: none"> - Engaging/Mobilizing the Community - Overcoming Community Obstacles <p>Doing the Work</p> <ul style="list-style-type: none"> - Planning Community Development Initiatives <p>Four Steps from Victim to Contributor</p> <ul style="list-style-type: none"> - Walking the 4 Steps as a Community

The Community is the Medicine: Wellness, Healing & Development

5 Day COMMUNITY WELLNESS & COMMUNITY DEVELOPMENT & GRIEF/TRAUMA HEALING Workshop Series

This week-long program is a combination of three workshops will provide a comprehensive introduction to community wellness, healing, and development.

WORKSHOPS INCLUDE

The Community is the Medicine: Community Wellness Workshop (2-days)

This workshop will redefine issues, such as suicide, violence and addiction as a community crisis with a social cause and cultural "cure," one rooted in Traditional values. Participants will have the opportunity to identify and then explore that four-factor "cure" utilizing a Métis/Aboriginal wellness model. Finally a 3-part process to decolonize our selves and our practice will be explored. The result will be a deeper understanding of the source of community problems and a culturally-rooted approach to wellness and a greater capacity to heal oneself, one's family, and the community.

The Community is the Medicine: Community Development Workshop (1 Day)

Community development is the opposite of community helplessness—it is any activity in which the community experiences an increase of empowerment and connection, where it identifies and healing and pursuing a vision of its own making. Participants will have the opportunity to develop and sustainable prevention and wellness-related community development plans that can be successfully implemented.

Healing the Wound: Grief & Trauma Healing Workshop (2-Days)

Healing in the face of trauma and grief will be discussed and the 4 paths of cultural healing and grieving will be discussed and techniques from each of the paths will be practised. The 4 steps of healing (from victim to contributor) will also be explored. The result will be a deeper understanding of the source of community problems and a culturally-rooted approach to wellness and a greater capacity to heal oneself, one's family, and the community.

Through the Pain to Wellness

5-Day Culturally-Rooted Community-Based SUICIDE PREVENTION/INTERVENTION/POSTVENTION Workshop

Designed specifically for Indigenous communities, *Through the Pain to Wellness* offers a culturally-rooted, values-driven introduction to the knowledge, skills, and strategies necessary for community-based suicide prevention and health promotion, suicide intervention to support those in distress, and a postvention protocol to prevent suicide contagion. The 3 key goals of the program are: (1) to create emotional safety in the face of a very painful issue; (2) to provide essential knowledge, strategies and techniques to respond to suicide as a psychological and social problem caused by colonization; (3) to develop a core group of individuals who can contribute to community wellness and respond to those struggling with suicide using an approach that simultaneously helps those in crisis and heals the community as a whole.

<u>AGENDA</u>	
<p>Colonization is the Disease</p> <ul style="list-style-type: none"> - Colonization and Suicide - Colonization and Mental Health <p>Culture is the Cure for Suicide: True Suicide Prevention</p> <ul style="list-style-type: none"> - The 4 Cultural Branches of Wellness - Self Worth: Enhancing Connection & Empowerment - A Worthwhile Life: Enhancing Purpose & Wisdom - Balancing the Values of Care & Respect and the Validation-Invitation 2-Step <p>Understanding Suicide</p> <ul style="list-style-type: none"> - The Three Steps of a Suicidal Crisis - The Four Signals of Suicide - Self Worth Protects Us From Suicide <p>The Three Steps to Help a Suicidal Person: Community-Based Suicide Intervention</p> <ol style="list-style-type: none"> 1. Ask: Suicide Risk Assessment: <ul style="list-style-type: none"> - Three Levels of Suicide Risk 2. Listen: Active Listening & Crisis Intervention 3. Help: <ul style="list-style-type: none"> - Safety/Wellness Plans - Responding to 3 Levels of Suicide Risk - Consultation and Confidentiality 	<p>Community-Based Suicide Postvention</p> <ul style="list-style-type: none"> - Contagion Prevention - Understanding Grief & Trauma - The 4 Traditional Paths of Healing - The 4 Stages of Healing (as an individual, family, and community) <p>Decolonizing Ourselves And Our Practice in 3 Steps: Values-Driven Community-Based Suicide Prevention/Community Engagement</p> <ul style="list-style-type: none"> - Shifting Focus from Problems to opportunities - Shifting Focus from an Individual to a Community-Based Identity - Shifting from Government Sanctioned Problem Resources to Community/Cultural Wellness Resources - Visioning a Suicide-Free Community - Community Wellness Planning <p>Self Care</p> <ul style="list-style-type: none"> - Serenity in the Face Suicidal Crisis

From Wound to Wellness

10-Day FRONT-LINE WORKER SKILLS TRAINING Program

Traditionally, communities took care of themselves. The Wound to Wellness 10-day training will provide a strong foundation for the capacity building of community front-line workers. offers a culturally-sensitive introduction to the knowledge, skills, and strategies necessary to understand and respond to community members overwhelmed by a personal crisis. The three key goals of the program are:

- to create emotional safety in the face of a very painful issues;
- to provide essential knowledge, strategies and techniques to respond to emotional distress;
- to develop a core group of skilled and resilient individuals who can assist those in crisis within the community.

The training program enhances the capacity of natural caregivers to serve the community's wellness needs, reducing dependency on external services and programs. Ultimately, this will serve the community's wellness needs, reducing dependency on external services and programs, allowing for the community to take care of itself.

AGENDA

Day 1: Colonization and Community Wellness

Day 2: Community and Personal Wellness

Day 3: Decolonizing Practice: Using Community-Based Resources

Day 4: Responding to Crisis (Distress and Rage)

Day 5: Suicide Intervention - Part 1

Day 6: Suicide Intervention - Part 2

Day 7: Understanding and Responding to Grief & Trauma

Day 8: Trauma Healing - Part 1

Day 9: Trauma Healing - Part 2

Day 10: Grief Healing and Self-Care/Closing

Reaching Out

5 Day PEER-HELPING Program

Reaching Out offers a culturally sensitive introduction to the knowledge, skills, and strategies necessary to understand and respond to community members overwhelmed by a personal crisis. The training program enhances the capacity of natural caregivers to serve the community's wellness needs, reducing dependency on external services.

AGENDA	
Day 1	<p>Colonization and Crisis</p> <ul style="list-style-type: none"> - Colonization and Mental Health <p>Culture and Wellness</p> <ul style="list-style-type: none"> - The 4 Cultural Branches of Wellness - Self Worth: Enhancing Connection & Empowerment - A Worthwhile Life: Enhancing Purpose & Wisdom
Day 2	<p>Staying in Balance as a Helper</p> <ul style="list-style-type: none"> - Balancing the Values of Care & Respect as a Helper & the Validation-Invitation 2-Step <p>Understanding and Responding to Distress</p> <ul style="list-style-type: none"> - Understanding Crisis - Understanding Crisis Intervention - Responding to Distress in Three Steps <ol style="list-style-type: none"> 1. Past: Ask: Open Questions 2. Present: Listen: Active Listening & Reflection 3. Future: Help: Action Planning
Day 3	<p>Understanding and Responding to Conflict and Anger</p> <ul style="list-style-type: none"> - Understanding Anger and Rage - Responding to Anger in Three Steps <ol style="list-style-type: none"> 1. Listen: Responding to Distress Techniques 2. Talk: Responding to Conflict: Assertiveness and Offering a Choice Techniques 3. Separate: Invitation Technique <p>Helper Issues</p> <ul style="list-style-type: none"> - Confidentiality and Consultation - Responsibility Issues - Self Care
Day 4 (Optional)	<p>Understanding & Responding to Suicide</p> <ul style="list-style-type: none"> - The Three Steps of a Suicidal Crisis - The Four Signals of Suicide - The Three Steps to Help a Suicidal Person <ol style="list-style-type: none"> 1. Ask (Ask Directly) 2. Listen 3. Help (Safety/Wellness Plan)
Day 5 (Optional)	<p>Understanding & Responding to Grief and Trauma</p> <ul style="list-style-type: none"> - Understanding Grief - Understanding Trauma - Responding to Trauma - Four Paths of Healing

THREE GENERATIONS OF YOUTH

5+2-Day LEADERSHIP-MENTOR DEVELOPMENT Program

The job of a youth is not to be a student (school is a bridge, not a destination), nor is it to be a consumer (to be entertained). The job of a youth is to become an Elder. They are leaders in training because they are already role models. Before colonization, youth played essential roles in the community, they were: teachers (showing those younger how to live in a good way), *protectors* (nurturing those who were weak or in distress and standing up for those mistreated), and *providers* (of opportunities).

For too long youth have been told they are the future, but they have not been given a role in making the future a reality. For too long youth have been told that the Traditions will guide them, but not given the opportunity to play Traditional roles in the community. This will allow an opportunity for them to do so.

Target Group: Older Youth (18-29 years old) & Younger Youth (13-17 years old) & Older Children (8-12 years old)

The program is designed to assist Indigenous youth to take on their Traditional leadership and mentorship roles. It does this in 3 steps:

1. **5-day Leadership/Facilitator's Training:** Older youth (19-24 years old) will receive an opportunity to become leaders in their own lives and leaders in their community. They will receive facilitation training that will allow them to become trainers of younger youth (13-18 years old). By facilitating the 2-day Mentorship Workshop—using exercises they do in the Leadership Training--the Leaders will transition from being students to teachers.
2. **2-Day Mentorship Training Program:** Younger youth (13-18) receive the opportunity to become teachers (role models) and protectors/providers of wellness to older children (9-12 years old).
3. **Ongoing:** Older Children will receive caring connection and respectful empowerment opportunities from the older children in their community and they will look forward to their opportunity to learn how to be mentors and eventually to become leaders in their turn.

This is true capacity building—so it is also suicide, violence, and alcohol/drug-misuse prevention.

Opening the Circle

1-3 Day COMMUNITY RESPONSE TEAM DEVELOPMENT Workshop

Community front-line staff and natural care givers are often required to respond to community crises without the necessary training, confidence and support. A promising model of crisis response being embraced by some communities is an integration of professional and non-professional services in a Community Response Team. Community Response Teams are made up of human service workers, first responders, community leaders, and natural care givers. They can:

- respond to individuals in crisis (i.e., struggling with emotional distress);
- respond to critical incidents (i.e., tragedies) within the community; and
- support a neighboring Community Response Team (if requested) and invite the assistance of a neighboring Team (if required).

Community Wellness and Response Teams develop the community's capacity to identify and respond to their own critical incidents in an integrated fashion. This model is true community-based mobilization—empowering each community to respond to its own issues.

This workshop is designed for those who may be involved in the organization, development, and maintenance of a Community Wellness and/or Response Team. This may include community governance, health and education administrators, Elders and spiritual leaders, policing, etc. (This is not a skills training for potential Team caregivers.)

<u>AGENDA</u>	
Cultural Foundations of a Team <ul style="list-style-type: none">- 4 Branches of Wellness and Team Building	Activating the Team <ul style="list-style-type: none">- Team Vision- Team Mission- Team Structure
Community Wellness/Response Teams <ul style="list-style-type: none">- Rationale- Tasks- Membership	Planning the Team <ul style="list-style-type: none">- Five Year Planning
Traditional Values and Wellness <ul style="list-style-type: none">- 4 Branches of Wellness	Maintaining the Team <ul style="list-style-type: none">- Care for the Caregivers- Statistics and Appreciative Evaluation
Community Resources <ul style="list-style-type: none">- Strength-Based approach to Community Resources	
Community Engagement <ul style="list-style-type: none">- Community Development- Gatekeepers, Caregivers and Stakeholders- Developing a Successful & Sustainable Program	

In Case of Emergency

1-Day CRITICAL INCIDENT RESPONSE PROTOCOL DEVELOPMENT Workshop

The first 48 hours are the key. When struck by a tragic or frightening event--such as a fire, serious accident, or death by suicide--the community can take action to ensure that all those in need of assistance receive it.

This workshop, designed for community organizers/managers, health providers, and Community Response Team members provides the opportunity for the development of a Critical Incident Response Protocol with necessary delegation and for the practice of a simple, but effective trauma prevention tool.

AGENDA

Understanding Critical Incidents

Developing a Critical Incident Response Protocol

Creating a Suicide Postvention Protocol

Delegation and Putting the Plan in Place

Opening the Community Circle

5-13 Day COMMUNITY RESPONSE TEAM DEVELOPMENT Workshop Series

Community front-line staff and natural care givers are often required to respond to community crises without the necessary training, confidence and support. A promising model of crisis response being embraced by some communities is an integration of professional and non-professional services in a Community Response Team. Community Response Teams are made up of human service workers, first responders, community leaders, and natural care givers. They can:

- respond to individuals in crisis (i.e., struggling with emotional distress);
- respond to critical incidents (i.e., tragedies) within the community; and
- support a neighboring Community Response Team (if requested) and invite the assistance of a neighboring Team (if required).

Community Wellness and Response Teams develop the community's capacity to identify and respond to their own critical incidents in an integrated fashion. This model is true community-based mobilization—empowering each community to respond to its own issues.

The workshop series offers a culturally-sensitive introduction to the knowledge, skills, and strategies necessary to develop and sustain Community Wellness and Community Response Teams, and for community-based crisis intervention/suicide prevention.

WORKSHOPS INCLUDE

- *Opening the Circle*: Developing a Community Response Team (1-2-days) * *and*
- *In Case of Emergency*: Critical Incident Response Protocol Development (1 Day) *
- *From Wound to Wellness*: 10-Day Community Front-Line Worker Skills Training *or*
- *Reaching Out*: 3-5 Day Peer-Helping Community Member Program

* The “Opening the Circle” and “In Case of Emergency” workshops (3 days in total) are designed for community program administrators/leaders. It is recommended that they take place before the training for the Team members, as it outlines how to select, recruit, and support future Team members and how to work with a community to ensure the Team is embraced by the decision makers and community members so the Team is sustainable.

Holding the Circle

3-Day PUBLIC SPEAKING & SAFE FACILITATION Workshop

Finding your voice, finding the community's voice. The first part of this 3-day workshop skill building will assist trainers to develop their confidence and basic skills when speaking to a group. The second part will assist trainers to offer the same to a circle of participants, to allow them to actively engage in learning. When the subject is emotionally difficult, the central task for a facilitator is to create an emotionally 'safe' environment. This is the key to the learners' participation and openness.

This workshop will offer the approach and techniques that are the key to creating and maintaining a safe place for learning and to shift from a presentation to true facilitation. This is a foundational skills-oriented training for trainers workshop.

Once learned, these presentation and facilitation skills can be applied to any content area.

Target Group: Community Front-line Workers

Ideal Group Size: Up to 15 participants

AGENDA

Public Speaking Skills

- Self-talk and Public Speaking (working through performance anxiety)
- The Secrets of Presenting (The 3 Essential Foundations)
- Basic Presentation Skills (Becoming an Effective Presenter)
- Communication and Presenting (Tools for Each of the 3 Modes of Communication)
- Presentation Practice

Facilitation Skills

- Facilitation Modes (The 4 Facilitation Approaches)
- Safety and Facilitation (Maintain Emotional, Mental, Physical, Spiritual/Cultural Safety)
- Facilitation Process Tools (For the 3 Learning Styles)
- Encouraging Participation (Validation Technique)
- Reaching Through Barriers (Acknowledgement Technique)
- Responding to Challenging Situations
- Facilitation Practice

Healing the Wound

5 Day GRIEF/TRAUMA HEALING PROCESS Workshop

This *healing workshop* will support participants to do their healing work in the face of grief and trauma. It is not a training workshop, but a process workshop in which skills are practised; so a willingness to share personal experiences and a commitment to move through distress into serenity is required. Participants will have the opportunity to walk the four cultural paths of healing so they might find their own path. Work will be done in relation to growth, with the goal of becoming whole and making sense of history and how to allow it to enrich us. Work will be done in relation to cleansing, with the goal of letting go painful experiences and impacts that no longer belong to us. Work will be done in relation to transcendence, with the goal of seeing the bigger picture and rising above our wounds. And work will be done in terms of transformation, reclaiming our identity as proud Indigenous people. The work will be trauma informed and safety will be a priority throughout.

The 3 Day “Community is the Medicine” Workshop is prerequisite for the 5-Day Grief/Trauma Healing Process Workshop.

AGENDA

Understanding Grief

- Healthy & Traumatic Grief

Understanding and Responding to Trauma

- Understanding Trauma in Our Body
- Serenity in the face of Trauma Reactions
- Beyond Coping (overcoming violence, self harm and substance misuse and other issues)

Four Paths of Healing

- Using Healing Tools from the Four Paths

Four Paths of Grieving

- Using Grieving Tools from the Four Paths

Four Steps to Wellness

- Taking the Steps from Victim to Contributor

Training for Trainers

TRAINING FOR TRAINERS: WORKSHOP FACILITATION PROGRAM

Communities were healthy long before colonization and they are healthy now. The distress experienced within each community is a natural response to the oppression of colonization. Community-based wellness promotion reaffirms cultural values in the contemporary world—the community is the medicine! There are several advantages to using a training for trainer's program to engage communities in wellness promotion activities. The first is strategic, since more people serve as facilitators, it is possible to reach more communities with the information and the process. The second is financial, the use of trained facilitators (rather than the program developer), will result in a lower cost to offer the program to each community. And finally, training cultural community members to facilitate a program offers a culturally relevant role model and develops the community's capacity. This is true wellness promotion.

The Training for Trainers Program provides the training and materials necessary to offer a 2-day version of any of the workshops offered by Thira Consulting. It includes electronic versions of the following materials:

- Participant Manual (with process worksheets to be copied for participants)
- Facilitators Manual (with complete process notes)
- PowerPoint Slides

While the PowerPoint slides and Facilitator's Manual may suggest a rigid program, there are meant to be used as a guide. It is expected that facilitators will modify the materials to suit their strengths and style and the cultural community they are serving. Likewise, the participant manuals have many spaces for the community to offer their own ideas and wisdom and one will be provided for the Indigenous community.

Program Process

In order to facilitate a 2 Day Workshop, the training process is 10 days long and divided in four parts:

- 1) The first 2-Days is a demonstration of the two-day workshop for the facilitators in training. This will give them the opportunity to see the program as modelled by the program developer.
- 2) The second, 3-day workshop, offers basic public speaking skills for those who do not yet have them, essential facilitation skills to develop and maintain a safe learning environment that will promote community engagement. And a third day that introduces the workshop to be facilitated from the point of view of a trainer, as well as Facilitator's Manual and PowerPoint.
- 3) *After the trainers have the chance, at home, to review the facilitators manuals and PowerPoint in detail*, the third workshop offers the opportunity for their preparation of and practice offering the workshop within the training group.
- 4) Finally, after another opportunity to practice at home, the fourth session will give an opportunity for the trainers to demonstrate their skill and be evaluated by the program developer to ensure their capacity to serve the communities.

The fees for this program must be negotiated directly with Thira Consulting.

General Information

Clinical Training & Consultation

Thira Consulting offers training to community members, front line workers, counsellors and governance. Workshops are tailored to the particular needs of the service providers, including: basic and advanced counselling skills, trauma and grief healing skills, suicide risk assessment and intervention, responding to rage, leading healing and psycho-educational groups, etc. Darien also offers clinical consultation to counsellors or front-line workers who are seeking ongoing clinical support and feedback or guidance.

Community Wellness Program Development

Thira consulting offers program development and program planning related consultation to community governance, community wellness-related programs/departments and healing centres who are seeking to develop an approach that is post-colonial, culturally rooted, and strength-based. This may take the form of periodic working sessions or a more consistent collaboration as the process goes from an initial vision to a completed initiative.

Mental Health and Trauma Assessment

Darien Thira provides holistic clinical assessments for healing program clients. For many clients, participating in a healing program is an essential step on the path of recovery. The off report ers a bio-psycho-social history of the client, a description of client challenges and strengths, a clinical analysis of the client and their functioning within their context, and recommendations to support their further healing on return to their community.

Fees/Costs

SERVICE/EXPENSE	FEE/COST (plus GST, if applicable) *			
	< 25 People	26-50 People	51-100 People	>100 People
Facilitation: 2 Days (or Less)	\$2500/day	\$3000/day	\$3500/day	\$5000/day
Facilitation: 3 Days (or more)	\$2000/day	\$2500/day	\$3000/day	\$5000/day
Travel Days	\$750/day			
Clinical Consultation	\$200/hour			
Travel Expenses (flights, ground transport, hotel, etc.): reimbursement of actual cost				
Meals	\$75/day			

* the fees are negotiable if it constitutes a hardship.

Association Memberships

- College of Psychologists of British Columbia (Registration number: BC2040)
- Canadian Psychological Association
- British Columbia Psychological Association
- Canadian Association of Suicidology

Selected Publications

Aboriginal Youth Suicide Prevention: A Post-Colonial Community-Based Approach

- International Journal of Child and Youth Studies (2014)

And I Live It: From Suicidal Crisis to Activism in Aboriginal Communities

- A chapter in the Routledge International Handbook of Clinical Suicide Research (2013)

Through the Pain to Wellness & Opening the Circle

- 150 page workshop manuals for Aboriginal and non-native professionals as well as non-professional caregivers (one version published by *Ministry of Health*)

And I Live It: From Suicidal Crisis to Social Activism

- Doctoral dissertation (2009)

Creating Transformative Aboriginal Health Research: The BC ACADRE at 3 Years

- Canadian Journal of Native Education (2006)

Choices and Reaching Out

- internationally award-winning youth suicide videos and manuals used by over 300 programs world-wide—created for the *Vancouver Crisis Centre* (1990 & 1998)

Conference Papers (Selected)

- Canadian Psychological Association Conference: 2014
- Canadian Assoc. of Suicide Prevention: 1996; 2000; 2012; 2013;
- National Conference on Mental Health: 2012, 2013;
- National Aboriginal Health Conference: 2009;
- First Nations Mental Health Conference: 2009;
- Network Environments for Aboriginal Research BC: 2008;
- Aboriginal Suicide Prevention Conference: 2001, 2006;
- Residential School Healing Conference: 2002;
- American Psych. Assoc. Diversity Conf. (Santa Barbara, California) 2001 (poster);
- International Association of Suicide Prevention: 1997;
- Healing the Effects of Inter-Generational Trauma (Vancouver, BC) 1997;
- American Assoc. of Suicidology Conference (Phoenix, Arizona) 1995;
- and many other Provincial and local conferences

Workshops Done for the Following

INDIGENOUS CLIENTS

Multiple Workshops for Agencies:

- *National Native Alcohol and Drug Abuse Program (NNADAP)*
- *Alberta Health Services: Aboriginal Mental Health Program (AYCES)*
- *TsowTunLeLum, Round Lake, and Three Voices of Healing Societies;*
- *Indian Residential School Survivor's Society (10 workshops across the province);*
- *Aboriginal Health Council (7 workshops in the North West of B.C.);*
- *Inter-tribal Health Authority (5 workshops);*
- *First Nation House of Healing and Aboriginal Suicide and Critical Response Team (ASCIRT) Training for Trainers;*
- *First Nation Action and Support Team (FAST) Training for Trainers;*
- *Vancouver School of Theology: Native Ministries Consortium*

Bands/Communities:

- *Alaska: Anchorage;*
- *British Columbia: Alert Bay, Metlakatla, Adams Lake, Musqueam Band, Atlin Lake, Port Alberni, Canim Lake, Cowichan, Port Hardy, Cape Mudge, Telegraph Creek, Port Simpson, Dease Lake, Seabird Band, Esketemc, Sto:lo Nation, Ktunaxa Nation, Fort St James, Sumas Band, Secwepemc/Kamloops, Fort Nelson, Quesnel, Hartley Bay, Williams Lake, Kitkatla, Lower Nicola/Merritt, Vanderhoof, Lil'wat, Lower Post..;*
- *Alberta: Treaty 7 Nations, Stoney Nation, Sucker Creek, High Level, Sunchild, Siksika;*
- *Saskatchewan: Saskatoon, Prince Albert, Sandy Bay; La Loche, Isle a la Crosse; Clearwater River, Beauvalle, Peter Ballantine Cree nation;*
- *Manitoba: Winnipeg;*
- *Ontario: Moose Factory (Cree); Nishnawbe-Aski Nations, Kettle Point, Dilico Anishinabek Program, Nodin Mental Health and Addictions Program, Curve Lake, Fort Frances, Neskanataga;*
- *Quebec: Gaspe, Nunavik Region, Montreal;*
- *Newfoundland: Goose Bay;*
- *Nova Scotia: Halifax;*
- *NWT: Inuvik, Yellowknife;*
- *Yukon: Whitehorse, Dawson City, Carcross, Old Crow, Haines Junction, Mayo;*
- *Nunavut: Iqaluit.*

VARIOUS CLIENTS

Corrections Services Canada; Ministry of child and family Development; Ministry of Health and Vancouver Coastal Health; BC Association of Clinical Counsellors; Various School Boards; Professional Women's Association; Canadian Mental Health Association and BC Schizophrenia Association; College of Physicians and Surgeons; CBC Radio Staff; Various Community Centres; Burnaby Youth Detention Centre; Family Services of Greater Vancouver; Fraser-Burrard Youth Justice Program; Immigrant Women Association; many parent/foster-parent groups; Various Crisis Lines in BC; Counsellor Training Institute; BC Immigrant Services Society; Various Foster Parent Agencies; Various Church Collectives; Various Neo-Natal and Early Childhood Support Agencies; Volunteer Vancouver...