

The Canadian INDIGENOUS MENTAL HEALTH & HOLISTIC WELLNESS Conference

Cynthia Wesley-Esquimaux, Ph.D. & Martin Brokenleg, Ed.D.
PLUS 4 EXPERTS

Live Streaming December 8, 2021



Identifying Intergenerational Trauma & Building Resilience Strategies among Indigenous Peoples & Other Populations

- Martin Brokenleg, Ed.D.

During this presentation, internationally known presenter Dr. Martin Brokenleg will identify intergenerational trauma and how to build resilience strategies among Indigenous peoples and other populations. Intergenerational trauma is a feature of life for people from a whole variety of cultural backgrounds and life experiences. The resilience strategies taught by Dr. Brokenleg are transferable to a wide range of clients. Dr. Brokenleg will discuss the social, emotional and cognitive impact. You will learn the importance of being trauma-informed in working with clients or students. Dr. Brokenleg draws from research and experiences of Indigenous cultures and will provide long-lasting solutions to build resiliency and manage trauma.

"In this materialistic, fast-paced culture, many children have broken circles, and the fault line usually starts with damaged relationships. Having no bonds to significant adults, they chase counterfeit belongings through gangs, cults, and promiscuous relationships. Some are so alienated that they have abandoned the pursuit of human attachment. Guarded, lonely, and distrustful, they live in despair or strike out in rage. Families, schools, and youth organizations are being challenged to form new "tribes" for all of our children so there will be no "psychological orphans."

-Dr. Martin Brokenleg

Living the Medicine Wheel

- Sandi Boucher

Information on Indigenous cultures and teachings is often hard to come by and the results are often questionable. But those who live within one of those cultures know that Indigenous teachings are empowering, not only to Indigenous people, but to anyone who chooses to adopt them. This session introduces participants to the Medicine Wheel teachings, a teaching tool used by many.

Gathering Our Medicine: Strengthening & Healing the Kinship Circle - Denise Findlay, M.Ed., ACC

The cascading impacts of intergenerational trauma as a result of colonization and residential schools are far reaching. Indigenous families and communities have faced immense suffering as a result of the decimation of the place-based cultures and ways of being that supported health and well-being since long ago. Mainstream approaches to mental health and the treatment of trauma have proven ineffective for the most part. "Gathering Our Medicine" offers a fresh approach for families, communities and those in helping roles longing to support collective healing. "Gathering Our Medicine" is a cross cultural model intended to re-orient us in our work with Indigenous families and communities. Informed by attachment theory, developmental science and the science of emotion, the program provides a framework for restoring dignity to role of caring for each other in the context of community and the cultural ways of kinship circle. The program encourages a restoration of the communities' natural capacity to care for one another while shifting helping professionals into the role of facilitators and to restore the very relationships in which healing can unfold naturally and spontaneously.

Uniting Mind, Body, Energy & Spirit - Michael DeMolina, Ph.D., MS., LPCS, CDCS, MAC

This presentation will address the science and the wisdom of uniting mind, body, energy and spirit. As we broaden our understanding of trauma and addictions, we realize we are all in recovery from something, and we already have the internal resources we need for individual and community healing. If we speak of trauma, we must describe resiliency. When we intervene on addictions, we must tell of the joys of connection. And when we share stories of our past, we must also plant seeds of hope for future generations

Cultural Beliefs and Spirituality: Balancing Body, Mind and Spirit - Sharon R. Baptiste BSW RSW MHT

For many centuries, first nations people lived in harmony with nature and had their own governance systems. They depended on their knowledge keepers and spiritual healers to assist in processes that needed to deal with behaviour. All the people knew their roles in the commune systems. At a very young age they adapted to their traditional ways including rights of passage ceremonies. They picked traditional medicines to help in healing processes. The Sweetgrass cleansing ceremony plays a vital role to enhance mind, body and spirit.

Awakening the Trickster: An Invitation to Healing the Legacy Effect - Cynthia Wesley-Esquimaux, Ph.D.

Cynthia will speak to the need to understand the legacy effect of original and intergenerational trauma within Indigenous populations. Historic and recent events cannot be divided into "chapters" in Canada's history - there has been a continuous impact on the well-being of Indigenous peoples. The Trickster awakens the unconscious to adverse experiences and jumpstarts the healing process. It's a restoration of traditional life ways and a reestablishment of "wise practices" or deeply cultural behaviours and familial relationships.

This online course will be streaming live on December 8, 2021 from 8:30am - 4:00pm PT, 10:30am - 6:00pm CT, 11:30am - 7:00pm ET after purchase.

Recorded footage and all course content (certificate, videos, quiz) will be available until January 10, 2022. Extensions cannot be granted under any circumstances. Registration will close on December 6, 2021.

REGISTRATION FEE

Individual **\$249** (Tax not included)
FT Student **\$199** (Tax not included)

All fees are in Canadian dollars. Email for group rates: webinars@jackhirose.com

ORGANIZER



ORGANIZER



MAJOR SPONSOR



Georgia Strait | WOMEN'S CLINIC