

# **Indigenous Healing Approach to Trauma and Crisis**

The 3-day preconference training is intended for community workers, elders and others who work and provide support for trauma survivors. This training uses a holistic land-based approach and teaches culturally competent interventions and services that consider the personal, intergenerational and historical traumas experienced by Indigenous peoples, their families and their communities. It deals with residential school trauma, sexual, physical, emotional abuse, and/or alcohol/drug abuse and neglect which may contribute to issues of suicide in subsequent generations.

## Course Topics

- Cultural considerations, ethical guidelines, and professional boundaries in trauma work
- An Indigenous Healing Model as an assessment, treatment and crisis response tool
- Managing triggers and triggering situations
- Post-Traumatic Stress symptoms and culturally relevant treatment and land-based healing approaches and Basic Focusing-Oriented Therapy (FOT)
- Debriefing and listening to trauma with individuals, groups, and in traditional formats.
- Working with resistance and reluctance
- Addressing self-medication by drugs or alcohol, and other coping strategies
- Closing and containing triggers, reaction, and/or overwhelming emotions
- Working with Trauma Based Families and grieving after a suicide for families
- Creating a land base for unraveling trauma memories
- Vicarious Trauma in families and how it affects the helper

Presenter: Dennis Windego, M.S.W facilitates and provides psychotherapy in the areas of Post-Traumatic Stress Disorders and Complex Trauma. Dennis has been providing one on one, family and group sessions for over 20 years within outpatient treatment settings in First Nations and Inuit communities across Canada. He has been providing counselling services and healing and training workshops utilizing an Indigenous land-based approach to healing trauma. He has been a guest speaker at many conferences and healing gatherings involving the judicial, education and health systems. Dennis is a survivor of residential school, alcohol and drug abuse and family violence. It is with this knowledge and his personal healing journey that has made him the therapist, activist and teacher he is today and the reason why he can relate so personally to people. Dennis has helped many people in overcoming trauma and deal with unfinished business stemming from their childhood and to live more empowering lives.