



## Restoring Balance Consulting

# HEALING TRAUMA AND PTSD In Aboriginal People Workshop Calgary, Alberta

**Location:** Best Western, Village Inn

**Date:** November 21st, 2017

**Time:** 9:00am to 4:00 pm

**Registration Fee:** \$190.00

Using every day layman's term language, this workshop will provide an understanding of trauma and Post Traumatic Stress Disorder in laymen's term with visual diagrams, healing exercises, communication skills and take-away resources to develop and enhance your existing knowledge, skills and self care.

The impact of the residential school and sixties scoop are clearly visible in individuals, families and Aboriginal communities as well as in urban centres. Inter-generational trauma (physical, sexual, spousal and verbal abuse) and its affects (alcoholism and drug abuse, poverty, lacking parenting skills, suicide attempts/completion, unemployment etc..) has rippled throughout generations. Families and extended family members, and entire Aboriginal communities have suffered a significant loss, trauma such as these ones are common, the removal of the child and put into foster care, a member committing suicide, experiencing physical or sexual abuse, a child witnessing spousal abuse or family member murdered or missing.

If trauma is the underlying cause of many social issues, it is important to educate community workers who work with trauma survivors about trauma, post traumatic stress disorder, healing exercises and communication skills.

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### Who Should Attend?

This workshop is of great importance to community workers working with community members who have experienced a traumatic experience such as; residential school trauma, victim of violence (physical or sexual abuse), homicide, poverty, family member reported missing, flood, car accident, fire, health illnesses or other related traumas.

People working in the areas of: Health, Management, Social Services, Justice, Education, Administrative, Community Health Workers, A & D Counsellors, Caregivers & First Responders can all benefit from having a better understanding of trauma, post-traumatic stress disorder, healing and self care exercises and basic communication skills.

Please register and pay online by credit card at [www.restoringbalanceconsulting.com](http://www.restoringbalanceconsulting.com) or you can also register online and mail in the payment, thank you. For more information please contact: Gerald Kiesman at 250-220-0529.

**The focus of the workshop will be to provide the following information and create a dialogue on these topics:**

- Understanding the impact of historical, and inter-generational trauma within Aboriginal people.
- Understanding of trauma (Laymen's term with visual diagrams), how sensory imprints of trauma become stored in the mind and body.
- Understanding the post traumatic stress symptoms of Aboriginal children/youth and adults.
- Parenting with unresolved trauma and Post Traumatic Stress Disorder.
- Understanding Complex trauma in Aboriginal People
- Awareness of Vicarious and Secondary Trauma and Lateral Violence
- Trauma and Victims of Violence (Verbal, Physical, Sexual and Spousal Abuse-Assault, Homicide).
- Provide practical healing exercises to assist a child/youth and adults in the healing process.
- Learn basic communication and counselling skills working with Aboriginal children/youth and adults who have experienced trauma.
- Awareness of physical symptoms of stress to the body.
- Awareness of various disorders and syndromes, such as FASD, ADHD, Reactive Attachment Disorder. Using a basic therapeutic process to restore regulation of unpleasant feelings such as fear, anger, shame, guilt, blame etc. in children, youth and adults.
- Explain how past trauma or loss can lead to ongoing problem behaviours or stress symptoms and have an impact in parenting, relationship, employment, school and goal setting.
- Develop and implement a comprehensive trauma-informed treatment plan .

Each participant will receive a copy of the "Trauma Healing Guide for Aboriginal People" that includes; an overview of impact of colonization to Aboriginal, First Nation, Métis and Inuit people, a basic understanding of trauma and PTSD in laymen's term with visual diagrams, practical healing exercises, PTSD checklists, affirmations, goal setting, journal writing, expression through art, traditional exercises and counselling and communication skills.

- Moving beyond the trauma and goal setting.

**Presented by Gerald Kiesman**



Gerald has facilitated over 300 workshops on trauma and post traumatic stress disorder to First Nations health and social services, community organizations, health authorities, community colleges and has presented at numerous conferences and seminars.

With 17 years of research on Post Traumatic Stress Disorder and western and traditional healing as well as facilitating over 300 workshops in western and central Canada, Gerald Kiesman/Owner-Facilitator has published a Trauma Healing Guide that provides useful and practical resource material that is used for various training and wellness workshops, the Trauma Healing Guide is an important resource to assist Aboriginal communities.

## REGISTRATION FORM

Healing Trauma and PTSD in Aboriginal People Workshop

(Calgary Workshop)

<b>Contact In-formation</b>	Contact Name			
	Agency/ Organization			
	Mailing Address			
	City		Postal Code	
	Phone:			
	Email			


<b>Name of Participant (s)</b> (you can use a second sheet if more space is required)	<b>Price</b> (\$190.00 per person)
	GST (5%) Tax
	<b>Total Amount Due:</b>

**Please send cheque or money order to:**  
 Restoring Balance Consulting  
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 Victoria, BC  
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