

# LAND-BASED MENTAL HEALTH LEADERSHIP TRAINING

## ADAPTED FROM INDIGENOUS FOCUSING ORIENTED THERAPY TOOLS FOR LIVING

Over the course of two days, 16 participants were guided through experiential learning derived from Indigenous Focusing Oriented Therapy (IFOT). The workshop was co-facilitated by Alannah Earl Young and Amy Simpson. The purpose of this workshop was to act as a brief introductory to IFOT by providing practitioners with a snapshot of practical tools that demonstrate the underlying basis of this modality. Indigenous Focusing Oriented Therapy was developed by Shirley Turcotte to address the need for complex trauma and genocide-informed practices that could be used within Indigenous communities (Turcotte, S., 2012). This specific group was invited by the Truth and Reconciliation (TRC) Task Force, which is a joint effort of the College of Alberta Psychologists (CAP) and the Psychological Association of Alberta (PAA). This workshop was made possible through grant funding in support of the TRC Task Force's ongoing efforts towards equity, diversity and inclusion within the profession.

Facilitators guided through a series of experiential activities to demonstrate key concepts of walking alongside clients, the felt sense of vicarious and collective trauma, utilizing implicit story, flashbacks as portals into dimensions of time, guided visualization and integrating land-based medicines into trauma work. *All my relations* was embedded throughout the workshop in terms of relationship to self, others, land and all life forces across many dimensions of time.

### Participant Feedback:

**"It will for sure impact my work because I work in an Indigenous community and I am Indigenous (personal journey). I have not done any training or personal work in the collective, only individual pain/hurt, so that alone has impacted me tremendously."**

**"I am very grateful for the teachings. I am glad to learn the Indigenous ways of knowing in healing practices. I have always had that as my foundation throughout my journey and my work... this just gave me the tools (exercises) to bring forth in working with intergenerational trauma."**

**"I left feeling empowered, dignified, and like I could still do this and be Indigenous...This way of thinking and doing is movement toward reconciliation."**

Sharing. Rocks. Excited. Tired. Refreshed. Connected. Protected. Community. Curiosity. Empowered. Our relatives. Wondering. Thank you. Listening. Grateful. Joining. Resonate. Interconnectedness. Guided. Setting aside. Connectedness. Validation. Remembering. Contemplation. Reconnection. Appreciation.

