



Working with Dreams, Fantasies and Twisted Thoughts from an Aboriginal Focusing-Oriented Therapy Approach

With Shirley Turcotte and Jeffrey Schiffer, Ph.D

FREE and Open to the Public

September 21st, 2017

9:00 am – 4:30 pm

Dr. Robert Powless Cultural Center

212 W. 2nd St. Duluth, MN

In this workshop, we will examine some current western and Indigenous concepts on why we dream. Using Aboriginal Focusing-Oriented Therapy (AFOT) perspectives and approaches. We will look at the importance of dreams when unraveling trauma and intergenerational wounds and acknowledge them as being places to open to for healing and resiliencies. You will explore ways of noticing within dreams, trauma flashbacks, visits, strengths and how dreams can be stepping-stones into health. You will also explore how the same tools used in working with night dreams are useful in working with daydreams, fantasies and twisted thoughts. A full understanding of AFOT is not required to benefit from this course.

This introductory, hands-on, experiential course is intended for counselors, social workers, crisis teams, healers, therapists, doctors, nurses and teachers, as well as those who work in/with public & private agencies, hospitals, community mental health centers, educational settings, and/or in various other cross-cultural situations/settings including communities of color.



Shirley Turcotte, RCC, is a Métis knowledge keeper and registered clinical counsellor, working internationally with survivors of childhood abuses, torture, and complex traumas, including Residential School Syndrome, for the last three decades. She is a pioneering activist in the areas of complex trauma therapeutic treatment and program development for Aboriginal and non-Aboriginal communities. She has received many awards, including British Columbia's Woman of Distinction Award in Health and Education. She is the lead instructor and clinical supervisor of two Aboriginal Programs with the Centre for Counselling and Community Safety at the Justice Institute of British Columbia.

Jeffrey J. Schiffer, PhD, is a Métis cultural anthropologist and has worked with Indigenous peoples in Canada, the United States and Guatemala, in both urban and rural communities. Jeffrey currently sits as Special Projects Officer at Vancouver Aboriginal Child and Family Services Society in Vancouver, BC. Through past partnerships with the Institute for Aboriginal Health at the University of British Columbia, and the Earth Institute at Columbia University, Jeffrey has developed culturally relevant land-based practice programming for youth.

Please contact: Randi Omdahl, Sacred Hoop Coalition's Training & Curriculum Coordinator
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