Taught from an Aboriginal-Indigenous perspective this advanced year long, 21 day, seven course program uses Focusing-Oriented Therapy as a safe, compassionate, and effective method of working with clients who have experienced complex trauma.

This interactive program emphasizes experience, knowledge, application and practice through classroom instruction and clinical practice. A variety of treatment modalities are woven throughout the modules, including experiential exercises, story-telling, ceremonial processes and land-based healing techniques. Focusing International and the Justice Institute of British Columbia are pleased to offer this seven course training program for participants to learn and experience this compassionate, inspiring and effective approach for working with complex trauma and PTSD.

**What is Focusing-Oriented Therapy (FOT)?**

Focusing-Oriented Therapy is a body-centered and person-centered approach to healing, developed three decades ago at the University of Chicago by Dr. Eugene Gendlin. FOT allows clients total control of the pace and direction of their healing journey. It is particularly effective in the treatment and healing of complex trauma caused by accident, sexual, physical, emotional abuse or neglect in all ages - children, youth, adults and elders, and has been well received in Aboriginal communities and communities of color in the U.S.

**What is Aboriginal Focusing-Oriented Therapy (AFOT)?**

Building on this approach, AFOT and Complex Trauma was developed by Shirley Turcotte over the last 25 years in Canada by integrating an Aboriginal based, anti-oppressive, and culturally diverse worldview understanding. This current-day approach and practice of trauma treatment is inclusive of cultural, ethnic and spiritual awareness. It reaches beyond common assumptions that we are all the same regardless of our cultural ancestry and experiences. It connects with the unique diversity of histories and experiences of human beings as well as including the awareness of the aftermath of oppression and colonization as a source of PTSD. It expands the current concepts and understanding of complex trauma.

**Who should take this?**

People interested in developing advanced clinical treatment techniques and strategies essential to the healing of traumatic life situations, including psychotherapists, psychologists, psychiatrists, social workers, marriage and family therapists, counselors, other practitioners, and students in the mental health professions who want to bring a body-based, experiential focus to their agency or practice. AFOT is particularly helpful to those who work with addictions, and survivors of sexual, physical and emotional abuse of all ages.
**ABORIGINAL FOCUSING-ORIENTED THERAPY AND COMPLEX TRAUMA CERTIFICATE**

**CURRICULUM AT A GLANCE**

**COUN-3200 Complex Trauma**  
You will learn about the impacts and assessments of Complex Trauma within self, family, communities and systems (residential schools, governments, agencies, etc) and how to prepare a safe ground for unraveling trauma.  
*Nov 17 - 19, 2016*

**COUN-3205 Focusing-Oriented Therapy and Complex Trauma**  
You will consider neurological research and its implications on trauma treatment from an Aboriginal perspective, learn how the body holds and releases trauma and be introduced to basic FOT techniques.  
*Jan 26 - 28, 2017*

**COUN-3210 Intermediate Focusing-Oriented Therapy**  
You will learn how to work more deeply with regression, dissociation and ego states; how to ground clients from psychotic breaks and/or out-of-control emotions; and self-injury from Aboriginal/Indigenous perspectives and deepen your skills in FOT.  
*Mar 23 - 25, 2017*

**COUN-3215 Advanced Focusing-Oriented Therapy**  
You will learn to identify and practice helping clients move through memory, intergenerational, and vicarious flash backs and abreactions, and explore how unresolved current and historical traumas play out in relationships while continuing to practice and deepen your skills in FOT.  
*May 18 - 20, 2017*

**COUN-3220 Depression and Complex Trauma**  
You will learn to assess various aspects and complexities of depression and ‘personality disorders’ to determine the best treatment approaches. Suffering, grieving and grief rituals are explored as you continue to practice and deepen your skills in FOT.  
*Jul 20 - 22, 2017*

**COUN-3225 Dreams and Complex Trauma**  
You will develop skills to connect with dreams and nightmares to help unravel complex trauma, intergenerational trauma and vicarious trauma. This course will also synthesize FOT theory and skills developed throughout the program.  
*Sep 21 - 23, 2017*

**COUN-3230 Clinical Spirituality and Complex Trauma**  
This course introduces you to spiritual healing techniques and boundaries for working with complex, intergenerational and vicarious trauma. Whole Body Focusing-Oriented Therapy techniques are also introduced.  
*Nov 16 - 18, 2017*

**LEAD INSTRUCTORS**

**Shirley Turcotte**, RCC - Lead Instructor, Program & Clinical Supervisor is a Metis 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.

**Tonya Gomes**, RCC, is of Amerindian and Caribbean Black descent. Tonya works with Health Authorities and First Nations and Indigenous Health leadership in the building of policies to protect, bring together and extend Indigenous health practices, policies and protocols. Tonya also works with communities and land based practices as ways of healing and revitalizing health, culture and identity.

**Alannah Young Leon**, PhD candidate, is Opaskwayak Cree/Peguis Anishnabe. Formerly an advisor with University of British Columbia’s First Nations House of Learning in Vancouver, she is trained in complex trauma and specializes in focusing – a body centered therapy, expressive art therapies, and body mind psychotherapies.

Visit jibc.ca/cccs for more bio information

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