



RESILIENCY
Lodge



Native Women's
Association of Canada
L'Association des
femmes autochtones
du Canada

HEAL THE HEALER WORKSHOP

Fact Sheet

BACKGROUND

Purpose: To create a space for Indigenous Traditional Healers who offer Traditional Healing services to Indigenous women, girls, Two-Spirit, transgender, and gender-diverse people, on their journey to heal the spiritual scar left by Indian Residential Schools (IRS), Day Schools, the '60s Scoop, and intergenerational trauma.

Methodologies: Two-eyed seeing and trauma-informed philosophies.

Methods: Sharing Circles and focus groups.

Participants: Indigenous Elders, Elder Helpers, Traditional Healers, and community support workers.

Findings: Participants wanted a workshop as an act of healing, and to help Traditional Healers recognize the signs and symptoms of empathy fatigue in the workplace.

Formats: Two-hour virtual workshop and a full-day in-person workshop.





WORKSHOP CONTENT

Based on findings from Sharing Circles, NWAC created a two-hour virtual training session available to the public.

SECTION ONE: Introduction, opening prayer, smudge, land acknowledgement, agenda, purpose, and program goals.

- Have a list of “housekeeping items” on the screen, while people enter. For example: Zoom etiquette, instructions to open their craft supplies, invitation to grab water or tea.
 - Facilitator should introduce themselves and where they are from. Also introduce the Elder.
 - Let people know what topics will be covered and that it may be difficult to hear. Provide appropriate resources and supports.
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SECTION TWO: To know where you are going, you must know where it is you are coming from.

- Discuss history of eugenics, Indigenous cultural genocide, what happened during colonization, and why.
 - Invite participants to start their craft. The session and discussion material can be emotionally heavy, so it is great for participants to be busy with their hands while they listen.
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SECTION THREE: Storytelling and craft time.

- Invite the Elder to tell a story of their choosing.
 - It is up to the Elder whether participants can keep working on their craft while they listen.
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BREAK: 10-15 mins.

SECTION FOUR: Self-care and Empathy Fatigue.

- Describe what workplace empathy fatigue is, and how it is understood in an Indigenous context.
 - Provide self-care practices and strategies to combat empathy fatigue.
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SECTION FIVE: Open Discussion and “Show and Tell.”



ADDITIONAL MATERIALS

Craft Supplies:

- Wooden box.
- Acrylic Paint.
- Paintbrushes.
- Graphite paper.

Self-Care Supplies:

- Vegetable seeds.
- Journal with blank pages.

- Gratitude Journaling e-poster with prompts.
- Herbal Tea.
- Candles.
- A book.
- A colouring book.
- Pencil crayons.
- Pencil sharpener.
- Four sacred medicines.

RECOMMENDED RESOURCES

- NWAC Indigenous Self-Care e-poster.
- NWAC Gratitude Journaling e-poster.
- NWAC Meditations for Self-Care e-poster.

Book Recommendation for Workshop Kits:

Braiding Sweetgrass by Robin Wall Kimmerer

Useful References

Davis, L. (2006). The Disability Studies Reader. 2nd ed. Taylor & Francis Group. https://uniteyouthdublin.files.wordpress.com/2015/01/lennard_davis_the_disability_studies_reader_secbookzz-org.pdf.

Marshall, T., Robertson, G. (2019). Eugenics in Canada. The Canadian Encyclopedia. https://www.thecanadianencyclopedia.ca/en/article/eugenics?gclid=Cj0KCQjwz7uRBhDRARIsAFqjuLndaMMJRWbkIMdWKJl8YUll_Z5s92IGHHVauqeTqXV-IHhJ2C6EXyoaArfwEALw_wcB.

Stebnicki, M. (2007). Empathy Fatigue: Healing the Mind, Body, and Spirit of Professional Counselors. American Journalss of Psychiatric Rehabilitation. DOI: 10.1080/15487760701680570.



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ELDER PROTOCOL

- Thank the Elder and provide an appropriate honorarium and gift.
- Formally ask the facilitating Elder to open the session with an introduction and prayer. Follow proper protocols.
- The story that is shared is ultimately up to the Elder. Do not interrupt them during story time.
- Check with the Elder to ask whether it is okay for participants to paint while they tell their story.
- Make sure that everyone's microphones are off during the story.
- Ask the Elder to close the workshop with a prayer.
- Provide the Elder with craft supplies and a workshop package.



CONSIDERATIONS BEFORE EACH SESSION

- Elder inclusion. It is strongly recommended that an Elder be present to open and close the workshop, and to be present in a breakout room to assist anyone who may be struggling with the nature of the content matter.
- Ensure the facilitator has everything needed to follow the Elder's Traditional protocols. For example: Have semah tobacco on hand for an official "ask" for an opening and closing prayer, and to share a story.
- Include plenty of breaks. To help process difficult content, Indigenizing training, and increasing accessibility, breaks are strongly recommended.
- Have an agenda. Participants should know what topics will be covered and how long to best prepare for the workshop's requirements.
- Participant capacity. A maximum thirty-five people is recommended.
- Mail kits to participants well in advance.

DURING THE SESSIONS

- Have a break-out room, or separate space, where Indigenous people can safely go virtually if they require additional support from an Elder.
- Ensure your participants and Elders are comfortable.
- Ensure you address and enforce a zero-tolerance policy for racist, sexist, queerphobic, transphobic, and ableist microaggressions or comments during the training session.

IMMEDIATELY FOLLOWING THE SESSIONS

- Thank the facilitator by providing a gift, or honorarium, if they are not a part of your organization.
- Email participants a "Thank You" note, and provide any additional resources requested.
- Have a list of Elders, resources, and support crisis lines available nationally, provincially/territorially, and locally to provide, if requested.