



The Aboriginal Healing Foundation recommends that the methods used for healing recognize and integrate elements that honor the history and experience of colonization. Approaches that integrate Indigenous relational practices and contemporary healing techniques can be intertwined to assist individuals on their healing journey. Therapies such as Eye Movement Desensitization and Reprocessing, Narrative Therapy, Metaphor therapy, and Integrated Family Systems therapy will be discussed in this workshop, along with a discussion of how these approaches fit in an Indigenous context.

Helping and counselling is an intimate journey. As counsellors, through connection and relationship we walk with people on their healing journey. The modalities used are a blend of Indigenous and non-Indigenous approaches. This blending of relational medicines and formal approaches help people reach their desired goals in wellness.

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