

Kanawayimik's Counselling Corner



The Kanawayimik Communicator

Hello and welcome to the first issue of Kanawayimik's Counseling Corner! I am excited to announce this newsletter will be released quarterly from now on. Since this is the first issue I will be talking a lot about the counselling program and its development. In the future the newsletter will provide you with information about our program and will help educate people about certain topics.

This section will try to address topics that are relevant to what is currently happening. Topics that have been popular in other areas include, but are not limited to: the dynamics of violence; suicide detection and prevention; healthy families; a multi-disciplinary approach to treating family violence; stress management and burn out; communication styles; working with children who come from abusive families; child abuse and neglect; and interpersonal dynamics.

I am available to do community presentations on any of these topics. Please contact Kanawayimik to set up a seminar or workshop in your community!



Learn to Discuss, Understand, Resolve, and Heal

At times this newsletter will provide tips on how you can communicate better with the people in your life. Some simple techniques will be provided that people can use at home to help live a happier and healthier life. Most people fail to realize that communication is always happening, and if you are mad but don't talk about it, the people around you will likely notice your anger. No one is invincible, and subtle hints, looks, and body language don't go unnoticed. Remember this when you are upset with someone and you notice they are treating you unfavorably. Your unspoken behavior may be contributing to the situation. Take a step back and recognize what is happening to you. This may help you to avoid some uncomfortable situations.

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Special points of interest:

- *The process to fill the position of Counsellor*
- *The success of the program model*
- *The four aspects of all humans.*
- *Resolving core issues to eliminate symptoms of problems.*

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The Development of the Counselling Program

Due to the fact that this program has taken a fair length of time to develop I wanted to talk about some of the reasons for the time spent and the things that have been accomplished. I will start by explaining what took place prior to me being hired. As some people may be aware Tony Martens is Kanaweyimik's Executive Consultant, and he was the person who was primarily responsible for the prescreening of applicants for the position of Counsellor at Kanaweyimik. In order to fill this position 160 applicants were screened. Depending on what stage of the interview process that the applicants got to, this process took anywhere from a few days to weeks to process.

From the time the position of Counsellor was posted to the time the position was filled took 18 months. Needless to say the hiring process was a long and extensive process. For myself, I began the interview process in April 2010 and was hired in July 2010. From April 2010 to July 2010 I completed four interviews. This included two telephone interviews, one three day interview process in Surrey B.C. and one interview at Kanaweyimik with The Board of Directors. During this time I had many personal and professional references checked and all my schooling was verified.

I began the position of Counsellor at Kanaweyimik on July 19, 2010 and since then I have had plenty of training. I have done training both in Surrey B.C. and at Kanaweyimik with my clinical supervisor, Tony Martens. Due to my clinical supervisor being located in Surrey B.C. we have been fortunate to use Kanaweyimik's videoconference system to complete much of my training. I will now answer a question that I am commonly asked, "why have I received so much training?" This answer to this question begins with the vision for the counselling program. This program was designed to be a unique, state-of-the-art program in the realm of mental health. The training I have received addresses a wide spectrum of issues including working with victims and perpetrators of violence. This training cannot be learned out of a text book or in a university setting.

"This program has been designed to be a unique and state-of-the-art program in the realm of mental health."

In developing the counselling program I have been involved in a variety of areas. I will mention a few of them which include; creating program brochures; making program forms, developing outcome measures; and the program referral process; and developing community based training material. There were many discussions that took place in deciding how clients could best access the program while still maintaining privacy and confidentiality. The decision was made to have clients attend Kanaweyimik for counselling. Kanaweyimik has put in a great deal of time and effort to soundproof the counselling room and the counsellor's office to ensure clients privacy is protected. Kanaweyimik also offers transportation to people who do not have their own transportation, so accessibility should be satisfactory.

There are still a variety of on-going program development matters taking place, however, we are now fully open as The Counselling Program at Kanaweyimik.



This is the counselling room.

The Model Used in the Program

The model used at Kanaweyimik is therapy based. We work with individuals, couples, immediate, and extended families. However, typically meet with each family member separately before bringing in the whole family. The treatment model Kanaweyimik has selected has been designed by Tony Martens of Martens and Associates, and has a 30 year reputation working with First Nations people. The program model was developed in 1980 after realizing that providing therapy to only individuals wasn't working well for the family system. We use a humanistic model and believe that when given the opportunity people will strive for good and will want to get better.

Many therapy programs are symptom based, and often don't have the means to address the actual problems. This model is not symptom based, it is in-depth, and works with people to find their core issues. We try to separate problems from symptoms to treat the actual problem, and not the symptoms the person is exhibiting; to do this we need to find where the problem originated.

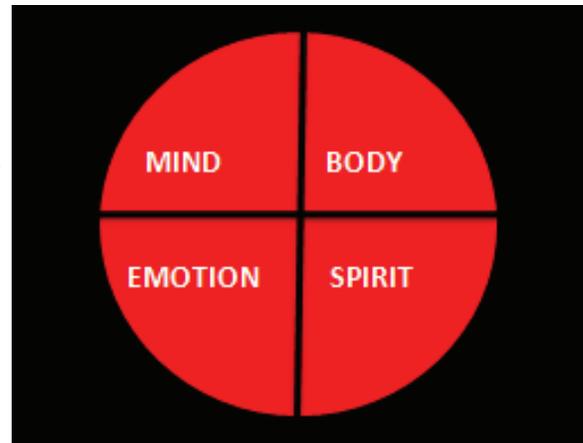
This program uses a combination of both western therapeutic methods and cultural traditional practices and we try to create a marriage between the two. This model has successfully treated the highest numbers of First Nations and Inuit people in Canada, and by 2007, the model had been used to treat over 900 First Nations and Inuit families. This is 900 families not 900 individuals.

The philosophical framework used in this program is holistic. We believe that all human beings have four aspects to them, which are, their mind, body, emotions, and spirit. We also believe that these four aspects are all connected and continually work together, so in order to heal, we need to address all four aspects. When one aspect of a person is affected, then within degrees all the areas are affected.

In the realm of the mind, we address what people think and why they view things the way they do. We believe experiences strongly shapes how the mind perceives things. In this program we help people make a transition or distinction between their psychological and emotional self, enabling them to differentiate between what they think and how they feel. We help people to gain an understanding of why they feel what they do, why they interpret things the way they do, and how their interpretation is expressed through their actions and behaviors.

If a person's physical health is suffering it can also affect their mind, emotions and spiritual life. We believe we need to understand the person's physical condition and determine its origin. In treating the emotional self, we help the individual to understand their feelings, many of which tend to be strongly related/connected to their past. Our feelings are a direct experience of our-self and part of who we are. To deny our feelings, means we deny ourselves.

In the area of one's spiritual self, each person is encouraged to examine and evaluate their spirituality; to review what they believe in terms of morals, ethics, values, and beliefs. The spiritual self has a great influence on the other 3 aspects of the person. These four human aspects help define us as human beings, and in order to be healthy they need to be in balance.



A Message from the Executive Director

Kanaweyimik has had a vision to develop and to create a therapeutic program to serve our First Nation communities. Wellness of mind, body, emotion and spirit is our primary goal. Our program consists of both western therapeutic methods and cultural healing practices. Our staff is qualified to address a wide range of living challenges and experiences. You will find our staff to be professional, empathetic and supportive.

A Note from the Counsellor

Since I have not had the chance to introduce myself to many people I will start with an introduction. My name is Kellie Balicki and I am originally from Saskatchewan. My Masters in Social Work was completed at the University of Toronto and I am a registered social worker in the Province of Saskatchewan. I have a range of experience working in and around the Prince Albert and Saskatoon area .

I have a variety of experience working with government, in non-profits, and doing research. I have worked with individuals, families, children, and youth and I have experience working with a range of mental health disorders and working with people in crises. I have also worked in many First Nations communities in the Prince Albert area. I have been privileged to be apart of some First Nations cultural practices including the sweat lodge, feast and round dances, and I was fortunate to attend a Cree Language Camp in the summer of 2008. Although I am not fluent in Cree I was lucky to be apart of this camp and look forward to learning more of the Cree dialect in the future.

I am happy to be working in Saskatchewan since this is home for me. I believe I am a good fit for the counselling position at Kanaweyimik and I am excited to be apart of the Kanaweyimik team. I look forward to meeting more people in all of our five communities in the near future.

The Saskatchewan Prairies.



It's Time... Heal Your Life!

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