

Kanaweyimik's Counselling Corner



The Kanaweyimik Communicator

Kanaweyimik's
Counselling Corner

Volume 1, Issue 2

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Hello and welcome to the second issue of Kanaweyimik's Counselling Corner! As we approach the beautiful fall season I would like to remind everyone to contact me, Kellie Balicki, if you are interested in any training opportunities .



In the 2009-2010 School Year one of my goals was to promote the Counselling Program. In doing promotion work I attended all of our 5 member communities frequenting places like The Health Centers, Schools, and Resource Fairs.

Since the Counselling Program was implemented in January 2011 a lot of promotional work has been done. If I missed attending your agency please contact me and I would be delighted to come out and talk with you.

Current Scheduled Events:

I will be in Saulteaux First Nation on September 1, 2011 at The Health Centre presenting on "Ways to Improve Your Family".

I will also be in Saulteaux First Nation on September 14, 2011 presenting on "Postpartum Depression".



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Suicide is Preventable

Suicide is preventable. If you have thoughts about suicide or are concerned about another person being suicidal please contact:

- 911
- Your local RCMP
- Your community based support people

If you would like to discuss your concerns about suicide please contact Kellie Balicki at Kanaweyimik at (306) 445-3500 or 1-888-445-5262.



"Humans are designed to live, when someone wants to kill themselves a system has failed"

Tony Martens

Resolving Past Issues– The Path to Wellness

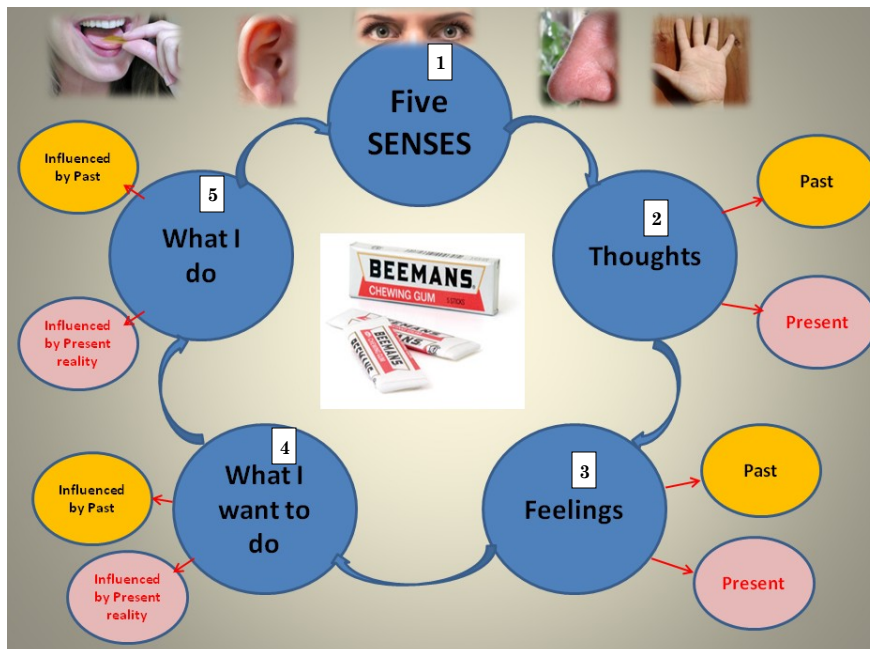
The Reactionary Process (as shown below) is an adaptation of “The Awareness Wheel” originally designed by Miller, Wackman, Nunally, & Miller, 1992. The Reactionary Process will be used to illustrate how your past can affect your behavior today. The Reactionary Process consists of five stages that will help you to understand how your senses can trigger certain memories. The five stages are:

1. **Senses:** The majority of people use their five senses which are smell, touch, taste, hearing, and sight. These are your first points of contact with the outside world.
2. **Thoughts:** Your thoughts are the meaning you make of the information you gathered through your five senses. These thoughts are influenced by your past, present, and what you hope to happen.
3. **Feelings:** Your emotional responses to what you actually experience in a situation. Your feelings are a direct experience of yourself.
4. **What I want to do:** This is what you want to do based on what you are experiencing. Your wishes for yourself or for others. What you want to do reflects your core values.
5. **What I do:** What you do is the result of how you process the other parts of The Reactionary Process. They are the reaction to what you are experiencing. You may be influenced by the present reality of your experience, or be influenced by past events. This is where you choose to do or not to do; to say or not to say.

An example of this process could be if you have a friend who wears a certain type of perfume and you smell this fragrance in a store, your brain will search for a connection that recognizes this scent. This experience may or may not be a positive one. For many people there are times

when they will go to certain places and will feel uneasy and not understand why they feel this way. This may be due to the person’s five senses triggering a specific memory.

“Suzie’s Story” is an example of how this process can be used in therapy to help an individual resolve past issues. Please note “Suzie’s Story” is a made up example to help understand The Reactionary Process.



Resolving Past Issues– “Suzie’s Story”

“Suzie’s Story” is an example of an individual referred to therapy due to anger outbursts. After some time of working with “Suzie” it was discovered that she was sexually assaulted as a child while attending residential school. After each sexual assault “Suzie’s” perpetrator would give her a certain type of chewing gum called “Beeman’s chewing gum”. During therapy it was discovered that “Suzie” would see the Beeman’s chewing gum package or smell the flavor of the gum in different places. (“Suzie’s” trigger was Beeman’s chewing gum.)

“Suzie” would subconsciously relate the smell or appearance of the gum to her past experiences of sexual abuse. “Suzie” would find herself getting angry in convenience stores, line-ups at supermarkets, and other public places. The stress and trauma of the sexual abuse would overwhelm her. Her subconscious thoughts and feelings would make her feel out of control.

When using The Reactionary Process we can see that “Suzie” would:

1. Smell or see the chewing gum
2. Subconsciously think about her past experiences of sexual abuse
3. Feel angry, violated, and scared
4. Want to continue shopping in the store
5. Act out and yell at the store clerk or whoever was near her



After working for a significant amount of time with “Suzie”, the association was made between her past experiences of sexual abuse and the Beeman’s chewing gum, and her anger outbursts. This is one example of how one’s past can negatively affect their present situation. “Suzie” will always have a memory of being sexually abused, but the trauma of the experience will not have the same impact on her. In the past if someone were to offer “Suzie” this type of chewing gum it would trigger the memory of unresolved issues of the past and she would become angry. Today when “Suzie” is handed a piece of chewing gum she is able to see it for what it is and say thank you for the kind gesture of offering the chewing gum. As a counsellor I believe that there are many people in our communities that are suffering from past unresolved issues. Feeling despair and anguish is a symptom that can be treated. If you have been affected by any type of abuse I strongly encourage you to contact Kellie Balicki at Kanawayimik to seek out help. It is important to recognize that although talking about our past helps us to better cope, talking alone does not resolve the issue. It is critical to access counselling with someone who has the knowledge and experience to help you effectively deal with these issues. Once the past is understood you will be able to move towards resolution and healing.

Discuss **Understand** **Resolve** **Heal**

Change Your Life!

You are Worth it!

A Note from the Counsellor

There are all sorts of ways that people try to get help. There are support groups, self help groups, counselling and different programming. It is important for anybody seeking help to find the right fit for them. There isn't one process that fits everyone because we are all unique. I know sometimes life may feel overwhelming, however, life does not need to feel this way. There is help. You may not know there is help; help may not come and knock on your door; so it is up to you to take the steps necessary to seek help. It is important to recognize that you did not get to feeling bad overnight and it takes time to heal. If you would like help or to discuss anything that is in this newsletter please contact Kellie Balicki at Kanawayimik at (306) 445-3500 or 1-888-445-5262.

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**The 5 communities we
work with:**
Moosomin
Red Pheasant
Saulteaux
Sweetgrass
Thunderchild

Phone: (306) 445-3500
Fax: (306) 425-2533
Toll Free: 1-888-445-
5262

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www.kanawayimik.com**

