



Responding to Trauma in Brief Settings: Witnessing Resistance

Part of the Windz Brief and Narrative Therapy Workshop Series

Vikki Reynolds – February 1 & 2, 2018

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Many counsellors and therapists are working within therapeutic contexts such as walk-in counselling clinics and short-term services where brief encounters with people occur. People who come to consult with us in these brief settings might come and talk about histories of trauma, oppression, suffering, violence, bullying and other experiences of social injustice. In these situations counsellors must think clearly and differently about how to respond in ways that are non-pathologizing and instead honour acts of resistance.

In all of our work and especially in brief contacts, we can be mindful of the social and political context of injustice and resist the social construction of pathologizing and marginalizing identities. Honouring and witnessing the wisdom of people in their responses to trauma, brings forward their agency, and can create identities of knowledge, autonomy and strength, as opposed to victim/survivor identities, or other “spoiled identities”. We have an opportunity within a single session to shift meaning and identity stories in ways that can be very impactful of people’s lives going forward.

In this workshop you will learn about:

- Alternative understandings of trauma & oppression that include acts of resistance
- Structuring safety immediately in brief therapy encounters
- Witnessing practices that offer new meanings of past traumatic events
- Questions that come from an ethical stance of justice-doing in our conversations
- Connecting private pain to public social and political contexts in ways that reduce isolation and ‘othering’ stories

Biography: Vikki Reynolds, Ph.D. RCC.

Vikki Reynolds, Ph.D. RCC, is an activist/therapist who works to bridge the worlds of social justice activism with community work & therapy. Vikki is a white settler of Irish, Newfoundland and English folks, and a heterosexual woman. Her experience includes supervision and therapy with refugees and survivors of torture, sexualized violence counselors, mental health and substance misuse counselors, housing and shelter workers, activists and working alongside gender and sexually diverse communities. Vikki teaches with VCC, UBC, Adler University and with City University of Seattle, Vancouver. She has written and presented internationally on the subjects of resistance to 'trauma', ally work, justice-doing, a supervision of solidarity, ethics, and innovative group work. Vikki's book *Doing Justice as a Path to Sustainability in Community Work*, is available free on her website along with articles and addresses (www.vikkireynolds.ca).



WORKSHOP DETAILS

LOCATION: Windz Institute At ROCK Reach Out Centre for Kids Centre of Learning
504 Iroquois Shore Rd., Unit 12A, Oakville, ON, L6H 3K4 (Less than 2 kms from Oakville Go-train Station)

DATES: February 1 & 2, 2018

TIME: 9:00 a.m. to 4:30 p.m.

REGISTRATION RATE:

\$375 + HST

Early Bird Rate (Before September 22, 2017): **\$325 + HST** - get your coupon code at rockevents.ca

Group Rate: Groups of 6 or more are eligible for a 10% discount off the total group fee. Cannot be combined with early bird rate. After selecting quantity of 6 or more on our registration site (rockevents.ca), enter coupon code **groupspecial** at checkout to receive your discount.

Students: Students in University or College qualify for a 10% discount. Cannot be combined with early bird rate. Students must provide a copy of their student identification card to windz@rockonline.ca with STUDENT CONFIRMATION in the subject line. Once confirmed, you will receive your coupon code via email to apply at checkout.

CLICK HERE TO REGISTER

CANCELLATION AND REFUND POLICY: Windz reserves the right to cancel workshops due to under-enrollment, instructor illness or inclement weather. If a workshop is cancelled, Windz is responsible for refunding only the tuition or registration payment. For a refund, a notice of cancellation must be received in writing 30 days prior to the workshop date. After that time, a credit may be issued which may be applied to a future workshop of similar value. This credit must be used within one year of date of issue. An administration fee of \$40 will be charged for cancellations. We are not able to offer a credit or refund if you notify us on the day of the workshop.