



Trauma & Resistance:

Innovative Responses to Oppression, Violence and Suffering

Two-Day Workshop
January 30 & 31, 2019

With Vikki Reynolds, PhD RCC

windzinstitute.com

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Dates: January 30 & 31, 2019 | 9:00 a.m. to 4:30 p.m.

In this experiential workshop, Vikki offers an alternative approach to work with 'trauma', from a decolonising anti-oppression stance which focuses on the resistance of victims of violence and oppression. Honouring the wisdom of the people we work alongside with in their responses to trauma brings forward their agency and wisdom. Vikki will illustrate a witnessing approach to therapy using practice examples and structuring safety as the foundation of the work. She will share alternative understandings of 'trauma' that resist psychology and the helping professions' normalizing practice of re-framing oppression, harm and suffering as personal deficit and disguising acts of resistance as trauma and pathology symptoms.

We will structure our own sustainability into the work, looking at our Solidarity Teams, and justice-doing informed ways of working that promote our own transformations and offer a resistance to what gets understood as worker burnout. We'll also hold the people we hope to serve, in the centre of our practice, resisting both disconnection and enmeshment, which will lead us to our Collective Care and "The Zone of Fabulousness"...

In this workshop participants will learn:

- A witnessing stance informed by an ethic of justice-doing
- To see resistance instead of pathology and to recognize harm, oppression and suffering instead of seeing 'symptoms'
- An alternative understanding of 'trauma' that is not intra-psychic, but interpersonal and occurring in social contexts of injustice and oppression
- How to structure safety as a central ethic of witnessing work
- Practices that hold clients at the centre of the work, and the "Zone of Fabulousness"— connection, resisting disconnection & enmeshment
- Questions that come from an ethical stance of justice-doing in our conversations
- Ways to create Solidarity Teams and practices of Collective Care as opposed to Self-Care

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About Vikki Reynolds, PhD RCC

Vikki 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 with cisgender privilege. Her experience includes supervision and therapy with peers and other workers responding to the opioid epidemic/poisonings, refugees and survivors of torture, sexualized violence counsellors, mental health and substance misuse counsellors, housing and shelter workers, activists and working alongside gender and sexually diverse communities.



Vikki is an Adjunct Professor and has written and presented internationally on the subjects of 'Witnessing Resistance' to oppression/trauma, ally work, justice-doing, a supervision of solidarity, ethics, and innovative group work. Vikki's articles and keynotes are available free on her website: www.vikkireynolds.ca

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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)

Two-Day Workshop - January 30 & 31, 2019

TUITION: \$435 + HST

Register!

**Early Bird Rate (Available until December 14, 2018!)
\$395 + HST**

Contact us!

Group Rate: Groups of 6 or more are eligible for a 10% discount off the total group fee. Contact us at windz@rockonline.ca for more information.

Students: Students in University or College qualify for a 10% discount. 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.

Attention Social Workers... You may be eligible to receive reimbursement of up to \$500 off your tuition for this program. For more information about the Social Workers and Social Service Workers Professional Development Fund, visit oasw.org.

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The Windz Institute is operated by ROCK Reach Out Centre for Kids Centre of Learning

