

# Truth and Reconciliation Resources

## September 30th is Canada's National Day for Truth and Reconciliation.

As we continue our individual and company journey toward reconciliation, we've gathered a selection of our exceptional content, authored by or showcasing some of our remarkable Indigenous trainers. Our hope is that this compilation will help you on your own reconciliation journey.

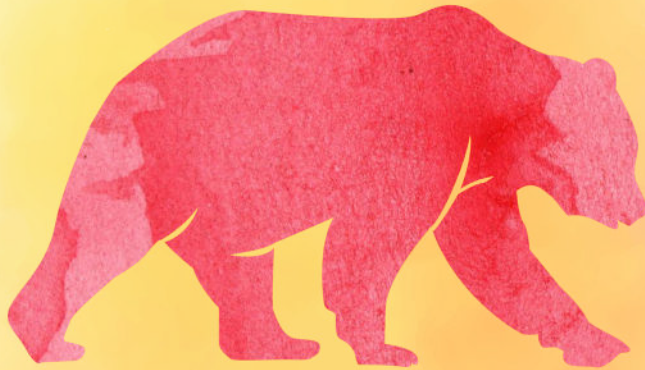
*As we walk the path of reconciliation, we are mindful of the connections we share with all our relatives. We understand that these connections are impacted by colonization and that there is trauma in our relationships and to the land and Indigenous ways of life. We commit to listening and learning from our relationships, and to be guided by the Truth and Reconciliation Commission of Canada's 94 Calls to Action and the United Nations Declaration on the Rights of Indigenous Peoples.*

At CTRI, we value our relationships with Indigenous communities. We recognize the privilege that comes with being invited into Indigenous communities to train and work together. We understand that with this privilege comes a responsibility to acknowledge cultural biases, as well as honour the ongoing impact of colonialism and intergenerational trauma. Building relationships and listening humbly with an open heart and mind is fundamental to all our work with Indigenous Peoples.

## Written Resources

- [Dismantling the Colonial Box](#)
- [The Spaces Between Us – Two Voices on Reconciliation](#)
- [Indigenous Insights for All Counsellors](#)
- [Reconciliation – 3 Keys to Understanding](#)
- [Intergenerational Trauma, Healing, and Resiliency](#)
- [Why Counsellors Should Use a Multicultural Assessment Approach](#)
- [Two-Eyed Seeing – Our Reconciliation Journey](#)
- [4 Steps to Workplace Reconciliation](#)
- [7 Steps to Decolonize your Practice](#)
- [Skills to Counteract Lateral Violence](#)
- [I Carry a Toolbox and a Bundle – Blending Western and Indigenous Knowledge in Therapy](#)





## Spirit Guide Teachers

**This link** will lead you to a series of videos in which North American Traditional Indigenous Elder and Knowledge Keeper Wa Wa Tei Ikwe shares some of her teachings. These videos are meant to be a resource for anyone looking for guidance on their journey towards a more balanced way of living. They are also intended to be the first steps in a new journey between Indigenous and non-Indigenous peoples who are working towards reconciliation and building healthier relationships.

## Podcast Episodes

- [Blending Western and Indigenous Counselling](#)
- [Decolonizing Mental Health](#)

## Printable Infographic

- [5 Principles of Restorative Justice](#)

## Additional Resources

- [National Centre for Truth and Reconciliation](#)
- [Beyond 94 – Truth and Reconciliation in Canada](#)
- [Learn Whose Land You Are On](#)
- [Truth and Reconciliation Commission Reports](#)
- [National Inquiry into Missing and Murdered Indigenous Women and Girls](#)
- [Canadian Council for Aboriginal Business](#)
- [Reconciliation Canada](#)