

Giwiidosendamin Certificate Program

Responding to Addictions
and Suicide With Decolonized Practices

Giwiidosendamin: "We walk together" in Ojibwe



Certificate Program Outline



1. Learn key counselling skills and how to build a therapeutic alliance

Great helpers excel in the foundational skills of listening and communication. In this program, you will learn effective counselling strategies from both Indigenous and Western perspectives. This is a chance to explore your gifts as a helper, as well as your current communication style. You'll also connect with other helpers as you practice, discuss, and explore important components of the therapeutic relationship.



2. Create mental health spaces that respect and integrate Indigenous traditions, values, and practices

You will explore Indigenous perspectives on mental health and learn about a holistic wellness model. As you reflect on your own self-care practices, you'll understand how to support others in a way that addresses the body, mind, relationships, and spirituality. In a reciprocal learning environment, you'll gain insights and tools to implement and deliver decolonized helping services.



3. Learn about addictions, recovery capital, and harm reduction

As a helper, it's important to understand the nature, cycle, and language of addictions, as well as how to respond and be an effective support. You'll learn about a harm reduction perspective, and the importance of recovery capital, which are the resources that people can draw upon to start and sustain their substance use recovery journey.



4. Gain skills for suicide support and life promotion

You will learn about suicide prevention, intervention, and postvention, and the importance of connection and open conversations. This program will give you a comprehensive understanding of how to support those who are healing from suicide loss, taking a strengths-based, life-promotion approach to preventing suicide in order to build flourishing communities.



5. Improve your own self-awareness as a helper

Throughout the five days, you will have opportunities to reflect on your gifts, your role as a helper, and the importance of taking care of yourself. There will be space to share your perspective, learn from others, and develop skills and tools to provide healing to others and yourself.

Certificate Program Breakdown

With your registration, you'll have access to:

- Five days of enriching training, focused on a two-eyed seeing approach to mental health support
- An experienced, gifted, and knowledgeable pairing of Indigenous and non-Indigenous co-facilitators who will create a safe environment for reciprocal learning and sharing
- Printed manuals, assessment tools, and books
- Opportunities to network and connect with other helpers



About CTRI

We are honoured to have built relationships with over 275 Indigenous organizations and communities. CTRI is committed to reconciliation and believes that everyone should be trauma-informed, which is why we've researched and developed over 60 workshops that explore trauma, mental health, counselling skills, and violence prevention.

ctrinstitute.com