

Giwiidosendamin FAQs



General Program Questions

**What is the structure of Giwiidosendamin?
How are the five days organized? What topics
are covered each day?**

Day 01 | Counselling skills and building 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.

Day 02 | Creating mental health spaces that incorporate Indigenous cultural responsiveness

You will explore Indigenous perspectives on mental health and learn about a wholistic 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.

Day 03 | 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 refers to the resources that people can draw upon to start and sustain their substance use recovery journey.

Day 04 | 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.

Day 05 | Awareness of yourself as a helper

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

**Who are the co-facilitators, and what expertise
and experience do they have?**

Every Giwiidosendamin Certificate Program is co-facilitated by one Indigenous trainer and one non-Indigenous trainer. Together they will weave Indigenous and Western perspectives to provide a two-eyed seeing approach to responding to addictions and suicide. Our experienced, gifted, and knowledgeable facilitators have frontline experience and will create a safe space for reciprocal learning.

**What is a “two-eyed seeing” approach? How
does this program integrate Indigenous and
Western perspectives?**

Two-eyed seeing is Mi'kmaq Elder Albert Marshall's concept of blending both Western and Indigenous perspectives. Giwiidosendamin weaves together Western clinical approaches and Indigenous cultural understanding for responding to those struggling with addiction and suicidality.

Who is this program for?

What is the difference between Giwiidosendamin and the Giwiidibindimin Certificate Program?

Similarities:

- Both are based on a two-eyed seeing perspective.
- Each program is co-facilitated by an Indigenous and non-Indigenous facilitator.
- Both incorporate a relational, reciprocal approach to learning.

Differences:

- Giwiidabindimin (Ojibwe for “we sit together”): Focuses on a two-eyed seeing perspective on responding to trauma and grief.
- Giwiidosendamin (Ojibwe for “we walk together”): Focuses on a two-eyed seeing approach to responding to addictions and suicide.

Giwiidosendamin is for anyone who wants to gain practical support skills and deepen their understanding of mental health, addictions, and suicide. Whether you're a new or experienced therapist, or just find yourself naturally falling into a helping role in your community or organization, this program is for you.

Do I need to take Giwiidibindimin before I take Giwiidosendamin?

No, you don't need to take one program before you take the other! Feel free to attend one, or both, in any order.



Content-Specific Questions

How will the program address the connection between trauma and addictions?

You will challenge stigmas with trauma-informed language and approaches to addictions support, with an emphasis on the connection between trauma and addictions. Together with your group, you will explore:

- The addiction cycle
- Harm reduction
- Recovery capital
- A bio, psycho, social, spiritual model of care

What are some examples of practical harm reduction strategies that will be taught? Can you provide a brief overview of these strategies?

Using a two-eyed seeing lens, this program will combine the Western understanding of harm reduction, while exploring, honouring, and Indigenous harm reduction strategies. You will learn about Naloxone, needle exchange programs, and opioid substitution therapy using addiction-informed understandings, and challenge the stigma of addiction and harm reduction using a trauma-informed approach based in compassion and empathy.

How will the program enhance cultural competency and support decolonization efforts? What specific practices or principles will be emphasized?

- Strength-based approach
- Specific counselling skills based on relationality, connection, and reciprocity
- Recovery capital
- Bio, psycho, social, spiritual model of care
- Life promotion strategies
- Conversations that challenge and dismantle colonial perspectives and practices
- Sharing traditional stories and concepts
 - Inviting participants to consider their relation to these stories and concepts (these are the stories that connect us, regardless of our background)
- Emphasis on being “in relationship” with others and the natural world around us
- Conversations around incorporating Indigenous cultural responsiveness in mental health spaces
- Rooted in the spirit of interconnectedness, guiding participants to question and be curious about their own journey and teachings
- Indigenizing harm reduction
- Highlighting unique strengths of Indigenous peoples for healing and resilience



Practical Application Questions

How can the skills I learn in this program be applied in my current role?

Giwiidosendamin is a multifaceted approach to supporting others. You will learn how to harness your own unique gifts and incorporate new insights and tools that you can use in your helping role. You will also gain skills for responding to resistance and being a strong advocate for reconciliation. The skills learned in this program can be used for a variety of professional and personal journeys.

What are the key assessment areas for those experiencing suicidal ideation?

- Learning what the helper brings to the relationship
- Identifying differences between suicide and self-injury
- Protective and contributing factors to suicidal ideation
- Prevention, intervention, and postvention
- Strategies for supporting change

How can I implement culturally respectful practices within Indigenous spaces? What are some examples of these practices, and how can they be effectively applied?

Practice being mindful when reflecting on wisdom shared by others. You can do this by asking yourself the following questions:

- Keeping in mind we are all interconnected, how do you relate to the stories that are shared?
- How do you practice compassion?
- What teachings have you been given on your journey? How has this shaped you?
- Who are you when you are living harmoniously? Do you walk gently in all spaces of your life?



Practical Application Questions

How will this program encourage personal growth and self-reflection? Are there specific activities or exercises designed for this purpose?

You will explore your gifts as they relate to your helping role, and will have the opportunity to share your knowledge with the group. You will also have space to self-reflect and consider your own wellness journey.

The co-facilitators will mindfully create safety and relationship in the room. To have the group be “in relation” with each other and ensure rich and diverse knowledge is shared, they will encourage collective sharing, and sharing

teachings from all places. This is an opportunity to expand your curiosity and perspective outside of your usual patterns, as you reflect on your interconnectedness to others in ways that you might not expect.

What kind of support will be available during and after the program? Will there be opportunities for follow-up or continued learning?

You will have the support and guidance of our experienced facilitators during the program, as well as the opportunity to connect with other motivated and passionate helpers like you.



Logistics and Enrollment Questions

What are the prerequisites for enrolling in this program? Is there any prior knowledge or experience required?

There are none! This is for anyone in a helping role who works with Indigenous organizations or communities.

What is the cost of the program, and are there any available scholarships or financial aid options? How can I apply for financial assistance if needed?

We do have some discounts available for this program:

- Sign up before the early registration rate to receive 10% off your registration.
- Register 4+ people on the same order and receive 5% off.
- Sign up for our **member plan!** Not only do you receive an additional 10% off any of our workshops or certificate programs, you also get unlimited access to our **one-hour webinar library** (plus we offer exclusive discounts

every month that may include our certificate programs).

- If you're a student or 65 and wiser, you can receive 25% off. Contact us to learn more.

You can also look into whether there are any financial supports offered through your organization, related associations, or the government.

Where will the program be held, and is there an option for remote participation? Are there any accommodations for those who cannot attend in person?

This program is held in-person, in various locations across Canada. **Click here** to see the upcoming dates.

If you're interested in private training for your group or community, we can come to you! Contact us to learn more.