

“The Healing Path: A Community Based and Culture Derived Indigenous Therapy Model”

An address to the Multicultural Counselling Conference
June, 2007 at the University of Toronto

This address will be about issues of mental health and views on healing and wellness as expressed through Aboriginal Canadian experience. It will be done with a humanized approach that embraces the idea of life lived to focus the discussion. Emphasis will be placed on clinical practice and its role in helping to heal the body of the community from within, diversity, resilience and perseverance. It will also include commentary on connections and disconnections between Aboriginal traditional healing, as expressed through commentaries by traditional healers and clients of traditional healers, and Western psychology with examples from Teilhard de Chardin's ideas about consciousness, psychoanalytic theory as discussed by Carl Jung and Marion Woodman and Rogerian psychotherapy. It will also include a discussion on some of the ideas derived from the presenter's recent research and writing on the psychotherapeutic conditions embedded in Aboriginal traditional healing and Aboriginal worldviews. Personal experience and story-telling are used to punctuate and highlight the major points and the context of the discussion.