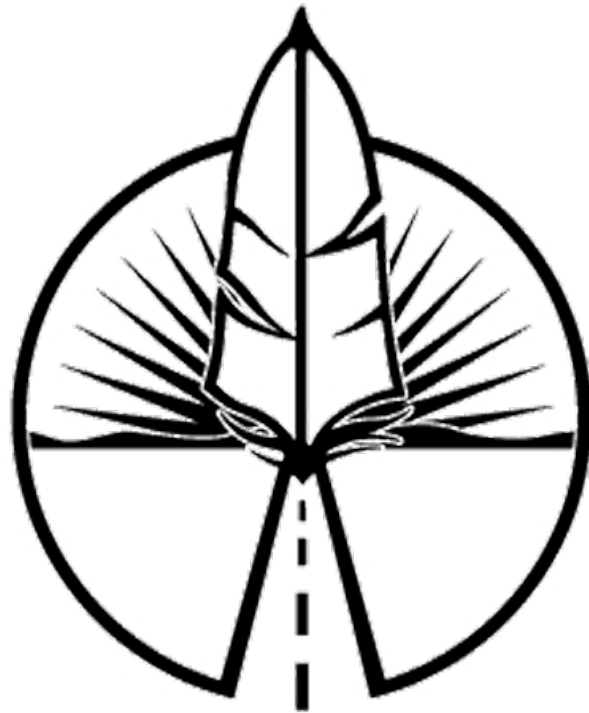


Healing the Community Healer and Helper

April 16 - 18, 2019

Suquamish Clearwater Resort Casino

Suquamish, WA



NATIVE WELLNESS
Institute

Training provided by the Native Wellness Institute
www.NativeWellness.com

*The Native Wellness Institute exists to promote the well-being of
Native people through programs and trainings that embrace
the teachings and traditions of our ancestors.*

Meet the Trainer



Theda New Breast, M.P.H. (Montana Blackfeet)

Theda is a founding board member and master trainer/facilitator for the Native Wellness Institute (NWI). She is one of the pioneers in the Native training field and an original committee member for the Men's and Women's Wellness gatherings. Theda has been a leading authority on Indigenous Cultural Resilience Internationally and has worked with over 500 Tribes in 34 years on Proactive Healing from Historical Trauma, Post Traumatic Growth, Mental Health Healing, and Sobriety/Recovery/Adult Child of Alcoholic (ACOA). She is the co-founder and co-writer of the GONA (Gathering of Native Americans) curriculum, one of the Ten Effective Practices and Models in Communities of

Color. Theda has facilitated over 600 GONA's. She lives on the Blackfeet Reservation in Northern Montana and is a Khan-nat-tso-miitah (Crazy Dog) Society member, herbalist, Sun dancer, Pipe Carrier, and lives as Niitsitapi, like all her Ancestors for thousands of years. In 2013, The Red Nations Film Festival Honored Theda with a Humanitarian Award for her lifetime of healing work with tribes and with a Red Nations statuette for her documentary short called, "Why The Women in My Family Don't Drink Whiskey." The Blackfeet Tribal Council has recognized her Leadership skills and appointed her unanimously to The Board of Trustees for Blackfeet Community College for years 2014-2017.

Agenda

April 16, 2019



7:30 am - 8:30 am	Registration
8:30 am	Opening Welcome, Blessing, Introductions, Overview, Ice-breaker
9:15 am	Building Team and Trust
10:15 am	Break
10:30 am	Healers and Helpers, Embracing Our Role
Noon	Lunch (on your own)
1:30 pm	Signs and Symptoms of Stress and Burnout
3:00 pm	Break
3:15 pm	Vicarious Trauma and the Impact on the Healer/Helper
4:30 pm	Closing
5:00 pm	Adjourn

Agenda

April 17, 2019



8:30 am	Opening Welcome, Blessing, Review, Check-in, Ice-breaker
9:15 am	Better Understanding Compassion Fatigue
10:30 am	Break
10:45 am	Serving the Community Through a Trauma Lens
Noon	Lunch (on your own)
1:30 pm	Exploring Trauma
3:00 pm	Break
3:15 pm	Healing in Action
4:30 pm	Closing
5:00 pm	Adjourn

Agenda

April 18, 2019



8:30 am	Opening Welcome, Blessing, Review, Check-in, Ice-breaker
9:15 am	Setting Healthy Boundaries
Noon	Lunch (on your own)
1:30 pm	Self Preservation, Protection and Care
3:00 pm	Break
3:15 pm	Tools to Live in Balance
4:00 pm	Closing
4:30 pm	Adjourn

Training Evaluation



Healing the Community Healer and Helper April 16 - 18, 2019 Suquamish, WA

Please respond to the following statements and questions. Please circle one number for each statement or question. (Circle one)

	Agree				Disagree
1. Did the workshop meet your needs?	5	4	3	2	1
2. Trainer was informative and effective.	5	4	3	2	1
3. Topics were relevant and helpful.	5	4	3	2	1
4. Location of workshop.	5	4	3	2	1
5. Training manuals (If used) are useful.	5	4	3	2	1
6. Level of value you received by your attendance.	5	4	3	2	1
7. The training is culturally relevant?	5	4	3	2	1

8. Which topic was most helpful to you and why?

9. Would you recommend training to others? If yes, Why?

10. Provide feedback on the trainers using a 5 - 1 scale with 5 as best.

Trainer (s)	Knowledge	Preparation	Understand	Delivery	Helpful
Theda New Breast	_____	_____	_____	_____	_____

Comments:

11. What other type of workshops or conferences would you suggest for the future?

12. Other Comments/Suggestions: