

# Healing Ourselves Healing Others

A One Day Conference on Special Needs

Wednesday May 23 2018

8:30 AM – 3:45 PM

900 Rue Riverside, Saint-Lambert, QC J4P 3P2

Hosted by  
**Champlain**  
COLLEGESAINTE LAMBERT

Supported by: **Centre intégré  
universitaire de santé  
et de services sociaux  
de l'Ouest-de-  
l'île-de-Montréal**  
**Québec**

Co-sponsored by  
**QAE** and **AESQ**  
Québec Association of Educators Association des Éducatrices et Éducateurs Spécialisés du Québec

*“Healing is a matter of time, but it is sometimes also a matter of opportunity.”*

*– Hippocrates*

The primary focus of helping professionals is to help and "Heal Others" by providing support, guidance, tools and care. There is also an unspoken, very real need for self-care amongst professionals making it equally important to help and "Heal Ourselves". This conference provides the opportunity for participants to address both.

Learn innovative tools and strategies to extend and hone your ability to work with clients who have diverse and complex needs. Participants will have the chance to reflect on best practices, as well as connect and share with other professionals.



## The Power to Heal – One Woman's Journey

by Nakuset

Listen to Nakuset's powerful and moving story of loss of identity and personal struggles; her determination and resilience to not only overcome her losses but to be a positive influence and leader in her community. Nakuset makes a difference in the lives of many. Her story will inform, educate and inspire you to listen more carefully, intervene thoughtfully, and always consider the purpose of your intervention when it comes to working with Urban Aboriginal people.

Select one of our

## Morning Workshops

10:30 - 12:30 AM

### Session 1

#### Mindfulness

by Carl Lemieux

Psychologist, Partner & Managing Director of Mindspace Clinic

Our brain has evolved over the years to ensure our survival but we are only now beginning to understand how to unleash our full potential. This workshop is an introduction to mindfulness as a proven practice to reduce stress, enhance wellbeing and live with a greater sense of purpose. The speaker will present the latest neuroscience supporting mindfulness, facilitate mindfulness exercises during the workshop and engage in a dialogue to help participants demystify this emerging practice.

### Session 2

#### Indigenous Awareness & Deeper Understanding

by Nakuset

Executive Director of Native Women's Shelter of Montreal

This workshop will focus on sharing important historical context of Indigenous people including highlights from Nakuset's personal journey. Participants will gain knowledge about existing projects that help, support and strengthen Urban Aboriginals. The workshop leader will also share ways to implement systemic change within institutions.

### Session 3

#### Inclusion Strategies for Children on the Autism Spectrum

by Marla Cable

Giant Steps Resource Training Centre Coordinator

Inclusion of children on the autism spectrum in mainstream classrooms presents some key challenges. This workshop will explore concrete, hands-on skills and strategies on how to provide effective support and guidance so students on the autism spectrum can be active participants in the class. In order to maximize the benefits of this workshop, participants must have a general understanding and knowledge about autism. This workshop will be interactive as well as providing participants an opportunity to work in teams. Case studies will be provided and strategies on how to best support students with autism in the class will be explored and developed.

### Session 4

#### Vicarious Traumatization: What It Is And What You Can Do About It

by Dr. Kees Maas

Private Practice Psychologist

Vicarious traumatization refers to a transformation in the trauma worker's inner experience resulting from empathic engagement with the trauma material of a client. In order to avoid vicarious traumatization or professional burnout, a mix of personal and organizational strategies is required. During this workshop, participants will be able to identify personal limits, and acknowledge the personal distress that work can bring. Participants will explore the best work-rest-play balance needed to take care of oneself.

### Session 5

#### Reflections on Receiving Services or Being In Care

Moderator Mélanie Fournier

Educator - CIUSSS - West-Island

Listen to the voices of adults who once received services in foster care, group homes, residential care, etc. They will present their personal journeys about the service system in which they were involved, its impact on their lives, and how they would change it if they could. They will reflect on best practices that worked during the time they were in care and those that did not. The session format includes panel participants sharing their personal journeys followed by Q&A.

## Lunch Break

12:30 - 1:30 PM

Select one of our

## Afternoon Workshops

1:30 - 3:30 PM

### Session 6

#### Three Powerful Healing Practices

by Sherril Gilbert

Champlain College, Content Specialist

The helping profession can be extraordinarily rewarding, and yet it is also one that can be emotionally and physically draining. To be fully present for others requires that we make time for self-care and personal restoration. This lively personal and professional growth workshop experience is for helpers who need to build and strengthen self-care resources, and will introduce participants to three healing practices for helpers: HELP (letting go), THANKS (gratitude), and WOW (radical amazement).

### Session 7

#### Boundaries, Ethics and Indigenous Communities

by Loanna Zacharie & Louis Jacco

Support Counsellor & Clinical Supervisor - Kahnawake Shakotilatakenhas Community Services (KSCS)

This workshop will explore the theoretical concepts of boundaries and ethics and how they do not comply with the realities of an indigenous community. Two Kahnawake residents, working the front lines, in their own community share their experience of dual roles, conflicts of interests, the challenge in self care practices at home, and the obstacles inherent with the lack of anonymity. Exploration of improved manners of practice between outside agencies and Indigenous organizations will be explored.

### Session 8

#### ASD: Looking at Behaviours Through the A-B-C Model

by Loretta Labrecque

New Frontiers School Board - Autism Specialist

In this workshop, participants will become detectives in examining and understanding students' behaviors and explore strategies to apply when intervening with their students. Participants will also examine how their behavior can influence situations. Although the focus of this workshop will be on students within the Autism Spectrum, the A (antecedents) B (behaviors) and C (consequences) model can be applied to all students.

### Session 9

#### DeStress 4 Success

by Sophie Massé, Destresse 4 Success Trainer, &

Robert Calame, PREPSEC International Master Trainer

Youth, adults and their helping professionals deal with the effects of stress which has a daily impact on their lives and work. ISO-STRESS is a cutting edge, scientifically researched approach to managing stress, developed in Montreal by Dr. Sonia Lupien and evaluated Dr. Pierrick Plusquellec. This workshop presents a comprehensive model, ISO-STRESS, that includes both an approach focused on those needing help and for the individuals who do the helping. The program aims contagious stress and favours collective welfare. History, scientific basis, evaluation results and the content of programs will be presented.

### Session 10

#### An Exploration of Dance / Movement Therapy

by Marie-Pierre Girard-Lauriault & Annie L'Ecuyer

Dance/Movement Therapists in training - National Center for Dance Therapy

Explore Dance/Movement Therapy (DMT) as an intervention using dance for the psychological and physical well-being of many. DMT is used either as a complement to medical or psychotherapeutic treatments, or as a main therapy. While it has been proven to be beneficial for multiple clientele (autism spectrum, down syndrome, cognitive disorders, and many more), we often neglect the positive effects it can have on caregivers and professionals. This is an opportunity to learn and experience the benefits of DMT. Come dressed comfortably to move!

## Registration & Costs

Register Online:

[www.qae-aeq.com](http://www.qae-aeq.com)

[www.eventbrite.ca](http://www.eventbrite.ca)

Includes lunch and workshop materials

Early rate, prior to March 31 : \$60

Regular : \$85

On-Site : \$100

Student : \$25

This program is pending approval from the Order of Social Workers for training credits.

Hosted by Champlain College co-sponsored by AESQ (Association des Éducatrices et des Éducatrices du Québec) and QAE (Quebec Association of Educators)

For more Information: [lmabogat@champlaincollege.qc.ca](mailto:lmabogat@champlaincollege.qc.ca) or [tonymaciocia@gmail.com](mailto:tonymaciocia@gmail.com)