

## **An overview of services for Indigenous communities, schools, wilderness programs, healing centers and those in the healing professions:**

- **Create Visually.** In my experience, giving young people the tools to express themselves in contemporary ways empowers them to create and share their worlds. I will help you learn to create web-based audio-visual shows by teaching photographic techniques, hands-on video and audio production, Photoshop editing, audio-mixing with Garage Band (Mac-based software). I can also work from a Windows platform if that is what is available. From the still and video images created, you will learn how to utilize this material to create slide shows, photo prints, cards and public-relations material. As well, I will convey how to access a deeper understanding of a client's internal world from an art therapy perspective using these skills. I ask that your program supply the cameras, whether point and shoot, or advanced digital single lens reflex still/video cameras. I will supply an Apple Macbook Pro to demonstrate the above skills, and will guide you through establishing your own computer-based "darkroom" if needed, as well as cost-effective, high-quality outlets for printing and related services. Before my arrival, I will coordinate with you to better understand your needs and available equipment, and provide a recommended list of equipment, hardware and software to fulfill our goals.
- **Create a book.** I will teach you how to work with your clients to create images, whether photographs, illustrations or mixed-media art. The goal is to access your client's inner world and allow them to share that experience with you visually. From there, writing about the image or art adds depth of understanding of your client's world. For those clients who are writers first, we reverse the process to achieve the same end result. I have found this form of expression to be very useful for clients whose first language is not English, or those that

need assistance with learning disabilities, traumatic brain injuries, complex trauma, or highly introverted clients. The production of a calendar is also an option, while creating it for sale and distribution.

- **Family and personality sculpting.** This activity allows participants to move within a group setting to re-create various aspects of self and/or family dynamics, with the help of other group participants. As a form of psychodrama, adolescents especially relate well to this form of self-expression, and also gain insight quickly into various parts of self and family en route to gaining greater awareness and management of parts that perhaps were repressed or labeled as dysfunctional or bad. The silver lining of rejected parts of self or family is then given a voice, while contributing to deeper integration.
- **Let's explore mindful meditation.** We will explore several approaches to quieting the mind and exploring inner stillness. It is here where truth and wisdom reside, where one can create a self-healing body and mind, where we allow the parasympathetic part of our central nervous system to thrive and where we access the resources of our deepest selves. Learn how to construct and install positive scripts for yourself and clients and de-activate personal lies within our cognitive system that also manifest in the body as emotional limitation and potential disease. Quiet the brain, find yourself. Quiet the mind, find your soul's path. Walk that road, see what you discover while your mind observes and your intuition leads.
- **Systems Transformation.** I come in, see, feel, evaluate the health of your system, and help you and your colleagues make shifts individually and collectively in whatever direction enhances the health of your system as a workplace, your community. I've always enjoyed seeing my clients evolve through psychotherapy and this systems work. I combine clarity, directness and compassion. From this place, people make shifts by healing parts of themselves that have needed

integrated. They stand to gain more autonomy within themselves and within their community.

- **Incorporating counseling and therapy approaches that utilize Nature as teacher.** You will learn how to provide a safe, effective foundation of western-best practices that pass everything back through Nature to validate what has occurred within the counseling session. The client learns how to shift out of "story" and into a solution-focused way of living that allows them to discover how to read various symbols provided by Nature and to align those symbols within themselves intuitively. We each carry masculine and feminine aspects. Balancing these aspects rather than overdevelopment as a form of compensation from a fear response or lack of awareness will also be explored, along with embracing the reasons for imbalance. Applicable western methodology can include cognitive-behavioral, neuro-linguistic programming, EMDR, or accelerated healing hypnotherapy approaches. On a personal note, as a kid I was in special education to address an auditory learning disability. Nature taught me how to recalibrate various aspects of self after school. An undergraduate degree in Special Education (with emphasis in talented-gifted and the use of visual arts), brought more understanding to the process of adaptability and the importance of our natural world as a reminder of what is true.
- **Learn more about effective/dynamic group therapy.** Topics can include: increasing client participation in the group setting, deeper uses of transference and counter-transference, staff wellness, the healing of the effects of cultural genocide, and the exploration of indigenous wisdom that also incorporates western best practices. The family and personality sculpting outlined below is also a great supplement in the group therapy setting.

As an established licensed therapist and documentary photographer, I have lived extensively on Native land over the years. I've presented at

international ESL conferences and National Indian Education Conferences. I currently work closely with Traditional Practitioners and Native American staff within an indigenous-centered, wilderness-based substance abuse/co-occurring healing center on Navajo land. As a therapist and CEU provider, I supply supervision, direct therapy services and teachings on the topics listed above, as well as on integrative healing, nutrition, fitness, an overview of western best practices, cross-cultural unifying knowledge, accelerated healing techniques and the weaving of elders into indigenous programs. I also mentor non-Native staff regarding cultural immersion as needed. My photographic experience is woven throughout, as a teacher and facilitator of client productions as well as in producing program public relations material.

Regardless of the type of community I work with, I encourage exploring together, walking shared paths, while also embracing our diversity.

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