

Indigenous Healing Methods and Trauma by Dennis Windego

Indigenous Healing Methods examines our ancestral knowledge of healing the mind, body and spirit through the land and its medicines. It facilitates spiritual, emotional, cognitive and embodied growth to healing. Our healing methods have always been effective in the treatment and healing of complex trauma caused by residential school abuse, family violence, suicide, addictions, accidents, witnessing violence and other traumatic life experiences including sexual, physical and emotional abuse and neglect. This presentation will benefit participants by learning skills they can apply in their work in their communities immediately.

Bio: Dennis Windego is a well-respected trainer and psychotherapist in the area of Post-Traumatic Stress Disorders and Complex Trauma. Dennis has been providing one on one, family and group sessions for over 20 years within outpatient treatment settings in First Nations communities across Canada. He has been a guest speaker at many conferences and healing gatherings involving the judicial, education and health systems. Dennis is a survivor of residential school, alcohol and drug abuse and family violence. It is with this knowledge and his personal healing journey that has made him the admirable therapist, activist and teacher he is today and the reason why he can relate so personally to people. Dennis has helped many people in overcoming trauma and deal with unfinished business stemming from their childhood and to live more empowering lives.