



October 18th to 20th, 2019

*The First Annual National Conference of the
Canadian Association for Marriage and Family Therapy*

STORYTELLING FOR HEALING

**INDIGENOUS AND NARRATIVE PERSPECTIVES ON
RELATIONSHIPS AND FAMILY**

Co-sponsored by the University of Winnipeg, Masters of Marriage and Family Therapy Program

[Click to Register](#)

SCHEDULE OVERVIEW (see description of Sessions and Presenters following)

FRIDAY EVENING October 18th

6:00-9:00 **Welcome Reception:** [Canadian Museum for Human Rights](#)
90-min Private Tour. Food and Refreshments (Additional cost: \$60 non-members, \$40 members)
A private reception, complete with food, refreshments, and a cash bar. Guided tour of the Museum included.
A great kickoff to the weekend!

SATURDAY October 19th

8:30-9:00 **Registration**

9:00-10:30 **Opening Ceremony:**

Session 1: Plenary

Indigenous Family Power Stories and Systemic Change - Jann Derrick, Ph.D. RMFT

10:30-10:45 **Break**

10:45-12:00 **Session 2: Choice of Break-out Sessions** - *Introduction to the New Supervision Guidebook*
First Nation and Métis Student Panel Discussion
Third Order Change: A Socioculturally Attuned Framework

12:00-1:30 **Lunch** (on your own)

1:30-3:00 **Session 3: Plenary**

Courageous practice: Celebrating stories of resistance through narrative therapy - David Paré, Ph.D.

3:00-3:15 **Break**

3:15-4:30 **Session 4: Choice of Break-out Sessions** - *Revisioning C/MFT Training in Canada*
Grief is a Title that Holds the Story of Relationship
Decolonizing Bicultural Identity in South Asian Adolescents

5:00-7:00 **Annual General Meeting** (*Free to CAMFT members, even if you have not attended the rest of the conference)
Although we had our first AGM last year, this is our first cross-Canada, in-person gathering of the proudly independent Canadian Association for Marriage and Family Therapy! Hear about our vision and the tasks ahead in promoting Marriage and Family Therapy across Canada!
Wine and Appetizer Reception to follow and Poster Session, with a chance to dialogue with Poster contributors.

SUNDAY October 20th

9:00-10:30 **Session 5: Joint Plenary** by Jann & David, and **Reflecting Panel Discussion**
including MFT's working with Indigenous Communities and other Narrative Therapists

10:30-10:45 **Break**

10:45-12:00 **Session 6: Panel Discussion (continued) and Reflecting Discussion by Audience**

12:00-12:30 **Closing Remarks** by Andrew Sofin, MA, RP, RMFT, President, CAMFT

SESSION DESCRIPTIONS and PRESENTERS

SAT Session 1: Plenary

Indigenous Family Power Stories and Systemic Change

Indigenous cultures have an ancient oral tradition. It is here the stories are related that teach policies, social norms, values and worldview. The storyteller is held in high respect, and some stories can only be told by one person. Currently the stories of Intersection with another worldview and another set of values are being told. These current stories provide meaning and healing to the storyteller, as well as teaching to the listener. These same stories are stories of power and have served as the foundation for calls to change national values and policies, legal jurisdiction, and colonial beliefs and actions. Jann will discuss these stories of power and how family therapists may participate and support the storytellers.

Jann Derrick PhD, RMFT-S has been in practice for over 30 years in Vancouver and the British Columbia interior. Of Mohawk, Irish, and English heritage, she trained first as a teacher, then as a Counselling Psychologist with a specialty in Relationship and Family Therapy. Jann's passion is the healing of Indigenous families, and sharing knowledge of Indigenous family systems. She did pioneering work with Residential School survivors and was an integral part of the first trauma recovery program for Aboriginal trauma. She has continued to serve Indigenous families and communities in a variety of capacities, including being part of the Truth and Reconciliation Commission. She currently works with the Missing and Murdered Indigenous Women and Girls Commission, as well as Strategic Priorities of the Ministry of Children and Family Development in BC. Jann was awarded the John Banmen Award for Outstanding Contribution to Family Therapy in BC in 2003. She has published on "The Box and the Circle: and Aboriginal Family Systems" as a contributor in a number of professional works, and her recent research publication is "Kahwà:tsire: Indigenous Families in a Family Therapy Practice with the Indigenous Worldview as the Foundation" (2017). Jann also contributed a chapter on "Indigenous Families in Canada" in The Handbook of Systemic Family Therapy (2019).

SAT Session 2: Break-Out Sessions

(Choice of one of the following)

Introduction to the New Supervision Guidebook

Thinking about becoming a Supervisor? Wondering how to enrich your own practice and connect more deeply with the CAMFT community? Already a Supervisor, and wondering about Refresher Courses and other ways to stay current? Join us for a guided tour of the new Supervisor's Guidebook, which includes important information about recent changes to the process for becoming a Supervisor in CAMFT, and deepening your supervision practice.

Kathryn Guthrie MA, RP, RMFT-SM Chair of CAMFT Membership and Accreditation Committee, has been in private practice as a couple and family therapist for more than 20 years. For the last 10 years, she has also been supervising and teaching student therapists, as well as serving on the boards of OAMFT, then CAMFT. Kathryn currently chairs the Membership and Credentialing Committee of CAMFT. The privilege of this involvement has been a deepening interest in and appreciation for the importance of training and support for all our members, throughout their professional lives.

First Nation and Métis Student Panel:

“How Do We Adapt to the Environment and Still Maintain Who We Are?”

In this conversation, a panel of First Nations and Métis MFT students share their experiences of going through an MFT program. The conversation will be facilitated by their program director, who is a woman of colour. The conversation will center around the question of how we navigate colonial academic and clinical settings while maintaining our identities. We will discuss what works (and what does not work) in MFT education and clinical training settings. Colonialism pervades our society, and the field of MFT is no exception. Our education/training is Euro-centric, and usually unexamined. MFTs' core belief is in the importance of connection, but the concept is rarely interrogated in terms of cross-cultural meaning. Panelists will discuss what connection looks like for them, what it means, and how it is achieved. Our hope is that this conversation provides ideas to start further conversations for students, instructors, and supervisors.

Narumi Taniguchi, PhD, RMFT-S is Program Director of the Master of Marriage and Family Therapy Program at the University of Winnipeg. She was born and raised in Japan. She has taught Diversity for over 10 years in the U.S. and Canada. Her clinical and supervision experiences span three countries. She has written on her theory of therapy using the Japanese concept of self. Her research focuses on promoting diversity and social justice in MFT.

Wendy McNab, is currently completing her practicum requirements in Marriage and Family Therapy at the University of Winnipeg. She is a Cree/Salteaux woman from the Treaty 4 Area (Gordons First Nation, Cowessess First Nation and Peepeekisis First Nation) in Saskatchewan. For over ten years Wendy has worked collaboratively to create spaces for learning and sharing stories about Indian Residential Schools in Canada.

Frankie Scribe is a Metis woman, who has served her community in a number of professional roles, including as a frontline mental health clinician in rural, Northern and remote communities and later as a leader in the areas of Indigenous health and justice. She is currently serving her community as the Director of Indigenous Relations with Manitoba Justice, while continuing to work towards completing her MMFT.

Third-Order Change:

Reflecting on a Socioculturally Attuned Family Therapy Framework

Systemic therapy has a history of challenging the status quo. However, when models of therapy are created by therapists from the dominant culture, how will the field and the emerging generations of practitioners respond to taken-for-granted ideas about healthy family functioning and readiness to change? As Canadian MFTs, how do we situate ourselves, our clients and our cultures within ways of working that are created from different social and political locations? Using the transtheoretical work of McDowell, Knudsen-Martin and Bermudez (2018), this break-out session will explore what a socioculturally attuned family therapy framework for Canadian clinicians could be through a six-step process of reflection. Participants will be encouraged to consider themselves as part of the system created with their clients situated in the social contexts we call home.

Sharon Y. Ramsay, MDiv, RP, RMFT-SM, CCFT maintains a private therapy, supervision and consultation practice in Toronto, ON. Since 1994, in the settings of private practice, post secondary institutions, community and children's mental health agencies, she has been learning how context influences our ability to survive and thrive through the expected and surprising rhythms of life. Her clinical work focuses on the search for hope and change through the healing power of being seen and heard.

SAT Session 3: Plenary

Courageous practice: Celebrating Stories of Resistance through Narrative Therapy

We live in a universe of stories. But not all are created equally. Some are carried by loud voices, touted as grand truths, thrust upon us. Others are banished to the margins, kept alive only by those who hold them in their hearts and memories. David will talk about the role of stories in narrative therapy-about celebrating defiance in the face of nomination and identity erasure, about the practice of nurturing stories that reconnect us with our cherished purposes in life and the people we love.

David Paré, PhD is director of the Glebe Institute, A Centre for Constructive and Collaborative Practice and an adjunct professor in the Faculty of Education at the University of Ottawa, where he has taught counselling for 19 years. David has written widely and presented internationally on the subject of narrative therapies, as well as offering training and supervision in these areas. He is the author of The Practice of Collaborative Counselling and Psychotherapy (2012), and co-editor of Collaborative Practice in Psychology and Therapy (2004); Furthering Talk: Advances in the Discursive Therapies (2004); and Social Justice and Counselling (2018).

SAT Session 4: Break-Out Sessions

(Choice of one of the following)

Town Hall Meeting: Revisioning C/MFT Training in Canada

Come and find out about the exciting conversation that is happening among schools across Canada that train MFTs, and how they are working to make the training process for MFTs in Canada more accessible and more coherent-and also uniquely Canadian! Now is the time to give us your input.

Kathryn Guthrie MA, RP, RMFT-SM Chair of CAMFT Membership and Accreditation Committee, has been in private practice as a couple and family therapist for more than 20 years. For the last 10 years, she has also been supervising and teaching student therapists, as well as serving on the boards of OAMFT, then CAMFT. Kathryn currently chairs the Membership and Credentialing Committee of CAMFT. The privilege of this involvement has been a deepening interest in and appreciation for the importance of training and support for all our members, throughout their professional lives.

Grief is a Title that Holds the Story of Relationship

Grief as a story has interwoven threads of other stories that may not be recognized by clinicians. This workshop is built on the premise that the death of one is the beginning of a grief story for another. Death is an agent of change that sets up a new and unfamiliar plotline. This workshop is built upon findings that emerged from a doctoral inquiry that focused on stories told by siblings who were 60 years and older. This workshop utilizes socio-narratology to explore the relational story of grief by learning to recognize what is told and what happens because of the telling. The format is a didactic presentation with discussion, participant interaction, and case presentation. The objective is to open the conversations about stories told in the long-lasting relationships of older sisters and brothers. The outcome of the inquiry confirmed that mature sibling relationships are primary connections that are unacknowledged. The involvement of bereaved siblings opened the dominantly accepted concept of grief as an individualized experience to recognition of the inherent relational orientation of grief. The material taught is transferable to all relational stories that have been impacted by grief.

Deborah Deeter, PhD, RMFT is a licensed psychologist and relational therapist with a private practice in British Columbia. As a clinician, Deborah became acutely aware of missing information from the relational perspective in grief and bereavement. She built on this area in completing her doctorate degree in the Faculty of Psychology and Educational Sciences with the VRIJE Universiteit Brussels, Belgium. She enjoys and encourages conversation in our socially constructed lives.

Being Here and There: A Decolonizing Narrative Framework to Work with Bicultural Identity in South Asian Adolescents and their Families

During this session, participants will understand the system and dynamics of a South Asian family in Canada and how to treat the adolescents and their families using the decolonizing narrative therapy approach. Decolonizing framework is a type of narrative therapy where the therapist moves away from being the expert giver and towards an expert listener and uses the belief system, worldviews and stories in which the patient is situated. Finally, we will discuss clinical cases where this therapy approach has been beneficial. You will learn about: (1) the complex variables associated with the South Asian family in Canada, (2) Issues with the “relational self” within the family system, and (3) Mastering ambivalences of bicultural identity using a decolonizing framework.

Radhika Sundar, RP, RMFT-SQ is a Registered Psychotherapist in private practice in Mississauga, Ontario and a Clinical Fellow of AAMFT. She graduated in Psychology from Annamalai University in India, and worked there as a school psychologist, and later as an overseas student advisor with the Department of State in Malaysia. During her Couples and Family Therapy internship at Jewish General Hospital in Montreal in 2015, she worked with patients and their families with acute and chronic psychiatric illness, as well as working with immigrant and refugee families from South Asia. In addition to clinical work, she runs meditation groups in Brampton. She writes articles about acculturation, biculturality and immigration.

SUN Session 5: Plenary and Reflecting Panel Discussion

The Role of Story in Building New Relationships

In both Indigenous and narrative practice, story plays a central role. And yet the two traditions differ in the way they employ stories. Drawing from these two traditions, Jann and David will explore the role of story in building new relationships through therapeutic conversations. Then a panel of Narrative therapists and MFTs working with Indigenous communities across Canada will serve as reflecting team based on this plenary, and join Jann and David in discussing current issues and future imperatives in meeting Indigenous needs.

Our Panelists:

Kelly Bernardin-Dvorak, MA MMFT, Associate Member CAMFT. is a family therapist and community worker with Jonah Counselling in Winnipeg. She learns from spirituality, systems, and post structural themes, hoping that these ideas will help to centre practices of love and justice in her life. Non oppressive practice, especially as it seeks to address the human tendency to create belonging through othering and exclusion, is central to her helping philosophy, and she is an advocate for collaboration and creativity as pathways to wellbeing and non-violence in the world.

Tom Caplan, MSW, RMFT is a licensed Social worker, Marriage and Family Therapist and CAMFT Supervisor, who provides psychotherapy in private practice to individuals, couples, families and groups in Montreal, PQ. He is a designated forensic expert on Violence for the Quebec court system. Tom has worked with indigenous populations for the past 35 years, is on staff at the Cree Board of Health and is also a therapist for KSCS (Mohawk Social Services).

Marianna Sussi, MFT, CCC, RSW got her degree as a Clinical Psychologist at the University of Buenos Aires, Argentina and in Canada she has a Masters in Family Therapy and is a Registered Social Worker. She has a private practice, Winnipeg Narrative Therapy, working with individuals, couples, children and groups, integrating Narrative and Social Justice perspectives in psychotherapy.

Linda Corsini, MSW, RSW, RMFT Linda has 50 years experience working in child protection, hospital based mental health and psychosocial oncology. She is a registered adoption practitioner and trainer who also has a private practice in adult mental health in Ottawa, ON. She is the author of, “What about my kids? A Guide for Parents Living with Breast Cancer” (2006). Linda co-leads a community based collaborative practice study group with strong connections to narrative therapy.

SUN Session 6: Reflecting Panel Discussion (continued) and Reflecting Audience Discussion

As we widen the circle of reflection, and continue thinking of what we are taking home with us, we will consider these questions:

1. If the chance to witness this conference was gift to you, what might you call that gift?
What do you take away into your personal/professional life?
2. How might your experience as witness create possibilities for reconciliation in your practice/work?
3. How might this experience influence your willingness to sit with Indigenous clients?
How might it change your perspective as you support Indigenous clients?

