



Medicine Circle

First Regional Creative/Spiritual
Counseling Conference

Spokane, Washington April 20-21, 2017

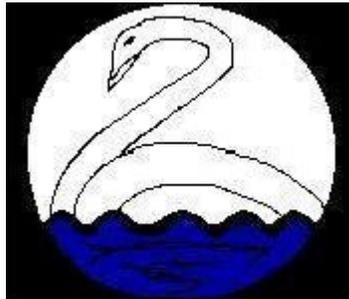
☺PLEASE SHARE THE FOLLOWING BROCHURE WITH
COUNSELORS☺

“THE CREATIVE AND SPIRITUAL JOURNEY”

**FIRST REGIONAL CREATIVE/SPIRITUAL
CONFERENCE FOR COUNSELORS AND
MENTAL HEALTH WORKERS**

Spokane, Washington. April 20-21

**Presented by
Swan Circle, Inc.**



We are all “ordinary people”, yet we are born with something “extraordinary”, and that is “creative and spiritual nature”. Even though we have these gifts we were not encouraged to use them and instead they are put aside in favor of “practical” ways of communicating and understanding who we are. In counseling creativity works well with “Talk Therapy” but very little training is given in our education. The work of Carl Jung was aligned with people’s way of doing things through stories and actual directed activities that impacted the soul. Many of our clients want to be

talked to and worked with at a deeper level where they get it...an **Ah ha!**
Experience. We must talk to them in the language of the soul. This is why art, stories, music, metaphors, directed cultural/ spiritual activities, and rituals are so promising and meaningful.

This workshop is novel because it is planned to **GO THERE** with the hope that even the dreams of our participants become expanded and opened to new possibilities. So take a journey and listen to the research but follow your ancestor's roots, memories, deep recollections, and dreams.

Swan Circle trainings have been very effective and well received with immediate and long-term gains for counselors in their counseling sessions. We hope that you will come and experience our goal to provide creative/spiritual strategies and techniques that are powerful and effective. Since many have requested regional and annual conferences we have assembled a great team of presenters and hope to meet annually in your area. **PLEASE SHARE OUR FLYER WITH OTHERS.**

SCHEDULE

Wednesday

Registration from 5:00 p.m. – 7:00 p.m. at hotel

Thursday

7:30 Registration

8:30 Welcome and Overview of Schedule: Josh Thom

9:00 Overview and History of Spirituality and Creativity in Counseling: Dr. Reimer and Josh Thom

10:00 Break

10:15 Art as healer and Activities: Lydia Sproull and Dr. Reimer

12:00 to 1:15 Lunch

1:15 to 1:30 Participants share creative ideas

1:30 How to Use Music/Spirituality to Reach Clients: Josh Thom

3:15 to 3:30 Break

3:30 The Archetype, Myth, Healing and power of the Animals/Horse in Healing – Dr. Reimer and Marilyn Wilson

Friday

8:30 – Spirituality is a Reality and Overview of day: Josh Thom

9:00 The Wellness Wholeness Circle and assessment: Dr. Reimer

10:00 Break

10:15 Mindfulness and creativity/spirituality: Josh Thom

12:00 Lunch

1:15 Participants share how they integrate spirituality into Spirituality

1:30 The Spirituality of Herbs as healer in Counseling: Nora Numkena

2:30 Break

2:45 Joke Time – Integrating Humor into your sessions

3:00 The Spiritual Power of Journaling and Art Activities Dr. Reimer and Lydia Sproull
4:30 Wrap-up, sharing and Evaluation. Catherine Reimer and Lydia
5:00 Adjournment

Purpose: Explore and implement
Creative and Spirituality into counseling

1*

Address the dysfunction of clients by focusing on the positive through the Holistic Medicine Circle as a spiritual tool.

2*

Experience how to use the Holistic Medicine Circles Assessment.

3*

Integrate music into counseling.

4*

Expand your counseling by experiencing and symbols, art, and stories.

5*

Integrate humor into counseling.

6*

Explore Creativity and Spirituality research in Counseling.

7*

Discover your own creativity by experiencing sessions that integrating art, poetry, crafts and music at various workshops.

8*

Learn how and why the environment and animals are so powerful for healing.

9*

Learn the value of photo therapy.

10*

Utilize a practical approach to meditation and healing.

11*

Discover creative and spiritual ways on Journaling

12*

Discover how to work with natural herbs and the environment with Clients.

Workshop Facilitators:

Dr. Catherine Reimer is founder of Swan Circle, Inc. She is a psychologist, educator, researcher, counselor, spiritual director and workshop/seminar trainer who works as an independent consultant for schools, universities, businesses, and mental health facilities for over 30 years.. She received her doctorate in counseling/psychology from George Washington University. She is the author of "Counseling the Inupiat Eskimo" and "Counseling Native Americans: Spiritual and Multicultural Insights from Swan Circle" which shares many ideas on creativity and spirituality. As a researcher she published a paper to understand the relationship between suicide, spirituality, and alcoholism among the Inupiat. She has been a counselor in all grade levels and has taught and counseled graduate university students. She also had her own practice and was a clinical supervisor for two Treatment Center. She has done a variety of national trainings and her Voice Dialogue training, Jungian trainings, and Wellness trainings have been well-received. As a certified spiritual director, she also provides retreats.

Josh Thom, MSI, conducted research for Mona Pollaca and the University of Arizona on the "Ten Tribes Project" which assessed the level of social factors such as drug/alcohol abuse, physical/sexual abuse, education levels, income and other areas to help provide a basis for allocating government funds for the tribes to assist with these social factors. As a long-time presenter for Swan Circle, he created and developed a program to help counselors use music as part of their therapy. Mr.Thom was also hired in 2015 by Tribal Tech to develop two presentations for the Gathering of Alaskan Natives summit. Presently, he developed a program using Music for Substance Abuse Recovery used at the Patina Wellness Center in Phoenix.

Nora Cornelius, MSW. Originally from the Los Angeles area, Nora grew up in foster care and understands the problems of growing up in the governments systems away from all family and cultural awareness. After achieving her own recovery in 1995 she witnessed the lack of Native American counselors in the field of Behavior Health. Thus she pursued and completed her Bachelors and Master's degrees in Social Work followed by achieving her licensure in Chemical Dependency and Mental Health. Her primary counseling experience has been with teenage youth in both inpatient and outpatient settings for the past 20 years. She currently works with youth in the Spokane Tribal Youth Centers as a coordinator/counselor. Extensive training and experience in Native American communities has supported the use of Culture as a therapeutic and counseling tool.

Artist Lydia Sproull has worked as a facilitator, mentor, and designer of day camps and retreats focusing on interests as varied as creative writing, art, crafts, drama, and international cooking. Her work with children in IL and WA has been in schools, park

and conservation districts, a First Night Spokane event, and private settings. Lydia designed and led a women's retreat on creativity and spirituality. A belief in the potential of creativity to expand personal development, and to aid in developing a vocabulary for self-expression inspires her to encourage others to engage in all areas of creative expression, especially those which enhance emotional and spiritual growth. Originally from the Chicago area, Lydia resides in Northeastern WA. She explores expressive art in addition to her more traditional representational commissioned and non-commissioned pieces.

Marilyn Wilson's passion is the human to horse relationship and the healing powers of the horse. She teaches the history of the horse and how their mystic powers bring about extra-ordinary changes in humans. She holds several Dressage riding certificates, a Farrier's degree, is also a published equine artist. She facilitated a successful handicapped riding program where she witnessed several healing miracles. Her lifetime of living with horses and sharing their lives with humans has given her a profound understanding of their healing value. Through visualization, testimonials, and poetry you will experience their connection, their healing powers, and how to bring about creativity, and expansion of the human spirit.

WHEN: April 20-21, 2017

WHERE: Quality Inn 7919 N. Division
Spokane, WA 99208

P: 509-467 4900

F: 509 476 4933

FOR LODGING:

Overnight Room \$99.00 (Single) and \$129.00 (Double)

Hotel shuttle service is **NOT** provided from the airport. Please use cab service or public transportation. (Contact cathreimer@aol.com for route details)

TO REGISTER: Complete the attached registration form and mail, email or fax to our office before March 20th, 2017.

Mail checks to: Catherine Swan Reimer, PO Box 225, Chewelah, WA. 99109. Fax 509-935-0928.

Credit Cards accepted through PayPal to
joshthom1@hotmail.com

Questions: Josh Thom 623-205-2759 or Dr. Reimer 509-935-0928
Continuing Education Units will be available at no cost through
Salish Kootenai College, a tribally-controlled college of the Salish
and Kootenai Tribes of the Flathead Nation.

Registration form

"The Creative Journey" FIRST REGIONAL INLAND
CREATIVE/SPIRITUAL CONFERENCE FOR COUNSELORS AND
MENTAL HEALTH WORKERS

Organization:

Email:

Mailing Address:

Contact Person & Telephone:

We are registering the following person(s):

- 1.
- 2.
- 3.
- 4.

TOTAL DUE:

\$175.00 pre-registration if payment is received *before* March 1st.

\$155.00 for 2nd participant if payment is received *before* March 1st.

\$200.00 if payment is any time *after* March 1st.

\$185.00 for 2rd and additional participants if received *after* March 1st.

There will be ***NO REFUNDS! Substitutions will be accepted.***

*****PLEASE BRING COLORED MARKERS AND /OR A BOX OF
CRAYONS + A JOURNAL OR TABLET TO COLOR/WRITE IN.**

Books and Articles

Books:

Counseling the Inupiat Eskimo

Dr. Catherine Swan Reimer

*Counseling Native Americans: Spiritual and Multicultural Insights from
Swan Circle*

Dr. Catherine Swan Reimer

Purchased at workshop or order from www.thebookpatch.com

By Dr. Catherine Swan Reimer

Journal Articles:

The relationship between suicide, alcoholism, and Spirituality

Dr. Catherine Swan Reimer – print out at www.catherineswanreimer.com

or www.swancircle.com



For more information, please call 623-205-2759 or 509-935-0928, or
email
joshthom1@hotmail.com or cathreimer@aol.com