Individual Counselling Services: Restorative Wellness Project

We provide the following individual services:

- 1:1 therapy including Responsive Trauma Counselling and EMDR Trauma Therapy for citizens, residential school survivors and health care providers.
- Unlike other counselling programs, our counselling services are not focused on brief-therapy. Rather, we seek to embrace each client with acute mental health concerns and residual impact of historical trauma in order to guide the client out of survival behaviours. Addressing decades of trauma takes time, effort and a number of new tools.
- Coaching services and specialized clinical care from a multi-disciplinary team of providers familiar with co-occuring disorders, addictions and the provision of support for LGBTQ2S++ clients and their families.
- Advocacy, Social Work and Case Management to assist clients with navigating complex organizational systems or delays.
- Referrals to other community supports and helping organizations to meet the unique needs of each client with an open invitation and spirit of friendship in working together.
- Clinical Supervision or support for counsellors or social workers who are feeling reactive to work or clients.
- Collaboration with GP's and Psychiatrists (ex: weekly medication monitoring) to relay important information or updates on behalf of the client.
- Referrals to other specialized service providers who are better trained to support any additional needs a client may have (ex: sex therapy, couples counselling, eating disorders…).

Clients may access our services through a host of different means, from extended medical benefits to government programs, FNHA Benefits, to sliding scale rates or by donation. To date, we have never turned a client away from services due to financial limitations.

- An **operational definition** of Restorative Counselling would be that it is a

Low-Barrier - Community-driven, Culturally-informed, SPIRITUAL-Biopsychosocial Model of wellness

Please have clients email intake@restwp.com to schedule an intake appointment.

Payments can be made via etransfer to restwp@outlook.com

RestorativeCounselling

MBRP: Mindfulness-Based Relapse Prevention Group (8-10 weeks)

MBRP (Bowen, Chawla and Marlatt, 2010) is a novel treatment approach developed at the Addictive Behaviors Research Center at the University of Washington, for individuals in recovery from addictive behaviors.
The intention of the program is to offer practices cultivating mindful awareness to individuals suffering from the addictive trappings and tendencies of the mind. MBRP practices are intended to foster increased awareness of triggers, destructive habitual patterns, and "automatic" reactions that seem to control many of our lives.

The mindfulness practices in MBRP are designed to help us pause, observe present experience, and bring awareness to the range of choices before each of us in every moment. We learn to respond in ways that serve us, rather than react in ways that are detrimental to our health and happiness. Ultimately, we are working towards freedom from deeply ingrained and often catastrophic habits.

This program was initially created for clients in recovery from substance use disorders, and is designed to prevent relapse for those who have undergone inpatient or intensive outpatient treatment. However, the program has been extended to support ongoing recovery from any reactive or destructive behaviours once clients have already created a new pattern of behaviour that they wish to sustain.

The primary goals of MBRP are:
1. Develop awareness of personal triggers and habitual reactions, and learn ways to create a pause in this seemingly automatic process.
2. Change our relationship to discomfort, learning to recognize challenging emotional and physical experiences and responding to them in skillful ways.
3. Foster a nonjudgmental, compassionate approach toward ourselves and our experiences.
4. Build a lifestyle that supports both mindfulness practice and recovery.

RWP Integrity: In our team, we practice what we promote. It is widely acknowledged within the field that the teaching practices of mindfulness, culture, spirituality and compassion arises out of the personal practice of them. Therefore in the field of mindfulness and compassion, the teacher must have a well-developed and substantial experiential grounding in these practices, which is partially supported through meditative practice and exercises during the training. The MBRP program and its principles of treatment require an experiential understanding of mindfulness meditation practices. As such, it is essential for clinicians who facilitate MBRP groups to have their own daily mindfulness meditation practice, and endeavor to embody the principles they teach.