



THE UNIVERSITY OF BRITISH COLUMBIA
School of Social Work
Vancouver Campus



Continuing Education and Certificate Programs

Journey to Wholeness: An Indigenous and Virginia Satir Approach

Journey to Wholeness is a 2-day workshop

Dates: June 5 and June 6, 2025

Time: 9:00 am to 12:00 pm and 1:00 pm to 4:00 pm

CEU: 12 hours

Location: In-person, UBC Point Grey Campus

Cost: \$450 (lunch will be provided both days)

[Registration Link](#)

NOTE: It is recommended, however not required, that participants attend “An Introduction to Satir’s Systemic, Family-Centered Therapy” on May 9th, 2025 ([Intro to Satir Therapy](#)).

Target Audience:

Therapists, counsellors, educators, community health workers, social workers, and those who are interested in culturally informed, holistic approaches to healing and personal development. Students in social work and other therapy-oriented programs are also welcome.

Description:

This course explores the intersection of Indigenous knowledge systems and the Virginia Satir Model for personal growth and family therapy. Participants will delve into how Indigenous practices—rooted in relationality, balance, and connection to the land—align with and enhance the core principles of the Satir Model.

Three experienced clinician educators will share diverse methods of how they use the Satir model in their clinical counselling practice, their work with Indigenous peoples and agencies, and in their personal lives. The course emphasizes experiential learning, highlighting tools like storytelling, ceremony, and intergenerational wisdom as complements to Satir's concepts of congruence, self-esteem, and transformational change.

Through case studies, hands-on exercises, and dialogue, participants will gain a deeper understanding of how to respectfully integrate these approaches to foster healing, harmony, and resilience in Indigenous individuals, families, and communities.

Virginia Satir's Legacy and Model:

Virginia Satir's approach is focused on the whole person, affirming that there is no separation of body, mind and spirit or life energy, as they work in unity. This approach has no color realm, and it cuts across all cultural norms. The Satir model focuses on internal and external aspects of the self and teaching coping styles from a body-oriented and family-centered perspective.

Her quote "Peace within, Peace between, Peace among", can be found within each of the processes she used to demonstrate how we as human beings learn to be human, living with self, other and context. Her work is presented to us today as a model that encompasses the journey that an individual can embark on finding their own inner core, with an in-depth understanding of the need to be in collaboration with all of Humankind, all of Nature and the Universe.

Key Learning Outcomes:

- Describe the foundational principles of Indigenous ways of knowing and their compatibility with the Satir Model.
- Apply skills for incorporating Indigenous practices, such as storytelling and ceremony, into Satir-based therapeutic processes.
- Develop cultural humility and ethical awareness when working with Indigenous communities.
- Foster relational healing, which is listening from the heart, discovering what caused hurt, being vulnerable and rebuilding trust.

Learning Activities:

- Explore Indigenous paradigms and the parallels within the Satir Model
- Walk through the Virginia Satir Change Process
- Experientially learn the survival coping skills as a way of deep connection
- Explore Satir's "use of self" with an Indigenous lens

Facilitators:



Leona Flamand Gallant

Leona Flamand Gallant is a Métis Elder with extensive expertise in counseling, training, and community development. Trained by Virginia Satir and certified to teach the model by Maria Gomori. Leona integrates this methodology into her work with families, individuals, and communities. She is known for her profound ability to foster connection, spirituality, and cultural understanding.

With decades of experience, Leona has worked extensively with Native organizations and bands across Vancouver Island and the Mainland. In 1989, she facilitated a counselor training program addressing family violence, sexual abuse, and substance abuse at the Tillicum Lelum Native Friendship Center. Her diversity and anti-racism initiatives have reached

healing centers, corrections facilities, non-profit organizations, and large corporations.

Leona's work emphasizes holistic approaches to healing, grounded in her deep understanding of family systems and cultural dynamics. Her passion for fostering inclusion and transformation has made her a sought-after trainer and consultant in the fields of diversity, organizational change, and community empowerment.



Daniel Elliott

Daniel Elliott is an Elder, and member of the Stu'minus Nation, a cultural mentor, artist and writer of Indigenous reconciliation. He began his training as a counsellor using Satir's model through the Tillicum Lelum Friendship Centre in 1989 where he received Drug and Alcohol training and sexual abuse family violence training in 1998 – 2000. Daniel has implemented Satir's training in the areas of Education, Corrections and First Nations communities. Satir's approach is embedded in all of his healing through art, writing, film making, and counselling. He has over 14 years of coaching

and participating in Satir Family Reconstructions. Daniel is an Indigenous film maker and co-owner of Ravensky Productions and the author of the book, Truth, Art and Reconciliation.



Lyla Harman RSW MSW

Lyla's mixed roots of Cowichan, Shuswap, English and Scottish strongly influence her wholistic world view of balancing the physical, mental, emotional and spiritual aspects of personal and professional life. Lyla concentrates in supporting Indigenous women and Indigenous communities healing from intergenerational trauma. She was on the Satir Institute of the Pacific Board of Directors and in January 2018 and opened Cedar Wellness Counselling and Consulting. The Virginia Satir's model gave Lyla the education she was searching for to support the Intergenerational healing in Indigenous communities. Lyla's

personal healing journey has given her opportunity to experience the Satir's model and learn how to connect from the heart and soul. Her honour and passion are to create connection through educational workshops and transformative retreats at her Lake Cowichan retreat space.

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