



ABORIGINAL COUNSELING SERVICES ASSOCIATION OF ALBERTA

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Part-time Facilitator Position

Aboriginal Counseling Services Association is looking to hire a part-time facilitator for the Holding Our Anger Bundle Program for Indigenous Women

Five hours per week co-facilitating the Holding Our Anger Bundle Program for Indigenous Women program. Plus some additional hours 3 times per year for intake assessments and consultation meetings.

Purpose:

Indigenous women face unique challenges stemming from historic and ongoing colonial and assimilation practices in Canada. HAB is a creative and innovative program for women of Indigenous descent that moves beyond a “traditional” anger management program by offering a historical and cultural perspective (a combination of Ceremony, talking circles, somatic modalities and expressive arts) where Indigenous women can learn more about the roots of their anger and how to express anger in healthier ways. The objective is to promote personal growth by healing from past collective and individual hurts and trauma.

Program description:

- The program moves beyond a “traditional” anger management program by incorporating a historical and cultural perspective to support women to understand and work through intergenerational and contemporary impacts from colonialism rather than learning only to manage or control anger.
- Supports women to move from a place of shame and blame, promotes personal growth by healing from past collective and individual hurts, and learn ways to express anger in healthier ways.
- Cultural teachings, protocols, traditional worldview, talking circles, and Ceremony form the foundation of the program.
- Talking circles are integrated with elements of art, music, mindfulness, and movement/somatic exercises. Encourages curiosity, supports women to bring voice through creative expression when words are not possible: can’t always ‘talk out a story’ (bottom up approach to healing).

Expectations:

- In-depth intake interviews are required with potential participants. Upon completion of the interviews, facilitators meet to determine together who will be accepted.
- Planning, designing, and leading sessions in collaboration with co-facilitator, both content and expressive arts activities. Set-up and take-down for expressive arts in the group room is a shared responsibility.
- Two facilitators are required, as material can sometimes activate trauma memories and responses. Having two facilitators allows one to continue with the content if it becomes

necessary for the second to step out to assist a woman to process surfacing trauma material.

- Debriefing, notes and other administrative duties are completed after the end of each session.
- Outcomes are tracked for reporting once per year.

Qualifications:

- Eligible for registration in good standing of a professional association recognized in the province of Alberta; Master's prepared is an asset and equivalencies will be considered.
- Training and experience in trauma-specific therapy and group facilitation;
- Self-identifying with Indigenous ancestry is an asset. Knowledge and understanding of Indigenous culture, customs and beliefs would be beneficial.
- Good understanding and acceptance of cultural differences, trauma-informed and decolonizing trauma practices and how these can each impact therapeutic approaches;
- Comfortable with a collaborative approach to group leadership and group process.
- Experience and training in visual and movement expressive arts and/or art therapy.
- Accepting and non-judgmental attitude towards a variety of life circumstances and challenges, including those women who may be fulfilling probation requirements for an anger program
- All candidates will be obliged to comply with ACSA's Mandatory Vaccine Policy, as a condition of employment
- Recent Criminal Record Check and Child Intervention Check **prior** to employment

Closing Date: Will remain open until position is filled

How to Apply: Send resume and cover letter to info@aboriginalcounseling.com with subject *Holding Our Anger Bundle Facilitator Position*