

PACE

A Confident Caring Approach to Crisis
10031-103 Avenue
Grande Prairie, AB, T8V 1B9
PH: 780.539.6692
Fax: 780.538.0960

PROFESSIONAL TRAINING SERIES SPRING 2014

P.A.C.E. is proud to offer a training series designed specifically for professionals, students, first responders and frontline workers in our Region. Sessions within the series are facilitated by professional, skilled, and enthusiastic instructors with decades of training and experience, making this series invaluable.

Course Descriptions

Mental Health First Aid (people who interact with Adults)

A National course designed to assist participants in identifying symptoms of mental health problems, individuals at possible risk and understanding/accessing resources within our region. (14hrs)

Facilitated by: Carla Eckstrom, MA, RSW and Charlene Eckstrom, MA, RSW

Crisis Intervention & Communication Skills

Explores Crisis Intervention theories, from both lecture and experiential format to enhance and practice skills. (9hrs)

Facilitated by: Jacquie Aitken, BSW, RSW, Executive Director of PACE

Applied Suicide Intervention Skills Training (ASIST)

This course gives the participant the opportunity to develop knowledge, skills and attitudes necessary to recognize and assist suicidal behaviors. (14hrs)

Facilitated by: Connie Miller, MSW, RSW Charlene Eckstrom, MA, RSW or Carla Eckstrom, MA, RSW

First Responders to Sexual Assault & Sexual Abuse

A Provincial course aimed to educate individuals about sexual abuse, assault, and harassment and train them to be first responders to someone who discloses abuse. The program provides opportunity for practical application of skills (role plays) and allows participants to re-think prevention. (13hrs)

Facilitated by: Connie Miller, MSW, BSW and Jamie Crozier, MSW, RSW

Family Violence Prevention: Supporting Children and Families

In 4 - 3 hour sessions participants begin by exploring violent behaviors on a macro level, and drill down to understanding the use of violence in intimate relationships. The next module looks at the impact on children exposed to Domestic Violence, and how protection and resilience for children can be supported. The final module covers best practice in supporting victims and engaging perpetrators to improve safety. (12hrs)

Facilitated by: Heather King, Family Violence Prevention Coordinator, Human Services

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Cross Cultural Awareness

Uses an anthropological approach to discuss beliefs and values, and address common themes when working in a cross cultural environment, with a primary focus on Aboriginal culture. (6.5hrs)

Facilitated by: Ruth Proulx BSW, RSW

Ten Steps to Creating Safe Environments (in partnership with Canadian Red Cross)

Risk management is the process of developing a culture, policies and structures to diminish the risk of an incident that would harm a young person. Comprehensive prevention planning means identifying and analyzing potential risks and the harm they can do, developing a comprehensive plan to control the risk, and putting policies and procedures in place to properly handle an occurrence and reduce the negative effects on both an individual and the organization.

Facilitated by: Ryan Myers, Canadian Red Cross Training

Preventing Bullying and Harassment (in partnership with Canadian Red Cross)

This interactive workshop will highlight proven strategies that schools, organizations and communities can use to address bullying and harassing behaviours. The workshop will focus on information about current research into bullying and harassment, the impacts of these behaviours and successful intervention and prevention strategies. Participants will leave with practical tools & approaches they can implement in their communities. (3hrs)

Facilitated by: Ryan Myers, Canadian Red Cross Training

Professional Boundaries

What are professional boundaries? How do we establish and maintain them when working with clients? Understand the difference between personal and professional boundaries. (3hrs)

Facilitated by: Connie Miller, MSW, RSW

Grief & Loss

Provides information related to the grieving process, stages of grief and the caregivers role in supporting the process. (3hrs)

Facilitated by: Carla Eckstrom MA, RSW and Charlene Eckstrom, MA, RSW

Children & Trauma

Provides information on how to support children who are victims of trauma/abuse and how to re-establish trust, expectations, and boundaries. (3hrs)

Facilitated by: Carla Eckstrom, MA, RSW and Charlene Eckstrom, MA, RSW

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Healthy Youth Relationships (in partnership with Canadian Red Cross)

This interactive workshop will increase participants' understanding of emotional, physical and sexual assault as they arise in youth relationships. They will learn about how to foster healthy communication (with a focus on the impacts of technology) and learn practical strategies to help a young person who is experiencing violence in a relationship. (3hrs)

Facilitated by: Jon Nesbitt, Public Educator at PACE

Eating Disorders

Explores eating disorders and the factors involved in its development along with treatment assumptions, frameworks and models, and the recovery process. (6.5 hrs)

Facilitated by: Susan Marshall, MSW, RSW

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Facilitator Biographies

Carla Eckstrom MA, RSW

Carla holds a Master of Arts Education from San Diego State University. Carla has been a family therapist with PACE for many years. Her area of expertise is working with children who have experienced trauma. Carla has extensive training in the area of children and trauma and has been actively training volunteers and professionals in this field for several years. Prior to her job at PACE, Carla was the Executive Director of the RCMP Victims Assistance Program where she was instrumental in developing the Provincial Training Program.

Charlene Eckstrom MA, RSW

Charlene Eckstrom received her Bachelor of Science Degree from the University of Alberta and has a Master of Arts in Education Counseling. Charlene has been a family therapist at PACE for many years. In her practice, Charlene deals primarily with children who have experienced trauma. Charlene has a wide variety of training in the area of children and trauma and has trained volunteers and professionals in the Grande Prairie area for years. Prior to her work at PACE, Charlene worked as a school counselor at Holy Cross School in Grande Prairie. In her role at the school, Charlene developed programs for children and staff; as well as the school's critical response coordinator.

Jacque Aitkens-Kish BSW, RSW, Executive Director of PACE

Jacque has worked with issues of family violence since 1981 when she served as the Executive Director of the third shelter for battered women to open in Alberta. As one of the founding members of the Alberta Council of Women's Shelters, the Alberta Association of Sexual Assault Centers, and the Grande Prairie and Area Prevention of Family Violence Network, she has served on numerous committees and working groups at the local, regional and provincial level to ensure best practice in dealing with both victims and offenders.

Since 1987, Jacque has been the Executive Director of the PACE Sexual Assault Centre. She has provided direct therapeutic interventions with victims and offenders of psychological abuse, and physical and sexual violence. A strong believer in collaboration Jacque's assistance and/or partnerships with agencies and communities across the region to better address client and community needs has given rise to services such as the Grande Prairie Caribou Centre for supporting child and youth victims of crime, and High Prairie therapy services to victims.

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Connie Miller **BSW, MSW, RSW, Assistant Director of PACE**

Connie has ___ years of experience as a Social Worker/Therapist. Presently, she is employed at the PACE Sexual Assault Centre as Assistant Executive Director and Client Therapist. She is also the Clinical Supervisor for Mountain Plain's residential care program. Connie is an experienced trainer and facilitator. In 1994, she co-prepared and instructed the Women's Counseling Certificate Program at the Grande Prairie Regional College.

Jamie R. Crozier **MSW, RSW, Caribou Child & Youth Centre Coordinator**

Jamie graduated from Dalhousie University with a Masters of Social Work in Individual Mental Health. She is accomplished, knowledgeable, and an effective interventionist with over 10 years practicing in the field of Trauma. She is committed to working with individuals, couples and groups, including children and adults, victims and offenders, with a particular emphasis on adult victims of historical sexual abuse. She has presented on domestic violence as a key note speaker as well as at the House of Commons in Ottawa this past summer. She has also facilitated a number of various training sessions over the years with PACE as well as at the College of Social Work annual conference. Jamie has also enjoyed supervising a number of nursing, BSW and MSW students in their practicum placements, as well as providing clinical supervision to the Wilderness Program through PACE.

Heather King

Heather King believes that working partnerships between all relevant stakeholders is the most promising approach to effectively responding to family violence.

As a Prevention of Family Violence Specialist with Northwest Alberta Child and Family Services, and one of 10 provincial Family Violence and Bullying Prevention Coordinators; Heather works throughout the Northwest region and with her provincial counterparts supporting the development of effective front line interventions, collaborative frameworks, and community capacity building to address issues of family violence.

In her 31 years in human services, Heather has filled many roles, including front line services for victims of domestic violence, family violence prevention through public education and awareness, Women's Emergency Shelter Executive Director, project and program development and evaluation, and contract management.

In her current role, Heather is able to bring together her facilitation and training skills, years of experience, and her ongoing University studies to work with front line service providers and communities in the development and implementation of best practice.

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Ruth Proulx

BSW, RSW, Therapist & Community Outreach Coordinator

Ruth Proulx was born and raised in the Northwest Territories and has been in Alberta for over 10 years. She is registered Social worker who graduated with a Bachelor of Social Work from the University of Calgary. Ruth specializes in trauma as well as rural, remote and aboriginal practice. A Canadian awarded humanitarian, Ruth has worked nationally and internationally on various initiatives that has inspired a dream to help others on their path to wellness and healing. Ruth has over 15 years of experience working with children, youth, families and adults, but feels the more non traditional forms of her experience are what have brought her to where she is today. Employed as a Therapist at PACE in Grande Prairie, Ruth is also very involved with other non-profit groups such as the Suicide Prevention Resource Center and the Grande Prairie and District Grief Support Association.

Jon Nesbitt

B.Mus, Public Educator at PACE

Having been a music educator, youth leader, and camp counselor, Jon has had various leadership roles in his work with children and youth over the past ten years. With a natural gift in teaching, Jon has also developed the curriculum for a number of workshops with the intention of making information relevant, accessible, and impactful.

Jon is currently the Public Educator at PACE and delivers the "Who Do You Tell?" Program which teaches children from Kindergarten to Grade Six about sexual abuse. He also delivers the "Sexual Violence & Healthy Relationships" Program to teenagers. The course is designed to increase awareness about consent, why people offend, victim-blaming, and sexual assault, harassment, and abuse. Jon also has the role of taking disclosures and reporting concerns to parents or Child and Family Services.

Susan Marshall

MSW, RSW

Susan Marshall has a Masters Degree in Social Work, and focused on eating disorders in her graduate studies. She was the Eating Disorders Coordinator for the Health Region in Grande Prairie from 2000 to 2008 and was one of five eating disorder specialists in the Alberta Mental Health Board's Provincial Eating Disorders Service who served rural Albertans. In this role she provided education, resources, and consultation on eating disorders to therapists, doctors, dietitians and the general public throughout Northwestern Alberta.

She has also had considerable direct clinical experience in the treatment of eating disorders both in her role as a therapist, in the Intra-Familial Sexual Abuse Treatment Program at P.A.C.E. as well as the Genesis Program for Adult Survivors of Childhood Sexual Abuse at P.A.C.E. She has also offered treatment services for eating disorders in private practice since 1999.

P.A.C.E. provides a range of crisis intervention, support & counseling services dealing with sexual abuse, sexual assault, child abuse, and trauma.

P.A.C.E. is dedicated to working towards improving services offered within our community.