

ONSAP 2020 VIRTUAL Conference

Presentations Description

Teachings of First Nations: Hope, Belonging, Meaning and Purpose

Brenda Restoule, Ph.D.

Colonial acts and systems have silenced the voice and evidence of Indigenous people across the globe for centuries rendering them unable to address the disproportionate incidence of ill-health and social inequities they face. In the last 50 years Indigenous people have begun to assert their rights to health, mental wellness and wellbeing and have identified culture as foundational to reclaiming health and wellness. First Nations have identified a path forward to reclaiming health and wellness as outlined the First Nation Mental Wellness Continuum Framework. This presentation will outline key aspects of the Framework with a particular emphasis on the four outcomes to wellness from a First Nation perspective; Hope, Belonging, Meaning and Purpose. Using examples and stories the presenter will highlight how returning to the teachings is a form of connection that creates hope, belonging, meaning and purpose in the lives of First Nation people.

Learning Objectives - At the conclusion of this presentation, participants will be able to:

1. Understand how the First Nation Mental Wellness Continuum Framework outlines a path for health and wellness for First Nations people
2. Define a number of indicators for hope, belonging, meaning and purpose as defined by First Nations

Can Social Interest Predict Well-Being?: Promoting Connectedness

Evan Ripley-McNeil, B.A. (Hon) Psychology

Adler believed that the healthy, fulfilling life required sufficient social feeling and co-operation. The present study reveals just that; across the world, greater group involvement and volunteering were associated with improved health, happiness, and life satisfaction. Belonging, connecting, and providing aid to your fellow man provides reciprocal benefits not just for the helpee, but the helper as well. This presentation will detail the course of the study, as well as, offer implications for anyone who wishes to spread the benefits of social interest that Adler proposed so long ago. The world needs more social interest: be involved, connect with others; because together – we prosper.

Learning Objectives - At the conclusion of this presentation, participants will be able to:

1. Explain Adler's theory of Social Interest
2. Discuss different forms of socially interested behaviour
3. Promote connectedness with empirical support

Heartfulness: Heart Centered Mindfulness for Deeper Connection

Bengü Ergüner-Tekinalp, Ph.D.

Contemplative practices such as mindfulness and meditation have gained momentum in therapy, education, leadership and research. A growing body of research demonstrates that secular contemplative practices such as mindfulness meditation have a positive impact on individuals' mental and physical well-being, learning, as well as building a sense community and interconnectedness (i.e. Hick, Bien, 2008; Rodrigez, et.al. 2016; Trautwein, Naranjo & Schmidt, 2016). Mindfulness practices support personal development, mental health and community feeling through increasing the capacity to concentrate even in the presence of internal and external distractions and help reducing stress and anxiety. This presentation will focus on heart centered mindfulness practices which aim to increase one's sense of connection with others. The mindfulness practices that will be presented are informed by wisdom traditions and secular practices. Heartfulness is a term used to describe the practices that focus on our interconnectedness, in other words our community feeling. Heartfulness aims to create a balance of the mind and heart, connecting and listening to the heart, to one's inner voice as well as opening the heart to be more "human, more loving, compassionate, and kind, to one's own self and to all other human beings" (Murphy-Shigematsu, 2018). In this experiential presentation participants will learn about and practice various mindfulness methods to cultivate social interest.

Learning Objectives - At the conclusion of this presentation, participants will be able to:

1. Explain background and research on mindfulness
2. Use variety of mindfulness practices to experience interconnectedness
3. Discuss how wisdom traditions and mindfulness methods can help cultivate community feeling and social interest

Resilience and Connection: How to Stay Sane in Insane Times

Pascale Brady, CPCC, PCC, MBA

When the going gets tough, the tough get going ... Or do they? Extremely challenging times like the ones we are going through right now make demands on us we've never faced before. How do we courageously face these challenges and make it to the other side - not only alive but stronger than before? In the first part of this presentation, you will learn about the ABCs of getting through difficult times: we will discuss how economics and neuroscience can shed light on becoming more aware of our own internal experiences, discuss and practice how to navigate the ocean of our emotions so as not to drown in them, learn about the different choices we have in the moment when facing tough situations and finally practice various decision making options. In the second part, we hone in on the four pieces of the puzzle of wellness - as wellness is the essential pre-requisite that allows us to even work through the ABCs of

challenges ... Participants will leave this workshop with a breadth of knowledge and tools around their own capacity to face crisis, with increased resilience and the tools to continue building it, and a great deal of renewed encouragement and confidence that - "this too shall pass and I can do this".

Learning Objectives - At the conclusion of this presentation, participants will be able to:

1. Describe and practice the ABCDs of Resilience on their own personal challenge and use this method to help others
2. Explain the four pieces of the puzzle of wellness, and learn concrete tools to practice wellness for each of the four pillars

Encouragement for Creating Positive Change

Marion Balla, M.Ed., M.S.W., R.S.W.

Encouraging others and ourselves to be our best in relationships ensures connection and increases people's confidence to face life's demands and challenges. It takes courage to build successful and resilient relationships, our primary goals as social beings with a need to belong.

Learning Objectives - At the conclusion of this presentation, participants will be able to:

1. Explain the depth and powerful impact of encouragement on all relationships
2. Explore the courage required to use strengths-based strategies to change and enhance daily interactions with others