

**Group Facilitation**  
**Workshops & Presentations**

Current Offerings  
by Kim Bayer

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**Kim Bayer** MA, MEd, RCC

Hello, Tansi!

My name is Kim Bayer and I'm a member of the Métis Nation BC. As a lifelong learner, I have worked in health and social services sectors, nationally, provincially, and in community-based roles.

I began my career in the field of early childhood education, which led to work as a community support worker, child welfare social worker, and as a talking circle facilitator offering educational workshops on family violence-related topics.

In 2014, I took on the role of Indigenous community engagement liaison at UBC, and as family counsellor supporting families as children transitioned between homes.

I have an undergraduate degree in psychology and graduate degrees in cultural studies and in community counselling psychology.

Currently, as a registered clinical counsellor (RCC), most recently I worked at the Native Education College as a Family Violence Resource Centre coordinator, offering groups and individual counselling, and currently offer services to Indigenous students at UBC.

*Looking forward to connecting with you...*

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## Group Workshops & Presentations

### Current Offerings

<b>Virtual and In-Person Group Topics</b>		Page
1.	<b>Change Process, Values, &amp; Goal Setting - “Getting Stuff Done!”</b>	4
2.	<b>Coping with Anxiety &amp; Grounding Activities</b>	5
3.	<b>Grief &amp; Loss: Reflections &amp; Sharing Circle</b>	6
4.	<b>Healthy Relationships, Healthy Boundaries</b>	7
5.	<b>Lateral Violence &amp; Toolkit Ideas for Lateral Kindness</b>	8
6.	<b>Life Writing: Applications for Healing &amp; Wellbeing</b>	9
7.	<b>Lifting the Fog: Coping with Depression</b>	10
8.	<b>Medicine Wheel Teachings</b> (holistic wellness: heart, mind, body, spirit, and wellbeing)	11
9.	<b>“Project Uplift”</b> : Balancing, Shifting and Uplifting: Managing Stress Through Mind, Body, Heart, and Spirit	12
10.	<b>Resilience &amp; Strengths-Based Approaches to Wellness (Narrative Therapy)</b>	13
11.	<b>Seven Grandfather Teachings</b> (Love, Courage, Humility, Honesty, Respect, Truth, Wisdom)	14
12.	<b>The Roots of Our Desire Stories</b>	15

In person or virtual groups on Microsoft Teams or Zoom platforms.

In general, 1.5 hour for each topic.

Each group slide deck is revised for context (needs of the group).

The topics above can be combined in ways to meet group needs.

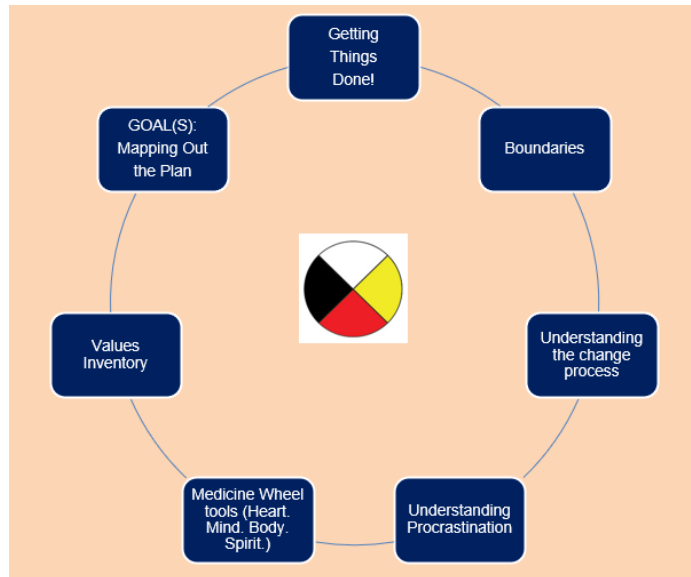
Each group is provided an electronic pdf copy of the slide deck.

The following pages provide brief descriptions of the above-listed topics.

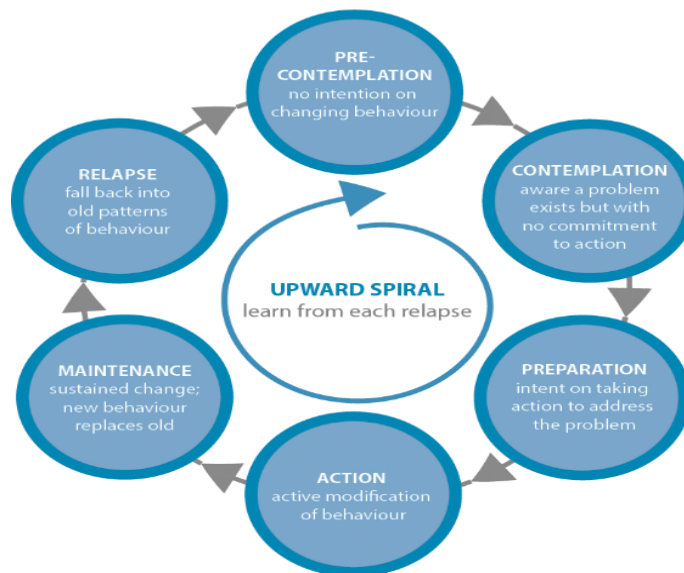
## The Change Process, Values, & Goal Setting – “Getting Stuff Done!”

Beginning with the idea that change is the only constant, and change can be ‘messy’, this offering explores how change and goals can be reached by:

- Understanding the change process (Stages of Change Model) and growth in small steps
- How the *Medicine Wheel* teachings (mind, heart, body, spirit) can be a tool to draw from personal strengths and work on barriers to reaching goals (holistic teachings)
- How to clarify goals by aligning values with goals (values inventory activity)
- How procrastination gets in the way of goals
- How setting boundaries helps with goal setting



### STAGES OF CHANGE



### References

Prochaska & DiClemente (1983). *Stages of Change Model*.

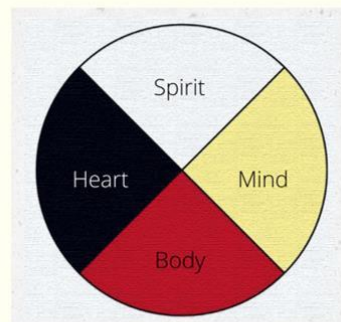
## Coping with Anxiety & Grounding Activities

This offering begins with an acknowledgement of the current anxiety and uncertainty in many communities. The purpose of this workshop is to gain an understanding of stress and anxiety, as well as share techniques for stress management and grounding activities for coping with anxiety. This offering looks at:

- Definitions of stress
- Definitions of anxiety, including clinical types
- Triggers and responses (mind, heart, body, spirit)
- Strategies for coping and grounding activities
- Cognitive Behavioural Therapy (CBT) activity for reducing negative thoughts
- Guided Imagery (grounding activity)

### Understanding Triggers

- **Betrayal**
- **Challenges to beliefs**  
(e.g., cultural, political, or racism)
- **Disapproval or rejection**
- **Feeling unwanted or needed**
- **Feeling unheard, unsupported** (abandoned)
- **Helplessness**
- **Loss of power and/or control**
- **Rejection**



### References

Psychiatry.org (2021) [What are Anxiety Disorders?](https://www.psychiatry.org/patients-families/anxiety-disorders/what-are-anxiety-disorders)  
<https://www.psychiatry.org/patients-families/anxiety-disorders/what-are-anxiety-disorders>



## Healthy Relationships, Healthy Boundaries

With a general focus on intimate partner relationships, this session also has relevance for relationships with family, friends, and co-workers. Drawing from the holistic teachings of Blackwolf & Gina Jones (2002), this session explores:

- Balancing relationships from a holistic perspective (mind, heart, body, spirit)<sup>1</sup>
- Aligning values in relationships
- Internalized social and gender role scripts
- Unresolved past pain and trauma
- Boundaries in relationships
- Relationships and counselling therapies



### 1. References

Blackwolf Jones & Gina Jones (2002). *Sacred Self, Sacred Relationships, Healing the World for Seven Generations.*

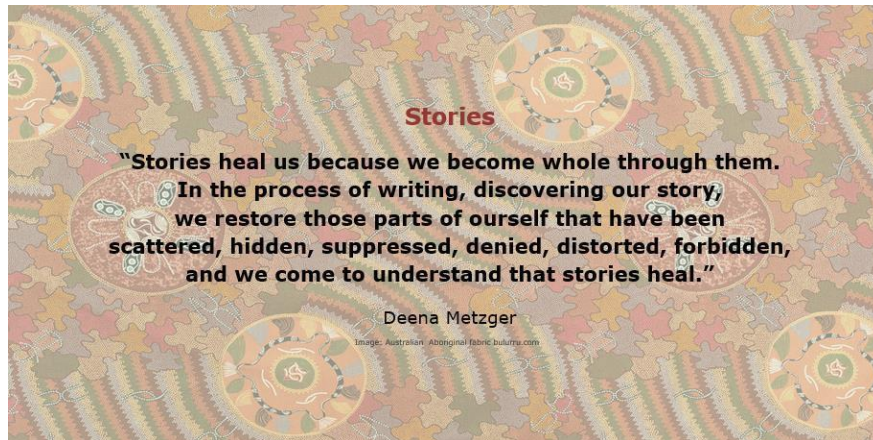




## Life Writing: Applications for Healing & Wellbeing

Life writing is the process of recording ourselves, memories, and experiences. Telling and sharing our stories is part of the healing process. Themes explored in this session:

- Types of life writing
- Finding a framework or lens for telling your story
- The power of language and words (mind, heart, body, spirit) and examples
- The purpose of stories in the healing process
- Narratives vs. stories
- Bibliotherapy (books as tools for self-help and healing)
- Confessional writing
- Journaling and writing prompt activities
- Writing activities



### References

David Denborough (2014). *Retelling the Stories of Our Lives: Everyday Narrative Therapy to Draw Inspiration and Transform Experience*.

Kathleen Sands Mullen (1997). *Collaboration or Colonialism: Text and Process in Native American Women's Autobiographies*. *Melus* 22.4 (Winter 1997), p.39-59.

## Lifting the Fog: Coping with Depression

Falling into patterns of tears, sadness, and “the blues” can lead to depression. Drawing from the community wisdom of *Pathways to Healing: A Mental Health Toolkit for First Nations People*, this session explores:

- Historical context (colonization, grief, and loss in Indigenous communities)
- Community healing
- Finding balance (mind, heart, body, spirit, and self care)
- Depression, sadness and ‘the blues’
- Nine types of depression
- Pathways to healing and mood lifting activities
- Thought shifting activity



Image: Comstock/gettystockbyte

### References

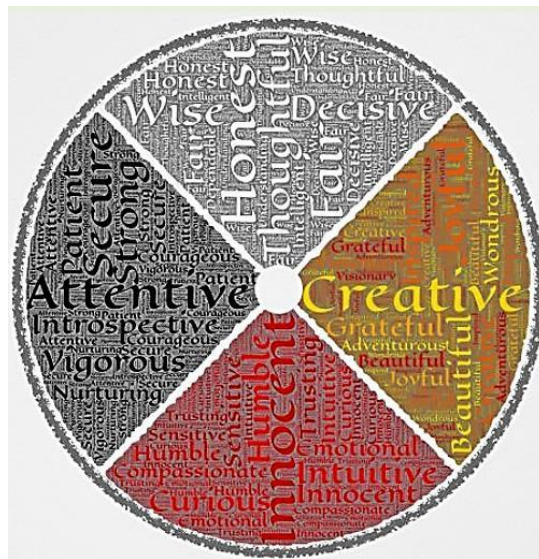
[Pathways to Healing: A Mental Health Toolkit for First Nations People](http://www.shared-care.ca/files/EN_PathwaystoHealing.pdf) (2006)  
[http://www.shared-care.ca/files/EN\\_PathwaystoHealing.pdf](http://www.shared-care.ca/files/EN_PathwaystoHealing.pdf)

## Medicine Wheel Teachings: Introduction & Reflection Activities

The *Medicine Wheel* teachings are rooted in an Indigenous worldview that recognizes all things are connected. “Medicine” as a reference to wellbeing teachings and practices, and “Wheel”, as a metaphor for the circular nature of healing and life experiences; these are connected, moving forward in relationship to each other.

As a tool for wellness and wellbeing, in the context of this session, the *Medicine Wheel* represents holistic health for self, family, and community care. Topics explored include:

- The *Medicine Wheel* in use: Examples from art and community
- Contemporary contexts: Feeling stress, anxiety, and uncertainty and recognizing its impact on the Wheel (mind, heart, body, spirit)
- Metaphors, symbolism, and life lessons from the four quadrants (directions, seasons, elements, plant medicines, life stages, planetary bodies (sun, moon, earth, stars), life stages, and animals)
- Applications: Cultural and healing rituals (grounding practices), and community practices
- Creating wellness plans



poster from zazzle.ca

### References

Lane, P., Bopp, J., Bopp, M., Brown, L., and Elders (1984, 1992). *The Sacred Tree*.

Medicine Wheel worksheet (2024).

Chelsey Luger and Thosh Collins (2022). *The Seven Circles: Indigenous Teachings for Living Well*.

## “Project Uplift”: Managing Stress Through Mind, Body, Heart, and Spirit

This session draws from the *Project Uplift* toolkit, which was created by NWAC (2016), yet has relevance for all genders. It gathers teachings and practices from *Two-Eyed Seeing* approaches to well-being (Western knowledge and traditional Indigenous teachings).

The toolkit begins by acknowledging the interconnectedness between mind, heart, body, and spirit, and the energy and vibrational nature of each.

Themes explored include:

### *Mind*

- The impact of words, language and the stories we tell ourselves.
- Practices for shifting thoughts and stories
- Values inventory activity/Identifying beliefs that no longer serve us

### *Heart*

- Moods and energy attraction
- Fear vibration
- Changing our ‘vibrational frequency’, which impacts moods

### *Body*

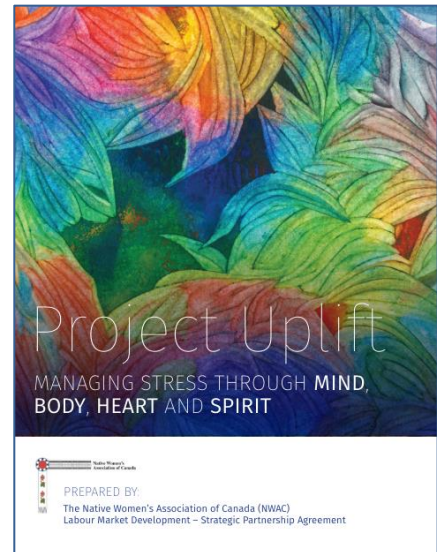
- Power of breath/ing
- Body Inventory activity
- Tension release exercise

### *Spirit*

- Where is Spirit?
- “Spirit is within. It is that quiet voice that can be found within the silence.” (p.22)
- Whose Blueprint are you following?
- Identifying beliefs that no longer serve you
- Power in imagination

### References

Native Women’s Association of Canada (2016). *Project Uplift. Managing Stress Through Mind, Body, Heart, and Spirit* (toolkit). <https://www.nwac.ca/assets-knowledge-centre/NWAC-Project-Uplift-Toolkit-English.pdf>



## Resilience & Strength-Based Approaches to Wellness

Much of contemporary focus on health is viewed from a Western medical model, which is often deficits-based.<sup>1</sup> The purpose of this workshop is to look at wellbeing from the lens of resilience and strengths.

This offering looks at:

- Definitions of resilience
  - Medicine Wheel* teachings and resilience. (*Medicine*, in reference to a traditional Indigenous worldview and practice that recognizes the holistic nature of wellbeing (heart, mind, body, spirit) and how all things are connected)
- Cultural components and practices as strengths and tools of resilience
- Personal stories (narrative therapy) as a component of healing
- Self-reflection activity: Participants considering one of their stories and applying a strength-based inventory



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### References

1. Joanne Bryant, Reuben Bolt, Jessica R. Botfield, Kacey Martin, Michael Doyle, Dean Murphy, Simon Graham, Christy E. Newman, Stephen Bell, Carla Treloar, Annette J. Browne, Peter Aggleton. (2021, June). Beyond deficit: 'strengths-based approaches' in Indigenous health research. <https://doi.org/10.1111/1467-9566.13311>

## Seven Grandfather Teachings

Love. Courage. Humility. Honesty. Respect. Truth. Wisdom.

The Seven Grandfather teachings have been passed through generations as lessons for how to build strong character, live a good life, and be on a path of wellness. When we live our best life, we develop our gifts, reach our full potential, and our loved ones and community benefit from these contributions. Core lessons from each of the seven teachings are shared. In between, each teaching there is a pause for participants to consider and share what they have learned about the teaching as well as what the teaching means to them.



### References

What are the Seven Grandfather Teachings? (2022)

<https://www.truecanadianart.com/single-post/2018/03/14/what-are-the-seven-grandfather-teachings>

## The Roots of Our Desire Stories

In the book *Desire in Seven Voices* seven Canadian women writers and poets, of diverse cultural backgrounds and sexual identities, were asked to write a chapter on desire. With raw honesty, each reflected on when they followed their desires, when it was censored, and when it was a source of power or distress. This session highlights each chapter's themes, including desire and addiction, trauma, identity, desire as it developed from early family experiences, and desire as a fluid, multi-faceted experience. These themes offer an opportunity for participants to reflect on the roots of their desires and how this has impacted their relationships.



“Desire interweaves with cultural and intergenerational history.” (Brand, 2000)<sup>1</sup>

### References

1. Lorna Crozier (Ed.) (2000). *Desire in Seven Voices*. <https://www.amazon.ca/Desire-Seven-Voices-Lorna-Crozier/dp/1550548050>