

Dan Pine Healing Lodge

Beauty From Ashes

Dear Applicant,

Miigwech / thank you for your interest in the *Beauty From Ashes: Reconciling our Past, Reclaiming our Future* (BFA) program. This **five day residential** program was created for those who are eighteen and older, who are ready for their next step in their healing journey. Whether this is your first step, one of many, or if you are a ‘helper’ – this retreat will provide you with the opportunity to learn more about yourself, and the impact that childhood trauma (as defined by the person experiencing it – including but not limited to: neglect, domestic violence, sexual abuse, childhood abuse, and abandonment) has had on you, your sense of self, your relationships, and your community.



Beauty from Ashes staff and volunteers create a safe, supportive, and confidential environment, and extend the invitation to our participants to break the chains of silence, to confront those messages of shame, and to empower themselves to begin to reclaim the wellness that Creator intended for us – and our communities.

As a BFA participant, you will hear (and share) stories of challenge, pain, resilience and hope. Your group leaders are community members, who have lived experiences like your own – and who, like you – decided to begin walking the path of wellness. They will share their stories with you, and support you in the sharing of yours. As one previous BFA participant said, *“I realized that in order to change my future, I have to be willing to talk about my past.”* Participants will be provided with some tools to help them to make sense of themselves, their behaviours, and their relationship dynamics. Participants will also be provided with tools that will help support them moving forward in their wellness journey.

It is our hope that as a participant your change will inspire others; your family, peers and friends, and your community. We hope that the tools you learn will help you lead the life you choose for yourself, and that you will share those tools with those around you in your own life and perhaps as a future BFA presenter, BFA group leader, or community group leader. If you are interested ask about our BFA Leadership Training.

Important Information:

Beauty from Ashes is a **five day residential** retreat. Participants must stay onsite – for the purpose of creating and maintaining safety. We also recognize how emotionally taxing this process can be (especially given how long the days are), and we want to honour your commitment to yourself – so we provide a haven from life’s demands for five days. We also provide lodging, and food – at no cost to you.

There is zero-tolerance re: recreational / illegal drugs, alcohol, weapons, and pornography. Participants failing to follow this will be asked to leave.

Also, in wanting to maintain / preserve / protect mental wellness, and wellbeing – some applicants will be asked to apply for future sessions. If you are currently

- Struggling with a substance abuse problem or addiction, or are six months or less into your recovery
- Experiencing suicidal ideation, have made recent suicide attempt(s), self-harm / injury, or are an inpatient
- Pregnant, or nursing

We ask that you apply for a future session. In the meantime, your recovery, and wellness journey are important to us. Please contact us for interim support and/or linkage to resources (see next page).

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*Please note, if you are currently seeing a counsellor, psychotherapist, psychologist, or therapist, you will be asked to provide a letter of support from the provider, and be asked to sign a release of information. The purpose of this is to ensure continuity of care, and to ensure that the therapeutic process is not interrupted and/or to provide Clinical Team with direction to best assist in your process.

To apply, complete the Beauty from Ashes Application forms and return them to:

Laurie Souliere, Intake Worker
Dan Pine Healing Lodge

Phone: 705-248-2231 or 705-946-5710 ext.228
Email: llesage@grhc.ca
Fax: 705-248-1978

200 Anishinabe Point Road
Garden River, Ontario
POS 1C0

Once your application has been received, you will be notified. You will also be contacted by Clinical Staff to participate in a telephone screening interview. This interview will take approximately one hour, and at its conclusion you will be notified of acceptance into the BFA, or be provided with suggestions / support to prepare you for a future BFA retreat.

BFA Dates	Event
Oct 23-25, 2017	Advanced Leadership Education Training
Feb. 5 – 9, 2018	Beauty From Ashes
April 29-May 4, 2018	Beauty From Ashes
July 9-13, 2018	Beauty From Ashes
August 7-9, 2018	Advanced Leadership Education Training
Sep 10-14, 2018	Beauty From Ashes
Nov 13-17, 2018	Advanced Leadership Education Training

Please check the following before sending your application including signatures:

- Beauty from Ashes Application
- Participant Questionnaire / Agreement of Understanding
- Release of Liability Form

*Dan Pine Healing Lodge
Beauty From Ashes*

Participant Questionnaire / Agreement of Understanding	
*Please read, complete, sign and date:	
1.	If accepted to attend, will I agree to remain fully focused on myself even though I may have close family / friends / associates also attending throughout the week? <input type="checkbox"/> Yes <input type="checkbox"/> No
2.	Why would you like to attend the BFA retreat / training?
3.	If you have attended a BFA retreat / training before, check (v) the reason for attending the program this time. Please check all that apply: <input type="checkbox"/> Personal childhood story <input type="checkbox"/> Personal harm caused story <input type="checkbox"/> Other, please explain:
4.	I may be interested in future BFA program opportunities including becoming a(n): <input type="checkbox"/> BFA group leader <input type="checkbox"/> BFA presenter <input type="checkbox"/> Aftercare community / support circle facilitator / helper
5.	I understand that the BFA process involves the sharing of personal stories in a small group setting, I agree to respect others' confidentiality. <input type="checkbox"/> Y <input type="checkbox"/> N
6.	I am willing to participate in a confidential pre-BFA telephone screening interview with a BFA clinician. I understand that the purpose of this interview is to ensure I meet eligibility requirements, and to ensure that the retreat will be a good fit for me. <input type="checkbox"/> Y <input type="checkbox"/> N * please note: the interview process is approximately one hour. We recommend that it is conducted while you are alone – as there are personal questions asked related to childhood trauma(s).
7.	I will review the "Definitions of Trauma and Abuse" found at the back of this packet in preparation for my interview. <input type="checkbox"/> Y <input type="checkbox"/> N
8.	Please indicate your relational style from the attached pages that describes these various definitions: <input type="checkbox"/> Good Girl/Good Guy <input type="checkbox"/> Tough Girl/Tough Guy <input type="checkbox"/> Party girl/Party Guy
9.	I agree to remain on-site throughout the entire retreat, and am aware that BFA provides meals and lodgings for the duration of the retreat. <input type="checkbox"/> Y <input type="checkbox"/> N
10.	I will abstain from the use of recreational / illegal drugs, alcohol, and pornography throughout the retreat. <input type="checkbox"/> Y <input type="checkbox"/> N
11.	I understand that this retreat is not intended to substitute professional mental wellness services. <input type="checkbox"/> Y <input type="checkbox"/> N
12.	I understand that completing and submitting the application and additional documents does not mean I have been accepted to attend this retreat.
Printed Name:	
Signature:	Date:

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Beauty From Ashes*

Release of Liability Form

In consideration of my electing to, and being able to participate in the small group sessions at the Beauty From Ashes (BFA) program, or BFA Leadership Training scheduled (mm/dd/yy)

I, _____ for myself, my heirs, executors, successors, and assigns, hereby completely and unconditionally release and agree to defend, indemnify, and hold Dan Pine Healing Lodge Inc., and its Board of Directors, management, Beauty from Ashes group leaders, presenters, and other representatives, from any and all claims, costs, causes of action, expenses, judgments, and liabilities of any kind whatsoever resulting from, arising out of, or in any way relating to:

- a) My participating in the large or small group sessions during Beauty from Ashes program or the Advanced Leadership Education Training;
- b) Any individualized care or small group sessions in which I may be involved which use any methods or materials developed by Dan Pine Healing Lodge;
- c) My use of any information, methods or materials learned at or obtained through the small group sessions of Beauty from Ashes program or Advanced Leadership Education Training; or
- d) The actions or omissions of any family members, including but not limited to minor children, and close personal friends who accompany me to the place where the small group sessions are to take place, regardless of whether the family member or close personal friend participates in the small group.
- e) Release is provided for Dan Pine Healing Lodge (DPHL) and it's programs and services permission to use my image and voice to be captured for use in any promotional material such as posters, flyers, newsletters, annual general report and etc.

At the Beauty from Ashes program, Advanced Leadership Education Training and other programs; personal stories of both harm received and harm caused are shared as part of the process. I am aware that hearing stories may result in experiencing triggers, various emotional and/or physical responses, and present at varying levels of difficulty for people.

By signing below, I agree to the terms and conditions as explained in the above paragraphs.

Full Legal Name:

Address:

City:

Province:

Postal Code:

Telephone #:

Applicant Signature: _____

Date: (mm/dd/yy)

Witness Name:

Witness Signature: _____

Date: (mm/dd/yy)

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Consent to Release of Impact Letter

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By signing below, I agree to the terms and conditions as explained in the above paragraph

Full Legal Name:

Address:

City:

Province:

Postal Code:

Telephone #:

Applicant Signature: _____

Date: (mm/dd/yy)

Witness Name:

Witness Signature: _____

Date: (mm/dd/yy)

RELATIONAL STYLES DESCRIPTORS

Good Guy / Girl

I tend to avoid anger and am thought to be pleasant, a good performer, and a peacemaker. I avoid confrontation and find it difficult to say 'No'. It feels selfish to long for love, intimacy, and protection. When people around me are unhappy, I tend to feel as though it is my fault. I don't like to impose on other people, but people seem free to impose upon me. It is important for me to be liked by others. I rarely lose my temper, but people would be surprised if they knew how angry I was inside. I let others make choices for me so I am not responsible for the outcomes. I often feel lonely and inadequate.

Tough Guy / Girl

I am a task-driven individual. I am a fortress with thick, impenetrable walls. I view longings as weak and sentimental. I keep my distance with a look, sarcasm, or a do-not-disturb air. I am lonely. The better I perform, the emptier I become. I hate to be dependent on others. I tend to be indifferent to the feelings of others. I usually feel anger when others may feel sadness or fear. When challenged, I tend to go toe-to-toe with others. I am not thought of as warm or gentle. I am known for my strong opinions.

Party Guy / Girl

I am the life of the party and really enjoy a good time. I am only superficially aware of what I want. I often have self-contempt and other-centered contempt. I have both a hunger for and a hatred of relationships and intimacy. I tend to procrastinate. I fear being trapped and will abandon a relationship if it seems to be getting too close. People might describe me as "smooth". You can count on me to be unpredictable. I can easily talk my way out of trouble almost every time. I often have moderate or wild mood swings. I may use gifts and money to draw people to me but often lose interest in friendship.

**Definitions of Trauma and Abuse:
Please Review**

Abuse can come from both the presence of bad things that happen to us (like war or domestic violence) as well as from the absence of things in our lives (lack of joy in the home, abandonment, malnutrition). Consider for a few minutes how you perceive abuse. As you read the following definitions, what light is shed on how you view your own story?

Domestic Violence: A pattern of coercive behaviors used to establish control over another person through fear, intimidation, emotional abuse or social isolation; often including the use of or threat of physical or sexual violence. Domestic violence victims most often feel like they are walking on eggshells because they never know when more violence will come. Domestic Violence can occur with members outside of your direct household and often involves behaviors in multiple categories of abuse including, but not limited to, Physical Abuse, Verbal Abuse, Emotional Abuse, Social Abuse, Financial Abuse, and Spiritual Abuse.

Physical Abuse is any kind of physical harm – from hair pulling, squeezing, hitting, slapping, pushing and kicking, to use of bodily actions and weapons to threaten, punish, dominate, restrain, control or injure another person.

Verbal Abuse is when words are used to threaten, intimidate or distance another. It can take on many forms including criticizing, use of sarcasm, yelling, harsh scolding, name-calling, belittling, ranting, and crude or foul language. Disparaging comments disguised as jokes, continual blame-shifting, being argumentative, or excessive nagging are examples of verbal abuse.

Child Sexual Abuse occurs whenever a child (age 17 and younger) is forced, tricked, threatened or pressured into sexual activity to satisfy the abuser's needs. It consists of any sexual activity - physical, visual, verbal or emotional. The abuse often begins gradually (frequently referred to as grooming) and increases over time. It often occurs in a relationship with an adult whom the child had every reason to expect protection, warmth, and care from and can include parents, uncles, aunts, siblings, stepparents, grandparents, coaches, baby sitters, clergy and teachers. It is an abuse of power and a violation of a child's right to normal, healthy, trusting relationships.

Physical Sexual Abuse is much broader than intercourse, penetration or masturbation. It includes any touching, rubbing or patting that is meant to arouse sexual pleasure in the offender.

Verbal Sexual Abuse can include sexual comments about the child's body, suggestive comments, lewd remarks or sexual threats.

Spiritual Abuse is the misuse of Creator or God, the cultural teachings / Bible / religious beliefs, to manipulate or control another person. This may include misuse of cultural teachings or scriptures outside the intent of the meaning to control or manipulate. For example, parents who use cultural teachings and/or scripture to intimidate and get certain behavior from children ("honor your Father and your Mother") or spouses who demand submission or sex ("Your body is not your own").

Other forms of spiritual abuse can include leaders who portray Creator or God as a severe judge who demands perfection in thought and deed, implying a person will never measure up or be accepted.

** Sexual Assault, Neglect, Abandonment, Social Abuse and Financial Abuse definitions are provided at the training.*