

# Healing workshops are making positive differences

by John Copley

Knowing yourself and fully understanding who you are, how you fit in and what your capabilities are as an individual might seem like a simple enough task, but the reality is that the majority of people don't really have a good grip on these types of personal understandings. If that's the general case, then how is it possible for those who've known almost nothing but trauma and pain their whole lives to get themselves back on track, out of the depression and into a productive, happy, feeling good state?

"I've been working in this particular field for more than 30 years; I've assisted many people from many cultures and have helped them to overcome grief, despair, isolation and more," said Dr. Jane Simington, founder of the Edmonton-based business called Taking Flight International Corporation, which specializes in human understanding and takes the word "healing" to a new level of perception.

"Healing is not only very possible," she assured, "but it is essential to good health and a long life. Our team of professionals both develop and deliver high quality workshops that make a positive difference in peoples' lives; we also develop workshops, seminars that deal with particular issues and situations and we're proud to say that we are making a real difference in the Aboriginal communities and the Aboriginal organizations we work with. We offer our training and our workshops both on-site in the Edmonton area as well as at various other venues to accommodate the needs of our clients."

Dr. Jane Simington, RN, BSN, BA (Psych), MN, Ph.D is a master teacher, and practitioner who brings a wealth of information and experience to her job. Her professional experience includes that as educator, researcher, therapist, author, presenter, board chair and owner/operator of her private business. She is educated in nursing and psychology and has vast experience in dealing with alternative and complementary methods of healing and spiritual growth. Her presentations are gentle, reassuring and easy to understand. She shares her personal experiences of sorrow and loss and many participants have commented freely about their experiences with Taking Flight International Corporation's innovative workshops.

"Your workshop was fabulous," remarked Eleanor Wilson, of the St. Albert Bereavement Group. "You talk from the heart."

"Her lectures and workshops have contributed to

my personal and professional growth, and I am touched by her radiant sense of joy and delightful sense of humour," commented Donelda Laing, R.S.W., Manager, Family and Community Support Services for the City of Grande Prairie.

These testimonials and others can be found on Taking Flight International Corp's interesting and innovative website ([www.takingflightinternational.com](http://www.takingflightinternational.com)) along with other important facts, including the upcoming dates for future workshops and training and an array of downloadable forms and information sheets.

Since the turn of the new millennium, Taking Flight International Corporation has been involved with and making positive differences in the lives of Aboriginal Albertans. Joint programs were developed between Taking Flight International Corporation and the Nechi Institute of Health Promotion and the Education and Research Departments which, began back in 2001 when a week-long facilitation course dealing with trauma and grief recovery was delivered both onsite and in First Nations communities.

Taking Flight International Corporation was also involved in the Journey to Hope and Healing: Beyond Trauma and Abuse Workshop at the International Conference for Indigenous Peoples in 2002 (Albuquerque, NM) and in 2006 (Edmonton, AB).

"Aboriginal people have suffered immeasurable damage and the healing process is ongoing," said Dr. Simington, who noted that though it will be a long and steady process before the healing cycle comes full circle, "big improvements are already making a difference. It will take several generations."

Some other Aboriginal communities, organizations and groups that have utilized Taking Flight's innovative programs and workshops include Goodfish Lake, Fishing Lake Métis Settlement, Ermineskin First Nation, Paul First Nation, Enoch First Nation, Haida Gwaii First Nation and the Saddle Lake First Nation and many more.

"Most of the programs we offer onsite run from three to five days in duration, though longer periods are often required or sought by the communities and groups utilizing our programs and workshops," she explained. "We are very interested in working with other First Nations and Metis communities and organizations and look



forward to hearing from individuals and communities looking for solutions. If our current programs or workshops don't fill your particular needs, we will work with you to develop one that does. It is never too late to start feeling better and there is no time like the present to begin doing so. Please call us; we can help you to live a better life, a more fulfilling life."

Dr. Simington is a certified clinical hypnotherapist and dream specialist who incorporates into each presentation her understandings of symbol in its many forms, including art, nature and imagery. She's a best-selling author (*Journey to the Sacred*) and has produced award-winning video presentations (*Listening to Soul Pain: Healing Soul Pain*) that explore the connections between healing, empowerment and spiritual growth.

Taking Flight International Corporation offers various programs and workshops, including the Trauma Recovery Certification Program and Grief Support Certification Program that can be delivered to almost any location; the latter program is also available via long distance education. As of August 5, 2008, the three week intensive training for the Trauma Recovery Certification Program begins, however they are taking applications for fall dates and early Spring 2009.

A 5-day Grief Support Certification Program will take place in Edmonton in early December, designed for professional care givers. There is also

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