



## TWN Mental Wellness

Attention TWN Community Members,

May 27<sup>th</sup>, 2022

In celebration and recognition of Mental Health Awareness Month in May, we would like to share some exciting developments on our **Mental Wellness Team**.

We have expanded and revitalized our Health department. We have moved our mental wellness clinic spaces into the middle section of the administration building, which can now be accessed through the **main administration reception front entrance**, where you can sit in our waiting space in the north-east corner of the gathering area. We have signposted this zone. Our therapists will come out and greet you for your appointment times.

As we move forward with the growth of our team in our new spaces, we are committed to creating holistic, trauma-based, mental wellness support services with consistent, dedicated, mental health professionals who will create culturally informed programs that meet the needs of our community.

We welcome feedback and ideas on how we can do better. A survey for mental wellness and our role in the community will be shared in the coming weeks.



We also want to excitedly tell you about our new intake process for the community:

### Intake Process

Our current intake person is Mardean Neuman. Please reach out for supports through our main number or email:

Mental Wellness intake/referral phone number: 604-787-5468

Our email address: [mentalwellness@twnation.ca](mailto:mentalwellness@twnation.ca)

We welcome our new team members, and are thrilled to enliven our group and community-based programming!

### **Introducing the TWN Health and Wellness: *Mental Wellness Team***

**Mahara Allbrett**  
***Senior Mental Wellness Counsellor***  
***Health and Wellness Elder***

T: 604 353 8193; [mallbrett@twnation.ca](mailto:mallbrett@twnation.ca)

Office number: 62; Tues – Thurs

*Works with teens and adults*

Mahara Allbrett belongs to the T’Sleil Waututh Nation. She is an elder, spiritual healer, counsellor and Family Constellation facilitator, as well as a mother and grandmother.

Her training has involved: two years intensive on the job training at the Nechi Institute in Alberta, a training facility





for First Nations counsellors to learn how to counsel in First Nations treatment centres. This was an Elder led organization and the facilitators were supervised by a psychologist.

Pacific Coast Family Therapy program in Vancouver, a two-year training program in which students had family systems theory in the first year and supervised practice in the second year. All instructors were Registered Clinical Counsellors and/or university professors.

Aside from this, Mahara has taken training in various methods of counselling and relevant areas of study and clinical supervision including: dream interpretation, Cognitive Behavioural Therapy, Jungian symbolism, Trauma-informed therapy, Non-violent Communication, the Intensive Journal method, Family Constellation therapy, introduction to Art Therapy, Therapeutic Touch, Reiki (Master level), Dream interpretation and Somatic Experiencing therapy.

Mahara really enjoys working with Family Constellation therapy, which is a form of personal growth and healing that works with the subconscious. Symbols are used in the process to allow the individual a route to resolving issues in their life, including unresolved traumas, grief and past generations 'entanglements'. There is no 'wrong way' for the someone to do their Constellation work and no experience or special skills are required. Constellations are easier to do than to explain and so Mahara encourages you to book in for a Constellation session, as the benefits for people are exponential.

"Family Systems Constellations particularly resonate with Indigenous people because the principles, values and philosophy used are rooted in connection to the family soul, ancestral lineages, ceremonial practices, cultural values and personal life influence on future generations".

Eddie Gardner

Elder from the Stollo Nation and Family Systems Constellation Facilitator

Mahara has been working in the field of counselling since 1988 and facilitating workshops since 1984. In her spare time Mahara enjoys walking in nature with her dog, reading, journaling and doing art.



## Lara Fitzgerald, RCC, MCP-AT, Level 2 AEDP Therapist

### *Clinical Lead*

T: 604 354 0264; [lfitzgerald@twnation.ca](mailto:lfitzgerald@twnation.ca)

Office number: 37; Mon – Fri

*Works with all ages*



Twenty years ago, Lara relocated to Canada from England (which is the accent you might be confused by) where she had grown up in an Irish/Scottish, working class family. She acknowledges that she is a white woman with many privileges working in an Indigenous community.

Lara's therapy practice is grounded in collaborative, heartfelt, and unique relationship. She values the diverse experiences and authentic selves of the people she's fortunate enough to work with. She believes we're hard wired to heal; each person has innate ability to transform, especially with compassionate guidance. Often her client bonds are fused with humour and loving connection.

Her approach springs from her *wholistic* beliefs in the interconnectedness of our ecosystems. She understands that our mind, body, spirit, and social dimensions are intertwined and must be integrated to create a steady sense of aliveness. Drawing on her Expressive Hatha Yoga Training (YTT 200) that focused on releasing emotions from the body, and being a dancer by nature, means she learned to embrace the wisdom of the body and movement centered healing practices. Likely, this training, and her own healing path, have led to her therapeutic passion of working with trauma in all its manifestations. She has specific knowledge and experience of trauma therapy healing.

Lara's theoretical knowledge stems from her Master's degree in Counselling Psychology and Art Therapy at Adler University, and ongoing post-graduate training. She values her education, but equally holds the wisdom of her adverse lived experiences in high esteem. Her training includes: Accelerated Experiential Dynamic Psychotherapy (AEDP – Level 2,) Eye Movement Desensitization and Reprocessing (EMDR,) Emotion Focused Family Therapy (EFFT), somatic body-based practice, Cognitive Behavioural Therapy (CBT,) Humanistic/Existential, Internal Family Systems (IFS,) Art Therapy, Narrative Therapy, and Motivational Interviewing (MI.)



Lara has been a therapist at TWN for 3.5 years and recently moved into the role of Clinical Lead on the team. She is honoured to work under the guidance and inspired leadership of the Director of Health and Wellness, Andrea Aleck; and the wisdom and guidance of Elder, Mahara Allbrett. Her gratitude for the opportunity to help support the growth of the team is immense.

When she's not working, Lara is making art, dancing, singing, swimming, or doing something adventurous.

**Mardean Neuman**  
**BSW, RSW, CCAC**  
***Addictions Counsellor***

T: 604 787 5468; [mneuman@twnation.ca](mailto:mneuman@twnation.ca)  
Office number: 34; Mon – Fri  
*Works with adults*



Mardean Neuman is a B.C. person, born and raised in Fort Nelson in Northern British Columbia and relocated to the Coast Salish Territories. She is honored to live, work and play in this region.

Through the Indigenized education programs at NVIT, she completed a Bachelor of Social Work and an Advanced Chemical Addictions Counsellor Diploma. Mardean has a passion for ongoing learning and skills development and has participated in workshops and courses such as Narrative Therapy, Intervention Skills, Motivational Interviewing and Case Management to enhance the work that she does.

Mardean has been working in Urban Indigenous communities since 2006, supporting communities, families and individuals; meeting them where they are at and walking with them on a journey towards their goals.

She is excited to be returning to the community in a new role, as the Addictions Counsellor. In this revitalized position on the Mental Wellness Team, she looks forward to meeting Tseil-Waututh members and providing many layers of support: coordinating any referrals and intakes, developing workshops and groups, treatment planning and support, offering addiction focused counselling.

ćecəwət leləm

"Helping House"



Tsleil-Waututh Nation

Mardean is a lover of the outdoors and the ocean. On her time off you may find her walking, cycling, or paddle boarding close by.



## Jazmin Feschuk, PC

### *Youth Counsellor*

T: 236 335 5783; [jfeschuk@twnation.ca](mailto:jfeschuk@twnation.ca)

Office number: 35; Mon, Tues, Thurs

*Works with pre-teen, teen, and young adult*

Jazmin's ancestral name is Tem-Pe?iya, from the Shishalh Nation and she is excited to take on this reimagined role as the Youth Counsellor with the Tsleil-Waututh Nation.

She has experience as a mentor, counsellor, and

leader for the youth in Shishalh Nation.

Recently, she facilitated Wellness Workshops and Healing Circles for youth, adults and elders through her business called, *Sacred House Healing and Wellness*. She has worked with Urban Native Youth Association as a Youth Care Counsellor for youth females ages 11-18.

Jazmin offers support around life skills, trauma, addiction, grief and loss, anxiety, depression and other avenues that life brings us. She also provides a space to overcome barriers by fostering personal strengths, building self-trust, and encouraging the people she works with to step into their power to enlighten their journey back to self.

Her work with youth involves supporting them to build connections through their mind, body and spirit by exploring their spiritual, emotional, physical and mental wellbeing that cultivates a sense of balance, authenticity, and empowerment.

Creating space with youth who have walked all different paths in life has led Jazmin to grow immense passion and love that has guided her to offer First Nations communities healing and wellness supports. Growing up, she has walked many paths herself that have led her to embrace her culture, follow a healthy lifestyle, feel a sense of hope, and accomplish her life goals.

She believes that whatever path you've walked in life, you can learn, grow and thrive no matter where you come from or how your journey began.



## Christine (Suter) Rosenfeld, MA, RCC, RMT *Mental Wellness Counsellor*

T: 778-227-5064;

[csuter@twnation.ca](mailto:csuter@twnation.ca)

Office number: 36

Days of work: Mon, Tues

*Works with all ages*

Christine is a settler who recognizes the impacts of colonization on our indigenous communities and peoples, and is honoured to be working with the Tsleil-Waututh Nation.



Christine graduated from Yorkville University in 2018 with a Masters of Counselling Psychology degree and is a Registered Clinical Counsellor and a member of the BC Association of Clinical Counsellors.

Christine works collaboratively with individuals to develop a strong therapeutic relationship based on trust and understanding. Her approach is strengths-based, assisting people in overcoming, managing and facing challenging situations in their lives, and helping them rediscover their strengths and abilities. Through this practice, she is able to support the unique needs and goals of each client and help them reclaim control of their lives and relationships.

Christine has worked a variety of jobs since completing her post-graduate education: Interim Manager of the Whistler Food Bank, Healthy Choices facilitator at Whistler Community Services Society, Elementary School Counsellor at Bella Bella Community School. Prior to this, she operated her own coaching, consulting and rehabilitation training business in Whistler BC, from 2008 to present.

Currently, she is working with the Stepping Stones Program, North Vancouver as a Concurrent Disorders Clinician, doing both Telehealth and in person counselling for people with moderate to severe mental health and substance use conditions.

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"Helping House"



Tseil-Waututh Nation



She has a passion for guiding people towards personal success in sport, business and life. This was part of her incentive to continue her education with completing her Masters. She worked with many people looking to improve their physical health but were struggling with their mental health. This experience then inspired her to want to have the skills and education to safely and effectively help people manage stressors, uncertainty, and life transitions.

Christine has taken continuing education in Conflict Resolution with CIAN, Critical Incident Stress Debriefing, Play Therapy, Core Indigenous Cultural safety in Mental Health, and is certified in Eye Movement Desensitization Reprogramming (EMDR). She also loves the approach of land-based healing and eco therapy, applying her physical health passions to healing in communion with nature.

As an avid athlete herself, she is excited to bring her physical health background to the TWN community and facilitate physical health-based groups that support emotional and mental wellbeing, as well as offering 1-1 counselling support.



## Natasha (Tasha) Nystrom *Intern Counsellor*

T: 236-335-4212; [nnystrom@twnation.ca](mailto:nnystrom@twnation.ca)  
Office number: 62 (shared); flexible days and hours, 9 month clinical placement  
*Works with all ages*

Tasha grew up in Saskatchewan on Treaty 4 territory and is of both settler (Swedish, Scottish, English, German) and Indigenous (Dakota) descent.

She now lives in Vancouver on the unceded territories of the Musqueam, Squamish and Tseil-Waututh Nations, where she is working on

her Master's degree in counselling at City University. Additionally, Tasha volunteers as a peer-coach through the University of Victoria's Self-Management program supporting people with chronic illness and chronic pain, and she is trained as an Expressive Hatha Yoga teacher (YYT 200).



Tasha comes to her role as a counselling intern with a deep value of connection. She draws inspiration from a wholistic view of healing involving mind, body, spirit, community and environment. This is where Tasha finds her main source of hope and where her own healing is rooted.

She is also encouraged by the potential of tiny changes like the rippling a small pebble makes when it's thrown into water. Connecting together in a therapeutic relationship is an honor for Tasha. She sees you as the expert of your life and herself as a compassionate guide by your side.

Tasha looks forward to meeting, collaborating together, and offering her unconditional support in a way that you best see fit.

In her free time, Tasha loves walking in nature, listening to music, working on creative projects, and spending time with her senior kitty (Tuna Belly) and her partner.