

South Island Dispute Resolution Centre cordially invites you to participate in 3 workshops. All of them will be held at Queenswood Centre, 2494 Arbutus Rd., Victoria, W: www.queenswoodcentre.com. The cost of each workshop includes materials, lunch and the use of the Queenswood grounds, meditation walks in the garden and the Labyrinth. RSVP for all workshops to South Island Dispute Resolution Centre: Ph: 250.383.4412, Email: speakers@disputeresolution.bc.ca Please join us at the lovely Queenswood Centre for a day of interactive learning and reflection.

1. MASK MAKING: Overcoming Fear and Flight from Conflict

Presented by Elizabeth Miles & Sharen Johnston, Members of the BCATA

Cost: \$135 **Date:** Friday March 27, 2009, 9:30 a.m. — 3:30 p.m.

Does conflict make you want to flee?

Participants in this workshop will create and decorate a mask, process their past understanding of conflict and explore new ways to work with it; including creative communication and the use of humour to diffuse intense situations, recognizing that conflict is often healthy and can stimulate creative opportunities. The mask will become a positive and symbolic representation of this new understanding. The workshop will be of interest to professionals and individuals who avoid conflict or are unable to express their needs in conflict situations.

2. THE CREATIVE PROCESS IN CONFLICT RESOLUTION: An innovative and effective workshop for Individuals, Teams, Organizations, & Community Groups

Presented by Elizabeth Miles, Member of the BCATA

Cost: \$135 **Date:** Tuesday, March 31, 2009, 9:30 a.m. — 3:30 p.m.

Do your clients sometimes seem stuck for words? Are there times when words don't capture the essence of what is needed to move on in the communication?

This workshop will present a powerful combination of cognitive and creative processes which will enhance communication in teams, organizations and between individuals. Elizabeth Miles, a certified creative arts therapist and counsellor will present case studies from her work as an art therapist and offer simple yet effective experiential exercises which could be used to enhance communication. She will show how utilizing colour, shapes and patterns in documentation and visual aides may help retain information. Offering the opportunity for clients to express themselves non-verbally during communication will often deepen their and our understanding of the situation and bring empathy and a fresh perspective into a challenging or difficult place. Colouring may soothe disruptive or challenged clients.

The workshop will include exercises which can be used in a variety of settings with adults and youth to create partnerships, build collaboration and strengthen and develop

communities. Materials are included in the workshop fees. No previous experience or creative aptitude is required to thoroughly participate and gain insight from the workshop.

3. PATH TRAINING FOR FACILITATORS

Presented by Kat Purvis-Bellamano, Mediator and Facilitator

Cost: \$375 **Date:** Tues. April 7, 2009 & Wed. April 8, 2009, 9:00 a.m. – 4:00 p.m.

OR Sat. April 18, 2009 & Sat. April 25, 2009, 9:00 a.m. – 4:00 p.m.

This two day workshop, designed for facilitators, will focus on the PATH planning tool. PATH is an incredibly flexible and creative planning tool. What makes PATH different from other planning tools in that it is graphic; it encourages us to think visually. It is very effective for managing power imbalances and promoting inclusion. PATH involves the people that are closest to the issue and supports them to dream first, then set goals and finally, work backwards from some point one or two years in the future to our first immediate steps.

By participating in this workshop you will get the necessary skills and instruction to facilitate the PATH process with individuals and groups. You will have your own PATH done and have an opportunity to facilitate two individual PATHS. You will also receive 2 PATH Workbooks: PATH: A Workbook for Planning Positive Possible Futures and Hints for Graphic Facilitators.