

Dennis Windego
Z O O N G W E B I N E S

INDIGENOUS WISDOM IN TRAUMA RECOVERY:

4 Part Series

The “Felt Sense”

&

the 4 Seasons of Change:

*A Western and Traditional Anishinaabe
Approach to Healing and Trauma Recovery*



HEALING • EDUCATION • LAND-BASED LEARNING • CULTURAL CONNECTION

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INDIGENOUS WISDOM IN TRAUMA RECOVERY

The Felt Sense & the Four Seasons of Change

A 4-part Indigenous-led training series that supports trauma recovery through body awareness, reflection, relationship, and Traditional teachings.

Why this matters

This series helps organizations strengthen how services are delivered so they are more culturally safe, respectful, and grounded in healing.

Aligned with Truth and Reconciliation Call to Action #57:

To change how services are delivered, ensuring they are culturally safe and respectful.

Who it's for

Mental health teams, community organizations, helping professionals, and service providers seeking a more culturally grounded, trauma-informed approach.

What participants gain:

- A deeper understanding of trauma and healing
- Tools for reflection, regulation, and relational care
- Learning rooted in Indigenous wisdom and community practice
- A stronger foundation for culturally safe service delivery

Format

4 in-person sessions | 1 day each | practical and community-rooted



WINTER

May 7, 2026

Create safety through story, reflection, and relationship while beginning to understand trauma and healing.

SPRING

June 25, 2026

Reconnect with the body and felt sense, awakening awareness, resilience, and the possibility of renewal.

SUMMER

September 24, 2026

Explore Indigenous medicines, ceremony, and community practice as healing strengths come fully into bloom.

FALL

October 22, 2026

Integrate learning, reflect on growth, and carry healing practices into community and service delivery.

Let's Connect

Connect with us to explore partnership, training, sponsorship, or community collaboration.

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The “Felt Sense” and the Four Seasons of Change: A Western and Traditional Anishinaabe Approach to Healing and Trauma Recovery

Please note, there are four sessions that are included in this training.

*There would also be a 1.5 hour virtual session between sessions for reviews, case studies, any inquires towards the development of a community of practice on completion of **The Felt Sense and the Four Seasons** program.*

The 4 dates below have been confirmed:

- Thursday, May 7, 2026
- Thursday, June 25, 2026
- Thursday, September 24, 2026
- Thursday, October 22, 2026

Description

Dennis Windego blends Anishinaabe teachings and philosophies of natural healing methods which are aligned with the change of seasons steeped in traditional knowledge of the Anishinaabe peoples of Turtle Island¹. Anishinaabe ceremonies such as fasting and the vision quest are combined with **Land- Based Focusing-Oriented Therapy (LBFOT)**, and the “felt sense”. Humanity is at cross-roads – the red road of harmony and balance with nature and the other of loss and destruction. Indigenous cultures have ancient traditions that include teachings about cycles of time, interconnectedness, and the importance of living in harmony with the Earth. These teachings are relevant to the challenges faced by the world today, including environmental issues, social conflicts, and a general sense of disconnection. In recent decades, there has been a growing awareness of Indigenous wisdom and practices among people in the Western world. Many individuals and communities are seeking to learn from Indigenous cultures about sustainable living, holistic health practices, and spiritual wisdom. Combining LBFOT methods and Anishinaabe traditional teachings facilitates a powerful natural healing and recovery process for all nations of the world, and any therapeutic context.

Session 1: Winter is storytelling and a time to transmit knowledge, wisdom and build connections.

Session 2: Spring is the period of birth/rebirth and development, with interest, curiosity, and attending to unresolved issues of trauma.

¹Turtle Island is the term that Indigenous communities use for the land that forms North America

Session 3: Summer is a time to experience land-based healing activities to address trauma and addictions caused by colonialism, including residential school trauma, the 60's scoop, Missing and Murdered Indigenous Girls and Women (MMIGW), and the reserve system.

Session 4: Fall is about transformation, building capacity, self-care, and continuing to heal through our medicines and teachings learned.

Participants will have the opportunity to learn from [Dennis Windego](#), and Indigenous elders in four 7-hour sessions. These sessions will be interactive, including activities and the option of working with focusing partners to put new learning and skills into practice. The training approach is centred on the development of not just new skills but the opportunity to practice in the midst of community.

Land-Based Focusing-Oriented Therapy (LBFOT) is a culturally grounded, body-centered approach that merges Focussing-Oriented Therapy with Indigenous wisdom to heal complex trauma, intergenerational trauma, and colonization impacts by connecting individuals to the land, nature, and "all my relations". It helps people release burdens from past generations, find balance, and restore well-being through activities and teachings tied to specific territories, offering a decolonized, strength-based pathway to healing.

Core Principles & Practices

Body-Centered & Person-Centered: Developed from Eugene Gendlin's Focusing, it emphasizes self-direction and the client's internal experience (felt sense).

Holistic & Relational: Views trauma within a web of relationships (ancestors, community, land) using an "all my relations" worldview.

Land as Teacher: Integrates connection to specific landscapes, plants, animals, and water as sources of medicine and healing.

Culturally Informed: Respects Indigenous traditions, spirituality, and storytelling to decolonize therapeutic practices.

Ceremony & Medicine: Uses spiritual elements like songs, dreams, or Elders, accessible anytime, to support healing.

What It Addresses

- Complex trauma from abuse, neglect, accidents
- Intergenerational trauma from colonization, residential schools
- Grief, depression, and mental health challenges
- Reclaiming identity and cultural connection.

How It Works

- Practitioners create a safe, non-judgmental space, often outdoors, allowing the client to set the pace
 - Through dialogue, witnessing, and experiencing nature, clients discover their own inner wisdom and the land's support
 - It helps clients discern what burdens are theirs to carry and what can be released in an honoring way, often to the land itself
-

4 Seasons | 4 Intensive Courses and Development of Community of Practice

Program Structure

Format:

- 4 In-Person Intensives with Dennis Windego and Elder/Knowledge Keeper live teachings
 - Each Intensive: 1 day (7 hours) plus homework (reading/activity)
- Between sessions: Online connection for Community of Practice with Breakout Rooms for Focussing Partners

Daily Rhythm:

- Opening grounding Anishinabek ceremony (land acknowledgement + body-based arrival)
- Teaching + demonstration
- Experiential practice (partner)
- Reflection & integration
- Closing Anishinabek ceremony for online space

INTENSIVE 1 – WINTER (Anishinabek Storytelling– Telling our Trauma Stories)

Learning Focus

- Establish relational safety in virtual trauma work
- Understand the impact of trauma from Anishinabek perspectives
- Using Anishinabek Storytelling Practice, preparing for the spring
- Review basic FOT structure and ethics

Key Topics

- Medicine Wheel as trauma map
- Learning how to tell trauma stories when there is an early developmental trauma (Trauma bonds, developmental speechless trauma, immobile trauma- as they relate to telling our trauma stories)
- Winter as a time Resting and renewal while we learn to tell our stories
- FOT Six Movements
- Online ethics, consent, and containment

Core Practices

- Virtual Circle (ancestry + professional lineage)
- Clearing Space (guided, cameras optional)
- Stick Exercise (symbolic object at home)
- Three Colours of Paper (trauma memory)
- Trauma bond visualization (rope metaphor)

Between-Intensive Practice

- Online Community of Practice sessions including LBFOT sessions with focussing partners
- Readings and/or activity

INTENSIVE 2 – SPRING (Rebirth/Learning to Live in the Body)

Learning Focus

- Work safely with dissociation, memory, and inner parts as we learn to work with the felt sense
- Deepen relational and developmental trauma skills using Anishinabek

Key Topics

- Waking up from the winter, coming out of hibernation
- Memory storage & body memory
- Connecting to the felt sense as we connect to our bodies

Core Practices

- Symbolizing the felt sense (reflective art creation)
- Past-Present-Future drawing (share reflection)

Between-Intensive Practice

- Online Community of Practice sessions including LBFOT sessions with focussing partners
- Readings and/or activity

INTENSIVE 3 – SUMMER (Medicines in Full Bloom)

Learning Focus

- Using internal and external medicines drawing from traditional Anishinabek medicines connected to the land
- Integrate ceremony, culture, and forward movement

Key Topics

- Indigenous grief teachings
- Intergenerational loss
- Trauma memory “flushing” and resourcing
- Land-based resilience (adapted to participant locations)

Core Practices

- Somatic grief focusing
- Storytelling circles (small groups)
- Trauma flushing visualization
- Resilience symbol creation (home materials)
- Closing grief-to-strength ceremony (self-directed)

Between-Intensive Practice

- Online Community of Practice sessions including LBFOT sessions with focussing partners
 - Readings and/or activity
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INTENSIVE 4 – FALL (Indigenous Wisdom and the season of Harvest)

Learning Focus

- Sharing the fruits of our labour- how we rewrite trauma cycles when we share with our families and communities
- Harvest learning and close the training cycle

Key Topics

- Rewriting trauma cycles
- Changing the way that we interact with our families and communities
- Walking a new path

Core Practices

- Final integration focusing session
- Closing ceremony (reciprocal land acknowledgment)

Final Integration Requirement

- Written reflection: “Trauma learning through the seasons” (500 words)

ASSESSMENT

Demonstrated Competencies

- FOT presence and listening
- Trauma-informed pacing
- Ethical use of Indigenous-informed frameworks
- Ability to work with body-based material online
- Reflective self-awareness

Evaluation Methods

- Reflective integration paper
- Reflection and feedback within sessions

Online Cultural & Ethical Safeguards

- ✓ No Pan-Indigenous ceremony replication
- ✓ Self-located land practices (participants’ own territories)
- ✓ Consent-based participation (camera optional, pass allowed)
- ✓ Trauma-safe pacing (no forced disclosure)
- ✓ Emphasis on relationship over technique

Enhancements

- Elder teachings
- Focussing Partner practice between sessions
- Optional land-based personal practices between sessions

PRACTICE HOURS

Total Contact Hours: 28

Recommended Practice Hours: 10-12 (between intensives)

ETHICS & SCOPE

This program:

- Teaches Land-based Focusing-Oriented practice, not psychotherapy licensure
- Uses Indigenous teachings as contextual frameworks, not transferable cultural authority
- Maintains non-interpretive, non-directive principles
- Emphasizes self-location, consent, and humility

COST

ITEM	COST
Up to 50 participants	(\$2200 + HST) per participant \$550 per session
50-100 participants	(\$1900 + HST) per participant \$475 per session
Over 100 participants	(\$1700 + HST) per participant \$425 per session