



Seabird College
EDUCATION FOR REAL LIFE

**REGISTER
TODAY!**

INDIGENOUS FOCUSING ORIENTED THERAPY

(IFOT)

Let us help you achieve your educational goals!

Priority will be given to local applicants as well as those residing in neighboring communities

JUNE 24 to APRIL 9, WED - FRI 9:00 AM - 4:00 PM

COURSE OVERVIEW:

Indigenous Focusing-Oriented Therapy (IFOT) teaches how to work with and sit beside complex trauma. Indigenous approaches to learning and healing are woven throughout, including experiential exercises, storytelling, ceremonial processes and land-based healing techniques.

IFOT is specifically designed for frontline non-clinical workers in

social work, victim services, first responders and similar professions. It is also of benefit to clinicians. **Tuition is sponsored for First Nations participants.**

Module 1: June 24 – 26, 2026

Module 2: July 29 – 31, 2026

Module 3: Sept 16 – 18, 2026

Module 4: Oct 21 – 23, 2026

Module 5: Dec 2 – 4, 2026

Module 6: Feb 3 – 5, 2027

Module 7: April 7 – 9, 2027

PREREQUISITE(S):

Must attend Module 1 in order to continue with the program.

**LOCATED @
SEABIRD COLLEGE**

For more information, contact;
Stephanie Smith

College Recruiter & Marketing Coordinator

Email: colrecruit@seabirdcollege.ca

Phone: 604-796-6839

2812 Chowat Road, Agassiz BC