



2010 Canadian Burn Survivors Conference “People Helping People” PROGRAM

WEDNESDAY, JUNE 9

1:00 - 7:00 Registration will be open to all attendees

7:00 - 10:00 Wine and Cheese Reception with entertainment by “Flosoul”

THURSDAY, JUNE 10

8:00 – 9:00 Continental Breakfast and Registration

8:30 Opening Ceremonies

9:15 **Jill Sproul and Kevin Cook – “The Strength of Hope”** - Their individual stories and their journey together. Jill Sproul and Kevin Cook are both burn survivors from Northern California. Jill works as a nurse manager at the Burn Unit in Santa Clara. She and Kevin are married and have two children.

10:30 Break

11:00 **Dr. Bill Davis, Clinical Psychologist specializing in Trauma - “Healing Emotional Injuries after Severe Physical Injury”**

12:15 Lunch

1:15 **Panel – “The Impact of a Burn Injury on Families”**

2:30 Open Mic

3:00 **Annual General Meeting** of the Canadian Burn Survivors Community

3:00 - 6:00 **Complementary Healers** – Sign up in the registration area for a free 20 minute healing session – **Massage, Acupuncture, Reiki, Therapeutic**

touch, and **Reflexology** will be available. You can also sign up for a private **Image Enhancement** session which includes customized camouflage make-up.

Free Evening – Information on Winnipeg attractions available.

7:00 - 11:00 Hospitality Suite

FRIDAY, JUNE 11

8:00 – 9:00 Continental Breakfast and Registration

9:00 Opening Comments

9:15 **Jami Goldman-Marielles – “Up and Running”** - Jami is a world-class runner, motivational speaker and author of “Up and Running: The Jami Goldman Story”. She lost both legs below the knees due to frostbite.

10:15 Break

10:30 **Panel – “Amputees who have Achieved Their Goals”**

11:45 **Vera Duncan – “Mind over Matter: Coping with Stress”**

12:15 Lunch

1:15 **Break out Sessions:**

“Assistive Technology: Solutions for Living Everyday” – Lori Knott and Mick Williams

“Skin Care Tips for the Burn Patient” – Dr. Richard Haydey,
Winnipeg Dermatologist

2:15 **Break out Sessions:**

Charlene Pell – “What to Do when People Stare”

3:15 Break

3:30 Burn Survivors Sharing Circle

Panel – “Compassion Fatigue

5:00 **An Evening with Firefighters**

Cook-off and Casino Night

SATURDAY, JUNE 12

- 8:00 – 9:00 Continental Breakfast and Registration
- 9:15 **Panel – “Sexuality and Intimacy”**
- 10:45 Break
- 11:00 **Panel - “People Healing People”**
- 12:00 Lunch
- 1:00 **Elmer Schultz – “I Survived 7000 Volts”**
- 1:30 **David Zinger – “Incipient Spin: When Flying becomes Falling and Falling becomes Flying”**. David Zinger wrote his masters thesis on using humour in counselling.
- 2:30 Break
- 3:00 Sharing Circles
- 6:00 Cocktails
- 6:30 Closing Remarks
Banquet – Dinner & Multi-cultural Night
DJ & Dancing

Information Re: Healers Complimentary on Thursday Afternoon

REIKI is a technique for stress reduction and relaxation that allows everyone to tap into an unlimited supply of “life force energy” to improve health and enhance the quality of life. Reiki is hands on energy work, where the practitioner serves as a conduit for transmitting this energy through their hands to the client by means of specific hand placements. Light touch is used on or above the client’s clothed body. It is safe and can be applied as a whole treatment or in brief intervals to relax and boost an individual’s ability to heal themselves. It is soothing and comforting. Reiki treats the whole person including body, emotions, mind and spirit. The beneficial effects include relaxation and feelings of peace, security and well-being.

THERAPEUTIC TOUCH, a contemporary interpretation of several ancient healing practices, is a consciously directed process of energy exchange during which practitioners

use their hands as a focus for facilitating healing. The intervention is administered with the intent of enabling people to re-pattern energy toward wholeness and balance. Therapeutic Touch enhances the quality of nurturing care from birth to death. It elicits the relaxation response, reduces pain, accelerates healing and decreases response to stress. Spontaneous insight into ones' own thoughts and feelings are also common. It can be used as a form of induced meditation that one can use to check in on their inner self.

HEALING TOUCH is a non-invasive energy based therapy using light touch and working in and around the body's energy field to stimulate self-healing in the recipient. A Healing Touch practitioner uses his/her hands to consciously direct energy with the intent of helping the person receiving the Healing Touch treatment. The conscious direction of energy through a practitioner's hands stimulates the innate healing ability in the recipient to begin self healing. Scientific research has shown that it is effective in promoting deep relaxation, managing stress, relieving pain, accelerating wound and fracture healing, and strengthening the immune system.

REFLEXOLOGY is a safe, non-invasive therapy based on the finding that reflexes in the feet, hands and ears correspond to every organ, gland and part of the body. Stimulation of these reflexes promotes the flow of vital energy and helps the body work to regain its own healthy balance. The trained hands of the reflexologist can detect tiny deposits and imbalances in the feet or hands and can release blockages and restore the free flow of energy to the whole body. Tensions are eased and circulation and elimination are improved. This gentle therapy promotes the natural functioning and healing of the body.

MASSAGE is one of the oldest healing arts: Chinese records dating back 3,000 years document its use; the ancient Hindus, Persians and Egyptians applied forms of massage for many ailments; and Hippocrates wrote papers recommending the use of rubbing and friction for joint and circulatory problems. As an accepted part of many physical rehabilitation programs, massage therapy has also proven beneficial for many chronic conditions, including low back pain, arthritis, bursitis, fatigue, high blood pressure, diabetes, immunity suppression, infertility, smoking cessation, depression, and more. The application of soft-tissue manipulation techniques to the body, generally intended to reduce stress and fatigue while improving circulation. The many variations of massage account for several different techniques.