

## Tree of Healing Speaker Bios Day 2

### Title : **Living by the Medicine Wheel**

The Anishinaabe Medicine Wheel teaches us that every season and every cycle that we move through in life is needed and of great importance. After the past few years, many of us find ourselves in burnout and overwhelm. In this talk, Asha will show you how we can turn to the teachings of the Medicine Wheel to assist us in bringing more joy, ease and flow into our lives. In sharing these traditional teachings, Asha will help the audience turn burnout to beauty and overwhelm to balance. She will provide an embodied, healing experience so you can live with more peace and joy.

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**Asha Frost** is an Indigenous (Ojibwe) healer, best-selling author, speaker and guide. Drawing on her ancestral knowledge and innate gifts, Asha has become a prominent figure in the field of Indigenous healing, garnering recognition on both local and international platforms. She has created transformative experiences for thousands with her heart, profound wisdom and unwavering dedication to her heritage. As an author, Asha has eloquently captured the essence of Indigenous wisdom in her written words. Her book, *You are the Medicine* and deck, *The Sacred Medicine Oracle* are powerful testaments to the healing potential that lies within us all. She loves sharing her medicine in powerful ways through ceremonies, workshops, and speaking events.

With her insightful storytelling and compassionate voice Asha has succeeded in bridging the gap between traditional Indigenous wisdom and the modern world, offering guidance and inspiration to a diverse audience seeking personal empowerment.

Her work serves as a guiding light, reminding us all of the power of the medicine that lies within. Asha lives on her ancestral territories, with her husband and two boys - the ones who remind her that she is made of stardust.

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### Title: ***HeartSpeak: Writing to Heal & Re(connect) with Yourself***

HeartSpeak helps us connect with ourselves in ways that remind us of the medicine we carry, our purpose, and life calling. Writing and journaling in this way is a helpful and reflective skill that serves as a means of processing trauma, joys, or anything that comes in between.

Join renowned Indigenous poet, author, and motivational speaker Tanaya Winder as she weaves resilience and empowerment into her storytelling and writing exercises. This interactive session will offer writing prompts to help you tap into parts of your journey that need reexamination, compassion, and uplifting. Taking time to write and reflect provides us with meaningful space to reconnect with our goals and purpose in an intentional and mindful way. You will learn how to incorporate heartSpeak and seeds of purpose into your everyday practices. You do not have to be a "writer" to attend as this is a session meant for grounding in the power of pause, presence, and reflection.

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## Title: Ethics and the Law

The workshop will cover the Counselor's Code of Ethics, laws governing counseling and ethical decision-making, and the ethical decision process. The training is interactive with trainees participation and discussion. Clinicians are required to be trained on Ethics and the Law. This course will cover what is the meaning and reason for ethics and we will cover ethics from different professions. We will practice making ethical decisions and cover unprofessional conduct when not adhering to professional ethics. We will also cover the Revised Code of Washington (RCW), Washington Administrative Codes (WAC) that guide treatment and professionals.



**Judy Holman** LICSW, LMHC, SUDP. I received an Associate's Degree in Addiction from Walla Walla Community College, Bachelors in Social Work from Lewis Clark State College and Masters in Social Work from Walla Walla University. My career has spanned 33 years in Behavioral Health in all facets of counseling, clinical work, and administration I have been employed in Behavioral Health agencies as well as DSHS and DOH. I have taught Ethics and The Law for the last 11 years for the State Co-Occurring Conference as well as have provided this training for agencies seeking guidance in Ethics. I retired in May of 2023 from Washington State Department of Health. I started a consulting/training business in October of 2023. Judy Holman Behavioral Health Consultation/Training LLC.

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## Title: The functional analysis of gambling

This presentation looks at the purpose of gambling or the role it played in relieving trauma, stress, and general unease with life. This presentation explores the concept of compassionate inquiry and internal family dynamics as models of helping the client discover the function of gambling and how it is no longer serving the original needs.



**Wiley D. Harwell** is the executive director of the Oklahoma Association for Problem and Compulsive Gambling. Wiley has a Doctor of Ministry degree from Southern Methodist University, a Masters of Divinity from Southern Seminary in Louisville, Kentucky and a bachelor's degree from Wayland Baptist University. Wiley is a licensed professional counselor, a certified employee assistance professional, advanced certification in hypnotherapy, and is a national certified gambling counselor-II.

Wiley has served as the director of employee assistance programs for twenty years and has provided counseling to employees and family members for over fifty companies. During that time he has provided training programs to these companies and currently leads trainings for tribal casinos and well as continuing education for mental health professionals on problem gambling.

OAPCG is the official affiliate of the National Council on Problem Gambling. As the affiliate, Wiley administers the Oklahoma Helpline, leads training for certification to become a certified gambling counselor, works with tribes to promote responsible gambling, promotes awareness for problem gambling to the public and government officials, and works in cooperation with the Oklahoma Department of Mental Health and Substance Abuse as an advocate for all aspects of problem gambling issues. In July 2012, Wiley was elected to serve a three year term as a board member of the National Council on Problem Gambling and serves as the chair of the Affiliates Committee.

Wiley resides in Norman, is married and has four children, four grandsons and enjoys time on an acreage east of town.

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**Title: Women as the pioneers and voices of criminal justice reform: Using modern addiction science to promote trauma recovery**

**Objectives:**

1. Participants will synthesize the nature, history, and current role of drug courts in the criminal justice system and their impact on female participants.
2. Participants will explore how female participants view drug court, regarding the most helpful aspects of the program and the challenges they face to being successful in the program.
3. Participants will identify 5 best practices in serving women in drug court, particularly related to how programs can create a trauma-informed environment.

**Title: Best Clinical Interventions to Support Oppositional Defiant Disorder & Conduct Disorder Recovery**

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**Title: Humor-Healing**



"I believe we can make each other better by sharing what we have endured. I call my presentations "***Humor-Healing***", because I want to inspire a lifestyle of wellness and good health."

**James Junes** is Diné and Hopi. He resides in Farmington, New Mexico USA with his wife and four children. As a Native humor comedian, motivational speaker and actor for the past 20 years, he is also part of James & Ernie Comedy and 49 Laughs Comedy. His heritage, personal stories and experiences add to his presentations for what he calls "humor-healing."

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**Kalispel Tribe Victim Services:** The Mission of the Kalispel Tribe Victim Assistance Services programs is committed to ending violence through empowerment, leadership, individual and systemic advocacy, education, and social change. We believe all persons should be treated with equality, dignity and fairness, and have the right to culturally sensitive services delivered with integrity and compassion to sustain safety and self-sufficiency for all victims, towards positive growth and development of the community as a whole. The Kalispel Tribe Victim Assistance Services programs envision a society that stands together to end violence, one that empowers individuals and promotes respect for the privacy, diversity, and dignity of all people.