

Leadership Profile: Dr. Fyre Jean Graveline

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Dr. Fyre Jean Graveline has a Master's Degree in Clinical Social Work from University of Manitoba, is currently registered as a private practitioner with the Nova Scotia Association of Social Workers, and professionally insured through the CASW (Canadian Association of Social Workers) Liability Program/BMS Risk Services. Additionally they are trained and registered as an art therapist (VATI-2005, RCAT), and registered with CATA (Canadian Association of Art Therapists). Additionally we have a PhD in Adult Education (Dalhousie 1996) with a focus on integrating Indigenous Knowledges in healing and teaching, widely known as *Circle Works: Transforming Eurocentric Consciousness* (Fernwood, 1998). We have been at the forefront of indigenizing post-secondary programs and standards of practice in Social Work and Arts Therapies for the last 40 years.

Through Circle Works: Counselling and Consulting Services we have provided support and advocacy for and with children, youth, elders, adults and within programs in Mi'kma'ki since 1991, with a particular interest in healing and recovery from Gender Based Violence and historical and systemic traumas. Flowing with strength-oriented, trauma integrating approaches, we understand and teach that those whose lives are complicated by (intergenerational/lifetime) stressors/abuse/violence frequently cope through self-medicating (often labelled as addictions), and that Ancestral, Collective and Ecological traumas are frequently (mis)diagnosed and treated by individually-focused people and systems as "mental health issues". Dr. Graveline currently practices and teaches an integrative blend of expressive, narrative, and resiliency-focused practices, grounded in Lived Indigenous Feminist Ecological Teachings, now known as LIFE as Medicine.

Through training and lived experience as a person, practitioner and educator, we have built a deep capacity to communicate, build trusting relationships, and network with a range of people, including those living and working with lifetime health and mental health struggles, practitioners, educators and policy makers in health care, government, and education, across a range of disciplines and within diverse cultural communities. As a therapist, trainer and post secondary educator we have consistently worked to raise intersectional cultural competencies for both providers and consumers regarding ongoing personal impacts of devastating social conditions, including addressing specific daily lived experiences of many peoples marginalized by race, class, gender, culture, sexual orientation and abilities. These may include and are not limited to: intrapersonal, interpersonal, lateral and intergenerational violence; economic inequalities which reinforce inaccessibility of services; use of drugs and alcohol for self-medicating; and ongoing impacts of specific historical traumas, like the Indian Residential Schools, which has been re-inscribed by intergenerational involvement in CPS (Child Protection Services), throughout the Sixties Scoop and still today.

Dr. Graveline is an energetic, creative and kind person and has well-developed networks and relationships within communities served here in Mi'kma'ki and in local, national and global fields of counselling, social work, art therapy, and expressive arts therapies. We possess integrity, compassion, thoughtfulness, respect for diversity, and take a collaborative and flexible approach to everything we do. We have a strong interest in sustainability for all providing service and creating change in complex systems and structures, and are aware of the high costs of compassion fatigue and of the emotional labour of ongoing work necessary to decolonize and indigenize. We Walk our Talk through daily practices of Earthing, Ceremony, Singing, and Arts Creation.

www.lifeasmedicine.ca