



## COMMUNITY ANNOUNCEMENT

For Immediate Release:

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### **WHOLISTIC HEALTH & WELLNESS ACKNOWLEDGES STAFF FOR COMPLETING CERTIFICATION**

The Mohawk Council of Akwesasne's Wholistic Health & Wellness Program (WHW) is acknowledging three program staff members who have recently completed a year-long certification in Compassionate Inquiry with Dr. Gabor Maté.

Congratulations to WHW Mental Health staff members Wennietanoron Oakes, Melissa Jacobs, and Traditional Medicine Counselor Arisawe Lazore, who have become certified in this mental health technique.

Compassionate Inquiry is a psychotherapeutic approach developed by Dr. Maté. Under this technique and process, clients can recognize the unconscious dynamics that run their lives, and how to liberate themselves from them.

"The purpose of Compassionate Inquiry is to drill down to the core stories people tell themselves – to get them to see what story they are telling themselves unconsciously; what those beliefs are, where they came from; and guide them to the possibility of letting go of those stories, or letting go of the hold those stories have on them...that's what Compassionate Inquiry is."

*~ Dr. Gabor*

*Maté*

"I am very proud of our Mental Health team, and their accomplishment," said Amber Montour, Wholistic Health & Wellness Program Manager. "It's an exciting addition to our team's skill set."

For more information on the Mental Health Program, or to schedule an appointment, please contact the Mental Health Program at 613-575-2341.