

Elizabeth Perdok-Waboose BHSc. M.Ed. CP CCC



Elizabeth is Ojibwa, Pic Mobert First Nation. She is also Dutch-Indonesian; Sulawesi Indonesia

Elizabeth's Master's degree focused on clinical psychology counselling with a focus on Mental Health and Addictions at the University of Lethbridge, Lethbridge Alberta. Elizabeth also received her Bachelor's Degree in the Health Sciences Addictions Counselling Program at the University of Lethbridge.

Elizabeth's earlier work experience included counselling support to First Nation Communities, such as the Namgis First Nation and Gwa'sala-'Nakwaxda'xw Nations on Northern Vancouver Island.

Before that she was a Special Education Early Childhood Supervisor who implemented and supervised The Early Childhood Literacy and Headstart Programs.

Prior to relocating to Merritt BC to work with the Nlaka'pamux Nation, Elizabeth worked at Associates Counselling Services in Lethbridge Alberta and co-facilitated the Family Violence Treatment Program while attending University.

Other work experience includes working at the North Island Crisis and Counselling Centre and North Island Community Services providing support to families in crisis as well as supporting families to regain custody of their children who were in care. It was at this point that Elizabeth made a decision to return to University in Lethbridge Alberta. She obtained her Bachelor's Degree in the Health Sciences Addictions Degree Program and started work as an Addictions Counsellor at Top of the World Ranch Treatment Centre.

It was during this time that Elizabeth was contracted by the Legacy of Hope Foundation. The program was an initiative put forward by the Aboriginal Healing Foundation. The program was implemented at the time of Reconciliation and was aimed at providing counselling support to survivors of residential school as they told their stories at various gatherings throughout Canada and the Northwest Territories. The narratives of their stories have been compiled into a CD, which is currently being archived with the intention that we never forget. Keeping the stories was a way to honour all of the survivors of Residential Schools and their families both past and present. The experience of listening and supporting each individual as they shared their stories taught Elizabeth the true meaning of humility and courage.

Elizabeth's work with trauma survivors enabled her to participate in the Chief Mountain Residential Healing Program with the Kanai First Nation, Standoff AB. Through this work, Elizabeth has supported clients and families dealing with numerous life-interfering behaviours, such as addiction, trauma, mental health concerns, family disconnection and domestic violence. Her work experience also includes working at a residential addiction treatment program where she developed a Family Support Program in collaboration with her colleague. This program supported all family members and helped to assist in supporting the client's return to their families and communities.

After working at the Ranch for 5 years, Elizabeth returned to the University of Lethbridge to complete her Master's in Education; counselling psychology. This was a unique program with its focus being on Mental Health and Addiction. She graduated from the program in April of 2015.

On a personal note, Elizabeth enjoys the outdoors; hiking, skiing, snowshoeing and fishing. She actively participates in sweat lodge and ceremonies connected to her cultural traditions. Currently Elizabeth is training as a Shamanic Practitioner and attends Family Constellation Workshops. Her passion for the healing arts continues to be a lifelong pursuit.