



CPTSD Warrior Healing Society

Voting Board Member Criteria and Expectations

About the Society

CPTSD Warrior Healing Society is a BC-registered nonprofit founded in June 2025. Our mission is to provide free, trauma-informed support, education, and resources to people living with Complex Post-Traumatic Stress Disorder (CPTSD), with a focus on Indigenous people and culturally grounded, body-based healing practices.

We also support helping professionals, including therapists, educators, and frontline workers, with survivor-informed resources and training that help them provide more effective, culturally safe, and trauma-informed care.

We are guided by the Truth and Reconciliation Commission of Canada's Calls to Action, particularly those related to health (Calls to Action 18 to 24), education (Calls to Action 7 to 12), and professional training for those working with Indigenous peoples (Calls to Action 57 and 61).

Mandatory Requirements

All voting board members must meet the following criteria:

1. Indigenous Identity (Majority Requirement)

- At least 67% of the voting membership must identify as Indigenous (First Nations, Metis, or Inuit).
- Indigenous members bring essential cultural knowledge and ensure the Society remains grounded in Indigenous healing frameworks.

2. Residency

- Members must reside in Canada.

- BC residency is strongly preferred, as at least two-thirds of board members must reside in BC to meet BC Community Gaming Grant eligibility requirements.

3. Commitment to the Society's Values

- Commitment to trauma-informed, culturally safe, and survivor-led approaches.
- Understanding of and respect for Indigenous healing traditions and cultural practices.
- Dedication to the Society's mission, including support for the TRC Calls to Action.

Strongly Preferred: Lived Experience

A majority of voting board members are expected to have lived experience with Complex Post-Traumatic Stress Disorder (CPTSD), including experiences such as narcissistic abuse, complex trauma, intergenerational trauma, or related conditions. We recognize that many Indigenous people in Canada carry intergenerational trauma and understand its impact deeply. This lived experience is central to our peer-informed, survivor-led model and is actively prioritized in recruitment.

Applicants without lived experience of CPTSD are welcome and may bring valuable skills; however, priority will be given to those who do.

Valued Skills and Backgrounds

The following backgrounds strengthen the board and are actively sought:

- Lived experience with CPTSD, including narcissistic abuse, complex trauma, intergenerational trauma, or related experiences (majority preferred)
- Somatic Experiencing Practitioner (SEP), highly valued and actively sought
- Indigenous cultural knowledge and community connection
- Social work or community support
- Finance or accounting
- Legal knowledge
- Communications, social media, or digital storytelling
- Education or curriculum development

Roles and Responsibilities

Voting board members are volunteers who play an active role in guiding the Society. Responsibilities include:

- Attending at least 4 virtual board meetings per year (held via video call, or in-person in Prince Rupert where possible)
- Reviewing meeting materials and coming prepared to participate in discussion and decision-making
- Voting on organizational decisions in accordance with the Society's constitution and bylaws
- Supporting the Society's grant applications, programs, and strategic direction
- Upholding the Society's values of emotional safety, cultural humility, and survivor empowerment
- Disclosing any conflicts of interest in accordance with BC Societies Act requirements

What We Offer

- A meaningful role in a survivor-led, Indigenous-centered healing organization
- The opportunity to contribute to building something new and impactful in the CPTSD community
- A trauma-informed, emotionally safe board environment
- Virtual participation. No travel required.
- This is a volunteer position. No remuneration is provided.

Upcoming Milestone

Our first Annual General Meeting is scheduled for July 14, 2026 at 7:00 PM PST, held virtually. We welcome applications from anyone interested in joining us for this founding milestone.

How to Apply

To express interest in becoming a voting board member, please visit:

cptsdwarrior.com/join-our-board

You will find an Apply Now button on the page which will connect you directly with our team. Please include a brief introduction telling us about yourself, your connection to the Society's mission, and any relevant skills or backgrounds you would bring to the board.