



ABOUT US THERAPISTS INTERNSHIP ROOM RENTALS CALENDAR BLOG

CONTACT US



### Interview With Jamie Taras

Apr 12, 2016 Dr Jen

Jamie Taras of the BC Lions graciously accepted my invitation to be interviewed for the great work that he and others are doing to help stop violence against women. Jamie played with the BC Lions from 1987 through 2002, a long career on the field and with the same team. Jamie has been the Director of Community Relations with the Lions since 2007.

Aside from an accomplished player, Jamie is also a husband of 23 years to his wife Jennifer, and a father to his daughter Sydney (19) and his son Will (16). Coming from my experience as a therapist, I would say that this is as much of an accomplishment as his playing career! Okay more, actually.

My focus of this interview, however, was not on football nor on successful marriages. It is on a partnership between EVA BC (Ending Violence

### NOTIFICATION

CLICK HERE

for instructions on how to receive an email when there is a new blog posting.

### STAY IN TOUCH

Subscribe to our newsletter:

email address

Subscribe

### RECENT BLOGS

Association) and professional athletes. The program is called **Be More Than A Bystander**.

For decades women have been advocating for women's rights, which makes sense. As women, we know the issues and challenges we are faced with and the changes we want to see happen. Tracy Porteous, Executive Director of EVA BC, in an interview with David Berner, says it was time to include men:

*For over 40 years, feminists across our country and across the globe have been doing whatever we can to talk about violence against women . . . and we have moved mountains...but what has been missing is interventions by men...and when you think of it, men are 50% of the population...and men are committing most of these crimes...Perhaps as women we have taken this as far as we can take it...About five years ago we approached the BC Lions to become spokesmen for the message about breaking the silence against violence against women.*

Planning for the program started in 2009/2010, and Be More Than A Bystander launched in 2011. In addition to Federal and Provincial funding, a special mention to Encana is in order. When many other large corporations thought the cause was worthwhile but were worried about attaching their brand to it, Encana stepped up. Jackson Katz and Daryl Fort did the initial training and most of the players in the program have been trained by them. Recently, Jamie himself and others have taken on a role to assist in the training along with colleagues from EVA BC and experts in the field. Unlike other programs that the **BC Lions** have been involved in, Jamie said that the training for these presentations have been more extensive. Awareness about the issue of violence against women had to be explored more in depth, as well as preparing to speak to kids in high schools and facilitating small group break-out sessions.

▶ Interview With Jamie Taras

▶ Who needs conflict?!

▶ International Women's Day

▶ Chase Your Dreams, You Might Catch One

▶ Interview with Jordan Buna

## FIND + FOLLOW US

Click **here for Map** to our Office



## Upcoming Events

APR

20

Wed

([http://counsellinggroup.p.co/calendar/action~oneday/exact\\_date~2016/](http://counsellinggroup.p.co/calendar/action~oneday/exact_date~2016/))

6:00 pm

What Every Landlord and Tenant S... @ Newton RCMP Community Police Office (<http://counsellinggroup.co/event/every-landlord->



According to Jamie, going into the high schools and talking to kids about standing up and being more than a bystander has been very successful. It has also had a strong impact on him:

*In a country as wonderful as Canada I find it appalling that gender violence is such a pervasive issue. The Be More Than a Bystander program has opened my eyes to the harsh reality around me and provided me with an opportunity to do something about it. Violence against women has always been seen as a women's issue, they have taken the lead role to change laws to protect the victims, provide counselling, help women recognize the warning signs etc. However as the vast majority of violence against women is perpetrated by men, it is very much a men's issue and it's time to join our sisters in the pursuit of a society which no longer tolerates gender violence. I have a mother, wife and daughter and many women in my life who are important to me so Being More Than a Bystander means I can lend my voice to help make our community safer for them and for all of us.*

A closing comment by Tracy Porteous herself:

tenant-know/?instance\_id=69)

MAY

23

Mon

([http://counsellinggroup.co/calendar/action~oneday/exact\\_date~23-5-2016/](http://counsellinggroup.co/calendar/action~oneday/exact_date~23-5-2016/))

**12:00 pm**  
Lunch & Learn @ The Counselling Group ([http://counsellinggroup.co/event/lunch-learn-3/?instance\\_id=70](http://counsellinggroup.co/event/lunch-learn-3/?instance_id=70))

JUN

7

Tue

([http://counsellinggroup.co/calendar/action~oneday/exact\\_date~7-6-2016/](http://counsellinggroup.co/calendar/action~oneday/exact_date~7-6-2016/))

**6:30 pm i-mom**  
Seminar: Part B – After Re... @ The Counselling Group ([http://counsellinggroup.co/event/i-mom-seminar-part-b-after-returning-to-work/?instance\\_id=60](http://counsellinggroup.co/event/i-mom-seminar-part-b-after-returning-to-work/?instance_id=60))

[View Calendar → \(http://counsellinggroup.co/calendar/\)](http://counsellinggroup.co/calendar/)



*The Be More Than a Bystander program is so important because violence against women and children impacts everyone and takes a huge toll not only on individuals, but on our communities and society as a whole.*

I am very impressed with this initiative, the impact it is having, and grateful for the personal contact with Jamie Taras. Thank you Tracy, Jamie and the BC Lions.

To donate to this worthy cause, please [click here](#).

Thank you as well to all men who are helping to stop the violence against women.



< Who needs conflict?!

By Dr Jen