

Justice Institute of British Columbia COURSE OUTLINE

Course Code: TS111

Course Title: Supporting Aboriginal Survivors of Traumatic Stress - Aboriginal Trauma
Certificate Module 1

Prerequisite Courses:

Sponsoring Division: Community and Social Justice Division, Centre for Counselling and
Community Safety

Previous Course Code & Title:

# of Credits:	2.5
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Course Description:

This 20-day program is open to Aboriginal and non-Aboriginal professionals, and is delivered in four one-week modules that are to be taken sequentially. You will gain increased knowledge, skills, and awareness on ways to effectively support Aboriginal survivors of intergenerational as well as personal trauma. The format is highly interactive and experiential, will include lectures, demonstrations, role-playing, and small group discussions, provide regular opportunities for self-reflection, personal sharing, and story telling and occasionally utilize Talking Circle and "support group" formats.

Week One: Beyond PTSD: The bio/psycho/social/spiritual nature of trauma and its effects. The impact of intergenerational trauma for Aboriginal people since colonization. The impact of personal trauma on Aboriginal individuals, families, organizations and communities

Course Goal(s):

The goal of this module is to increase the participants understanding of the nature of trauma as experienced in Aboriginal communities with particular emphasis on the effects of intergenerational trauma on the body, mind, emotions, and spirit and the role of professional helpers in healing.

Course Learning Objectives:

At the end of Module 1, participants will be able to:

Define "Trauma"

Identify the essential elements of traumatic experiences.

Discuss the historical facts of traumatic experiences since "contact".

Describe why these experiences meet the definition of "trauma".

Understand how intergenerational trauma is transmitted unintentionally.

Describe the effects of trauma on the body, mind, emotions, and spirit.

Conceptualize the dynamics of oppression and how this results in lateral violence and self-harm.
Share readings and reflections in small groups and will the whole class.
Discuss strategies for supporting healing from trauma for individuals, families, and communities.
Discuss the importance of on-going self-care for community helpers.

Course Topics/Content:

- Day One: Certificate Program Overview and Requirements; Formation of Learning Support Groups; what is Trauma: Definitions; why does Trauma Hurt Some People More Than Others?
- Day Two: What is Multigenerational (Intergenerational) Trauma? How Does Oppression Cause Harm?; Trauma and the Body.
- Day Three: Trauma and the Mind, Emotions, Relationships and Spirit.
- Day Four: Trauma and Addictions, Learning Problems, Self-harm and Criminal Behaviors; Learning Support Group Presentations.
- Day Five: Healing and Recovery; Self-care for helpers; Learning Support Group Presentations; Summary & Closing for Week One.

Text and Resource Materials: Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

Required:

Course Level:

	First Year		Second Year		Third Year		Fourth Year
X	Other (describe):						

Equivalent Course(s) within the JIBC:

Class Delivery Methods:

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	35.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
Total Class Hours	35.0			

Comments on Delivery Methods:

The course will include some lecture style presentation outlining theoretical frameworks experiential exercises, and group discussion.

Related Program(s): (where applicable)

Credit Transfer exists at: (List Institutions with official transfer agreements and name equivalent courses)

Course Grading System:

Check the system that applies to this course:

<input type="checkbox"/>	Letter Grades	<input type="checkbox"/>	Percentage	<input checked="" type="checkbox"/>	Pass/Fail	<input type="checkbox"/>	Credit/No Credit
<input type="checkbox"/>	Complete/Incomplete	<input type="checkbox"/>	Attendance Only	<input type="checkbox"/>	Not Applicable		

Passing Grade:	Pass
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JIBC Standard Grading Scale for Letter, Grade Point and % Grades:

Letter Grade	Grade Points	% Range
A+	4.33	90-100
A	4.00	85-89
A-	3.67	80-84
B+	3.33	76-79
B	3.00	72-75
B-	2.67	68-71

Letter Grade	Grade Points	% Range
C+	2.33	64-67
C	2.00	60-63
C-	1.67	56-59
D	1.00	50-55
F	0.00	0-49

Evaluation Activities and Weighing: (complete the %'s which apply – total must equal 100%)

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	100%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

Comments on Evaluation:

100% attendance in all classes.

Active contribution in large and small group discussions and activities.

Other Course Guidelines, Procedures and Comments:

View the Justice Institute of BC Policies listed below at:

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy
Harassment Policy
Prior Learning Assessment Policy
Student Code of Conduct

Academic Appeals Policy
Intellectual Property Rights Policy
Research on Human Subjects: Ethics
Student Records