

Justice Institute of British Columbia COURSE OUTLINE

Course Code: TS112

Course Title: Supporting Aboriginal Survivors of Traumatic Stress - Aboriginal Trauma
Certificate Module 2

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 Two: The role of trauma in self-harming as well as victimizing behaviors among Aboriginal people. Aboriginal healing practices as well as Western approaches to counselling and recovery. Resiliency and resource building for Aboriginal people

Course Goal(s):

The goal of this module is to increase the participants understanding of the nature of the impact of trauma as experienced in Aboriginal communities and the importance of providing culturally relevant as well as clinically effective services.

Course Learning Objectives:

At the end of Module 2, participants will be able to

Describe the special ethical dilemmas and considerations when working within First Nations communities:

Identify the essential elements of a healing/treatment plan when working with Complex Trauma and Addictions.

Discuss the values and practices of both Western and First Nations approaches to supporting survivors of trauma.

Describe a variety of Western techniques as well as First Nations healing practices.

Identify the similarities and differences in these approaches.

Discuss the importance of on-going self-care for community helpers.

Course Topics/Content:

- Day One: Schedule/Buddy System/Smaller Support Groups/Evening Meetings/Journal Review; Overview of Module Two and Requirements; Readings Distributed to Learning Support Groups; Continuation of Nature of Trauma and Trauma Responses; Building a Healing Strategy.
- Day Two: Elements of Effective Counselling of Trauma Survivors; Ethics and Integrity in the Helping Role; Integrating “Western” Approaches and “Traditional” Approaches; Creating “Safety”; Grounding/Centering; In-session “dissociation”.
- Day Three: Self-regulation; Containment; A Balanced Brain; “Traditional” Healing Approaches.
- Day Four: Telling the Story; The Counting Method; “Traditional” Healing Approaches; Adapting Healing Activities from Other Traditions for FN clients; Learning Support Group Presentations.
- Day Five: Learning Support Group Presentations; Script-driven Imagery; Evaluations; Summary & Closing for Week Two.

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	Letter Grade	Grade Points	% Range
A+	4.33	90-100	C+	2.33	64-67
A	4.00	85-89	C	2.00	60-63
A-	3.67	80-84			
B+	3.33	76-79	C-	1.67	56-59
B	3.00	72-75	D	1.00	50-55
B-	2.67	68-71	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