

## Justice Institute of British Columbia COURSE OUTLINE

**Course Code:** TS114

**Course Title:** Supporting Aboriginal Survivors of Traumatic Stress - Aboriginal Trauma  
Certificate Module 4

**Prerequisite Courses:**

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

**Previous Course Code & Title:**

<b># of Credits:</b>	<b>2.5</b>
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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 Four:** The impact of vicarious trauma on support workers and organizations, Individual, organizational, and community strategies for self-care and wellness, Presentation of small-group learning projects, Closing Ceremony.

### **Course Goal(s):**

The goal of this module is to increase the participants understanding of the nature of the impact of vicarious trauma on front-line workers and helping organizations in Aboriginal communities, and the importance of monitoring this as well as developing strategies to prevent and address the potential harm. To identify healthy leadership traits, and to practice awareness around potential closure issues. To celebrate achievements at the end of a significant program.

### **Course Learning Objectives:**

At the end of Module 4, participants will be able to

Define Vicarious Trauma

Identify the Relevant Stresses for Front-line Workers in Aboriginal Communities

Assess the Impact of Workplace Stress on Individual Workers and Organizations

Discuss and Practice a Variety of Self-Care Strategies for Combating The Effects of Vicarious Trauma

Integrate Western as well as Aboriginal Models for Enhancing Personal as well as Professional Wellness

Develop Personal Self-Care Plans

Develop Workplace Self-Care Plans

Discuss Potential Closure Behaviors and Issues

Complete all Certificate Requirements

Celebrate the Achievements of the Participants

**Course Topics/Content:**

- Day One: Overview of Module Four and Requirements; Group Exercise in Dyads; “Identify the Major Stresses that Impact Front-line Workers in Aboriginal Communities”; Lecture/Discussion: Stress, Burn-out, Vicarious Trauma, PTSD; Psycho dramatic Enactment; Introduction to Therapeutic Touch and Brow Stroking; Strategies for Using Music for Self-Care; Structured Experiences to Promote Healthy Group Dynamics.
- Day Two: Summarize findings from the Risk Assessment assignment; Introduction to Aromatherapy Oil Sprays for Grounding, Calming, Energizing; Small group sharing summaries of self-care assessments; Structured Experiences Experiences to Promote Healthy Group Dynamics.
- Day Three: The Medicine Wheel a guide to personal and professional wellness; Foot Reflexology and Massage for self-care. Personal self care plan; Guided Imagery on breath awareness.
- Day Four: Workplace Self-care plan/groups; Review Reflexology Chart; Viewing Film “The Niht Nhat Chronicles” and debriefing.
- Day Five: Group Wellness Collage; Closure Dyads; Double Simultaneous Imagery.

**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			
<b>Total Class Hours</b>	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		

<b>Passing Grade:</b>	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