

**Ontario Native Education Counselling Association**

***Native Counselling and Wellness Course***  
**COURSE OUTLINE**

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**PROFESSIONAL DEVELOPMENT CERTIFICATES**

Mental Health First Aid for Adults Who Interact with Youth  
Applied Suicide Intervention Skills  
Traditional Healing and Wellness  
Personality Dimensions

**TRANSFER CREDITS TO NCTP PART 1**

Counselling Practicum and Theory Part One  
Native Issues

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## COUNSELLING PRACTICUM & THEORY PART ONE

### **Course Description:**

This course is designed to provide the foundation of the techniques used in the helping relationship. Students will have the opportunity to develop a personal style of connecting with members of the community. Students will also be introduced to various topics relating to clients and families with special needs.

**This course is transferrable to NCTP Part 1**

### **Learning Outcomes:**

Upon completion of the course the student will be able to:

1. discuss the role of the education counsellor.
2. explain counselling techniques and approaches using the Carkhuff model.
3. develop and adapt his/her own style of effective interpersonal communication in the helping relationship.
4. utilize the terminology in the counselling field with both Native and non-native clients.

### **Required Textbook:**

The Helping Relationship, 8<sup>th</sup> Edition Lawrence M. Brammer, Ginger MacDonald  
ISBN # 0-205-35520-X

### **Evaluation:**

Participation/In class assignment	20%
Role Playing	20%
Video – counselling session (10 minutes)	20%
Mid Term and Final	40%

**NOTE:** Student participation is based on students' attendance and participation in class during group activities, discussions as well as opening and closing ceremonies. 100% attendance is compulsory for successful completion of this course.

### **Recommended Readings and Internet Sites:**

### **Other/Additional Information:**

100% completion of all assignments is expected. A zero will be assigned if not handed in on the due date. **ANY ABSENCE** requires discussion and approval of instructor and coordinator.

The instructor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Students with special needs (e.g. Physical limitations, visual impairments, hearing impairments, and learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.

## **NATIVE ISSUES**

### **Course Description:**

This course will give students the opportunity to examine various contemporary issues as it relates to Native people in Ontario. Students will look at the role of the Native Friendship Centre's, Native Organizations and other helping agencies. Specifically, this course will explore the educational, political, judicial, economic, land/environmental and societal issues facing Native people today. Students will gain an understanding of the impact family, clan, and the communities have on the success and motivation of students. The medicine wheel teachings and as it relates to counselling techniques will be discussed.

**This course is transferrable to NCTP Part 1**

### **Learning Outcomes:**

Upon completion of the course the student will be able to:

1. explain the role of Native Friendship Centre's, Native organizations and other helping agencies.
2. describe the medicine wheel and/or other holistic teachings and their relevance to a healthy Native community.
3. describe and assess Native services developed on and off reserve.
4. articulate gaps in Native services.
5. discuss the importance of Native role models.

### **Required Textbook:**

Frideres, James S. & Gadacz, Rene R. Aboriginal People's in Canada, 9<sup>th</sup> Edition. Scarborough: Prentice Hall Allyn and Bacon  
ISBN 978-0-13-216197-8

### **Evaluation:**

Participation in Class	20%
Scrap Book relating to contemporary native issues	20%
Mid Term and Final	40%
Seminar presentation	10%
Research paper	10%

**NOTE:** Student participation is based on students' attendance and participation in class during group activities, discussions as well as opening and closing ceremonies. 100% attendance is compulsory for successful completion of this course.

### **Recommended Readings and Internet Sites:**

**Other/Additional Information:**

100% completion of all assignments is expected. A zero will be assigned if not handed in on the due date. **ANY ABSENCE** requires discussion and approval of instructor and coordinator.

The instructor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Students with special needs (e.g. Physical limitations, visual impairments, hearing impairments, and learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.

## **MENTAL HEALTH FIRST AID FOR ADULTS WHO INTERACT WITH YOUTH**

### **Course Description:**

This 14 hour course will examine a variety of issues adults who interact with youth may encounter with regards to mental health and disorders, mood disorders, anxiety disorders and psychotic disorders. Some of the discussions will include substance use, deliberate self-injury, signs and symptoms, risk factors and stigma and discrimination. Students will learn crisis first aid skills for situations such as substance overdose, suicidal behavior, panic attacks and psychotic episodes.

### **Learning Outcomes:**

Upon Completion of the course students will be able to:

1. recognize and understand the symptoms of mental health problems
2. provide help to prevent the mental health problem from becoming more serious
3. promote the recovery of good mental health
4. increase confidence and productivity and decrease social distancing

### **Required Textbook/Materials:**

Required materials will be provided by instructor

### **Evaluation:**

100% class participation for the full duration of the program

Each person who successfully completes will earn: ***MENTAL HEALTH FIRST AID CERTIFICATE***

**NOTE:** Student participation is based on students' attendance and participation in class during group activities and discussions. 100% attendance is compulsory for successful completion of this course.

### **Other/Additional Information:**

100% completion of all assignments is expected. A zero will be assigned if not handed in on the due date. ANY ABSENCE requires discussion and approval of instructor and coordinator.

The instructor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Students with special needs, (eg. Physical limitations, visual impairments, hearing impairments, and learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor

## **TRADITIONAL HEALING AND WELLNESS**

### **Course Description:**

This program emphasizes traditional healing methods by providing students with the unique opportunity to develop self-awareness and the mental and spiritual healing so often needed by caregivers. Students will share experiences, acknowledging the effects of trauma of individuals, their families and communities. Local Elders will be invited to share traditional methods towards reclaiming what was originally given to First Nations to heal mentally, physically, emotionally and spiritually.

### **Learning outcomes:**

Upon completion of the course students will be able to:

1. able to support clients in developing a wellness model
2. support clients in doing self-assessments and identifying traditional resources to assist them in their healing
3. contribute to a sense of identity, unity and belonging
4. have an understanding of traditional ceremonies, culture, language and how they can have a positive impact on wellness.

### **Required Textbook/Materials:**

### **Evaluation:**

Participation in class - 20%

Reflection Assignment - 20%

Self-Assessment – SWOT - 30%

Action Plan for healing - 30%

**NOTE:** Student participation is based on students' attendance and participation in class during group activities and discussions. 100% attendance is compulsory for successful completion of this course.

### **Other/Additional Information:**

100% completion of all assignments is expected. A zero will be assigned if not handed in on the due date. ANY ABSENCE requires discussion and approval of instructor and coordinator.

The instructor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Students with special needs, (eg. Physical limitations, visual impairments, hearing impairments, and learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.

## **APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)**

### **Course Description:**

This 15 hour interactive program will provide students with the knowledge on how to be sensitive to their own attitudes towards suicide while creating an understanding of the impact that attitudes can have on the intervention process. It will provide an overview of the intervention needs of a person at risk and focus on providing students with the skills necessary to recognize risk and develop safe plans to reduce the risk of suicide. Participants will develop their skills through observation and supervised simulation experience in groups and be provided with the ability to share real experiences and feelings about suicide

### **Learning outcomes:**

Upon completion of the course students will be able to:

1. be open, honest and direct about suicide while exercising care in expressing their own values about suicide
2. respect a person at risks decision making rights and appreciate the importance of letting them talk about suicide
3. appreciate that some part of a person at risk wants to live and consider things that may threaten their safety
4. collaborate with a person at risk to develop a plan that fits their immediate safety needs and ensure that the plan is understood

### **Required Textbook/Materials:**

Suicide Intervention Handbook - supplied by instructor

### **Evaluation:**

100% class participation for full duration of the program. Each person who completes the 2 day training will receive: **ASIST –Certificate from Living Works**

**NOTE:** Student participation is based on students' attendance and participation in class during group activities and discussions. 100% attendance is compulsory for successful completion of this course.

### **Other/Additional Information:**

Students with special needs, (eg. Physical limitations, visual impairments, hearing impairments, and learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.



## **PERSONALITY DIMENSIONS**

### **Course Description:**

This course is research based which shows that temperament can be categorized into 4 types and adequately described by identifiable values, traits and analysis of exhibited preferences and decisions under controlled conditions. The program will be presented in an informative interactive, self-discovery format that will enhance the basic values of self-esteem, dignity and self-worth. Students will learn what motivates behavior in people with different personalities or temperaments and will learn self-knowledge through a facilitated self-discovery model.

### **Learning outcomes:**

Upon completion of the course students will be able to:

1. foster and deepen their understanding of others
2. develop the ability to communicate with and understand individuals of all temperaments
3. learn how to work with persons of all personality types
4. negotiate more effectively and identify potential problems earlier

### **Required Textbook/Materials:**

Training materials provided by instructor

### **Evaluation:**

100% class participation for the duration of the program

**NOTE:** Student participation is based on students' attendance and participation in class during group activities and discussions. 100% attendance is compulsory for successful completion of this course.

### **Other/Additional Information:**

Students with special needs, (eg. Physical limitations, visual impairments, hearing impairments, and learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.