



COURSE OUTLINE: NSW214 - INDIGEN HEAL METHODS

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Approved: Karen Hudson - Dean

Course Code: Title	NSW214: INC INDIGENOUS HEALING METHOD INTO PRACT
Program Number: Name	1221: SSW INDIGENOUS SPECA
Department:	SOCIAL SERV. WKR. - INDIGENOUS
Academic Year:	2025-2026
Course Description:	Through an experiential learning approach, students will explore how to incorporate Indigenous healing methods in social service work practice. Throughout the semester, students will be exposed to different traditional healing methods within Indigenous cultures including the use of medicines, ceremonies, sharing circles, and traditional healers to achieve spiritual, mental, physical and emotional balance. This course involves hands on experience with medicines and instruction on how to use traditional teachings with clients.
Total Credits:	4
Hours/Week:	4
Total Hours:	56
Prerequisites:	NSW101
Corequisites:	There are no co-requisites for this course.
This course is a pre-requisite for:	NSW221
Vocational Learning Outcomes (VLO's) addressed in this course:	1221 - SSW INDIGENOUS SPECA
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 1 Develop respectful and collaborative professional and interpersonal relationships that adhere to professional, legal, and ethical standards aligned to social service work.
	VLO 2 Record information accurately and communicate effectively in written, digital, verbal and non-verbal ways, in adherence to privacy and freedom of information legislation, in accordance with professional and workplace standards.
	VLO 3 Integrate a practice framework within a service delivery continuum, addressing the needs of individuals, families and communities at micro, mezzo, macro and global levels, and work with them in achieving their goals.
	VLO 4 Plan and implement accessible and responsive programs and services, recognizing the diverse needs and experiences of individuals, groups, families and communities, and meeting these needs.
	VLO 5 Examine current social policy, relevant legislation, and political, social, historical, and/or economic systems and their impacts for individuals and communities when delivering services to the user/client.
	VLO 6 Develop strategies and approaches that support individual clients, groups, families and communities in building the capacity for self-advocacy, while affirming their dignity and self-worth.



	<p>VLO 7 Work from an anti-oppressive, strengths-based practice, recognizing the capacity for resilience and growth of individuals and communities when responding to the diverse needs of marginalized or vulnerable populations to act as allies and advocates.</p> <p>VLO 8 Develop strategies and approaches to implement and maintain holistic self-care as a member of a human service profession.</p> <p>VLO 9 Work with individuals, groups, families and their communities to ensure that service provider strategies promote social and economic justice, and challenge patterns of oppression, discrimination and harassment, and sexual violence with clients, coworkers and communities.</p> <p>VLO 10 Develop the capacity to work with the Indigenous individual, families, groups and communities while respecting their inherent rights to self-determine, and to identify and address systemic barriers that produce ill-effects, developing appropriate responses using approaches such as trauma informed care practice.</p> <p>VLO 11 Integrate culturally appropriate strategies and Indigenous methods of healing practices to help empower individuals and communities to solution build within an aboriginal worldview and context.</p>
Essential Employability Skills (EES) addressed in this course:	<p>EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.</p> <p>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>EES 4 Apply a systematic approach to solve problems.</p> <p>EES 5 Use a variety of thinking skills to anticipate and solve problems.</p> <p>EES 6 Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p>
Course Evaluation:	<p>Passing Grade: 50%, D</p> <p>A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.</p>
Books and Required Resources:	<p>The Sacred Tree: Reflections on Native American Spirituality by Bopp, Judie, Bopp, Michael, Brown, Lee and Phil Lane Jr Publisher: Lotus Light Publications Edition: 4th ISBN: 0941524582</p> <p>You are the Medicine: 13 Moons of Indigenous Wisdom, Ancestral Connection, and Animal Spirit Guidance by Asha Frost Publisher: Hay House Inc ISBN: 9781401963507</p>

Indigenous Healing: Voices of Elders and Healers by Gus Hill
 Publisher: JC Charlton Publishing
 ISBN: 9781926476551

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Demonstrate an understanding of the correlation between Indigenous healing methods and social service work approaches to practice.	1.1 Understand the goals and practice of 2 Eyed Seeing in Social Service Work. 1.2 Define mino-pimatisiwin and identify core concepts of `a good life` of living well. 1.3 Relate personal and cultural identity to Indigenous healing. 1.4 Integrate the 7 Grandfather Teachings into social service worker practice and Code of Ethics. 1.5 Understand the connection between the holistic approach using Indigenous models of well-being and social service work practice Biopsychosocial Plus (BPS+) approach.
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Integrate knowledge of medicinal plants into holistic healing practices to achieve wellness and balance.	2.1 Explain the concept of medicine in traditional Indigenous cultures. 2.2 Understand the spiritual component of holistic wellness specifically as it relates to natural medicines. 2.3 Connect access to land and its resources to personal and social challenges and health. 2.4 Understand and explain how to connect the use of traditional healing medicine as spiritual intervention to social social service work. 2.5 Identify common medicinal plants in local natural environment. 2.6 Apply knowledge of when and how to respectfully harvest medicines. 2.7 Prepare and process the harvested medicines.
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Demonstrate a working knowledge of traditional Indigenous teachings and ceremonies as they relate to wellness and balance.	3.1 Identify Indigenous cultural protocols, values and ethics relating to traditional medicine, ceremonies and teachings. 3.2 Incorporate 7 Grandfather Teachings into everyday learning and healing, personally and professionally. 3.3 Explain the purposes, healing properties, and procedures of a variety of ceremonies. 3.4 Understand how Indigenous storytelling and ways of knowing contribute to mino-pimatisiwin. 3.5 Differentiate and appreciate the roles and ways that individual Elders, Knowledge Keepers and Traditional Healers can be incorporated into social service work. 3.6 Provide insight to others on how cultural identity is a protective factor and contributes to positive Indigenous well being.
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Complete a holistic assessment for wellness	4.1 Respect 2 Eyed Seeing in Social Service Work practice. 4.2 Use of Indigenous ways of knowing and tools to complete a



	and a service plan for social service work practice that integrates Indigenous healing methods.	holistic assessment. 4.3 Identify cultural, community, family and individual history as possible factors impacting a client's current situation. 4.4 Develop a holistic service plan to accommodate a client who is seeking to incorporate traditional healing methods in a way that matches their individual level of cultural identity. 4.5 Identify resources (Elders, Healers, Knowledge Keepers, etc) in the community to include in a service plan.
	Course Outcome 5	Learning Objectives for Course Outcome 5
	5. Engage indigenous Elders, Knowledge Keepers and Traditional Healers as resources in social service work.	5.1 Participate in teachings from Elders, Knowledge Keepers and/or Traditional Healers. 5.2 Understand that protocols for ceremonies and approaching Elders, Knowledge Keepers and Healers differ in the diverse regions across Canada. 5.3 Identify and approach an Elder, Knowledge Keeper or Healer in the community to access their participation.
	Course Outcome 6	Learning Objectives for Course Outcome 6
	6. Facilitate a sharing circle and organize a feast.	6.1 Plan and prepare for a feast in a manner that honours the meaning of feast in the Indigenous community. 6.2 Utilize an Elder and appropriate Knowledge Keepers to meet the needs of assisting with ceremonial aspects of the feast and or ceremony. 6.3 Communicate the purpose and healing benefits of a sharing circle and feast. 6.4 Take a lead role in facilitating a sharing circle.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Healing Through Two Lenses: A Culturally Informed Case Study and Service Plan	20%
Listening to the Story: Reflections on the Readings	20%
Medicine Walk Reflection- What the Land Taught Me	5%
My Medicine Journey: Learning from Asha Frost	15%
Nurturing the Work: In-Class Learning and Growth	10%
The Spirit of Ceremony: Practice and Reflection Journal	15%
Walking Together in Circle: Facilitation and Reflection	10%
Walking with the Grandfathers: A Reflection Journal	5%

Date:

June 23, 2025

Addendum:

Please refer to the course outline addendum on the Learning Management System for further information.

