

Healing & Spirituality: History, Issues & Tools SPX115 Syllabus **Arlene Roberts, July 23rd – 27th 2:00pm to 5:00pm**

All classes will open with a healing circle.

This week long session focuses on issues: from residential schools, generational trauma, healing and health to developing tools for your community and family. The final day will be Understanding our Matrilineal society: Women & the Bible: Strength, Courage and Success.,

Day 1:

Medicine Wheels & Genograms: How to Understand / use and develop for self / family / organization or community

Homework: Scripture colours and their meaning: give examples according to your developed Medicine Wheel

Day 2:

History of Residential Schools: Just the Facts

Overview of the Truth & Reconciliation (TRC) recommendations

Homework: Scripture: give one example of "from generation to generation" issue,. develop your own Genogram / family mapping (I'll give examples in class) Possible Drum making (depending on funding)

Day 3:

Post Trauma Stress disorder (PTSD): What is it?? Basic Understanding & overview., all attendee's will be given a copy of this power point presentation to use in their organization or community.

Ribbon Ceremony: identifying issues and giving back.,

Healing Circle: individual to present Genograms and process Ribbon Ceremony issues

Homework: What scripture applies to your issue and why

Day 4:

Historic Residential Schools medical experiments & food issues

Healing & Health: Our Foods and Nutrition (power point)

Homework: Old Testament: foods that heal

Day 5:

Our Matrilineal Society: basic overview

Women & The Bible overview: strength, courage, success

Group work & presentations: Common threads and lessons