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