



Aboriginal and Northern Counselling Skills Certificate

**Tuesday & Thursday evenings 6:00 p.m. – 10:00 p.m.
Also one Saturday per month from noon – 4:00 p.m.**

University College of the North is pleased to announce the delivery of Aboriginal and Northern Counselling Skills Certificate.

This Program provides the knowledge and skills required to deliver culturally proficient counselling for Aboriginal and northern populations. All courses reflect Aboriginal philosophy and culture although elements of western counselling practice have been included where appropriate.

This 13 month training program includes 10 required and 2 elective courses as well as a final 1 month skills practice placement. Knowledge, skills and techniques prerequisites are required for select courses. The program will have a maximum of 15 and a minimum 12 learners per offering and will be delivered utilizing a distributed learning model. To ensure continuity of counselling knowledge, skills and techniques course prerequisites are required for select courses.

The program will have a maximum of fifteen (15) and minimum of twelve (12) learners per offering and will be delivered utilizing a distributed learning model. ***In addition to the important and requisite 1 credit course "Tradition and Change" at the beginning of the program, there will be a two day orientation.***

Admission Requirements:

Manitoba Grade 12 graduate,

Or equivalency,

Or mature student with prerequisite skills in reading comprehension writing, and mathematics,

Or currently employed as a counsellor, or recommended by an employer or verification of previous employment as a counsellor.

Transfer request from other institutions/programs will be assessed on an individual basis.

Provision of recent Child Abuse and Adult Abuse official documentation prior to admission to the UCN Aboriginal and Northern Counselling Skills program. Students listed on the *Child Abuse or Adult Abuse* registry will not be admitted to the counselling program.

Provision of recent Criminal Record official documentation. Students with a criminal record may not be able to complete the counselling program due to restrictions in acquiring a practice placement. After admission to the counselling program and prior to completion of it, the onus is on the student to disclose any criminal conviction to the Dean of Education.

A personal letter, clearly and succinctly, outlining who they are (background) and why they wish to become a counsellor.

A letter from a community leader (must not be a relative) stating how long they have known you (in what setting) and why they think you might be a good candidate for the Aboriginal and Northern Counselling Certificate program.

This program opens career opportunities in First Nation schools, social and health agencies, community centers, youth centers, addiction treatment centers, women and children's shelters, student services and private enterprise.

For further information contact:

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Faculty of Education
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Courses included in the program are as follows:

Tradition and Change: An Aboriginal Prospective (1)

Calendar Description:

This innovative course introduces students to Aboriginal traditional teachings through the use of sharing circles, group activities and other Aboriginal cultural practices, and by working with traditional and non-traditional teachers. Students will learn about the historical and contemporary issues of Aboriginal people and actively participate in various culturally-based experiences, including a feast.

Development Across the Lifespan (36 Hours) (3)

Calendar Description:

The participants in this course will be exposed to knowledge related to human development across the lifespan. From the indigenous world view (mental, physical, emotional and spiritual development) and the western Euro-centric world view (cognitive, affective, psychomotor domains).

Introduction to Counselling:

(Assisting Aboriginal People's Healing Journey) (36 Hours) (3)

Calendar Description:

Learners will explore traditional Aboriginal cultural ways of living and interacting, including the practices and ways in which community and family members are encouraged and supported to live holistic lifestyles. Learners will incorporate Aboriginal cultural ways of enabling clients to make changes in their lives and will explore relevant western counselling theory and skills.

Effective Communications in Counselling (36 course hours) (3)

Calendar Description:

In this course learners will explore methodologies and principles for effective interpersonal communication from both an Aboriginal and western perspective. They will practice interpersonal communication techniques, mannerisms, skills and processes. Wherever possible learners will be provided an opportunity to observe and participate with Elders in a cultural setting such as a land based camp.

Professional and Ethical Guidelines for Counselling Practice (36 Hours) (3)

Calendar Description:

This course will provide an overview of legal and professional code of ethics required to act as a counsellor for adults and children. Learners will examine and evaluate laws, procedures, and legal issues in various social, educational and Aboriginal cultural agencies. The student will gain an understanding of the moral and legal responsibilities of a counsellor.

Practical Skills: Assessment & Intervention (36 Hours) (3) ART 1140

Calendar Description:

Students will learn to assist clients in their development of new perspectives and to assist them in planning and sustaining action plans that work. Students will acquire practical skills to work with clients in a one to one and group setting

Addiction and Aboriginal Communities (36 course hours)(3)

Calendar Description:

In this course, learners will explore effects of addiction on Aboriginal communities. Learners will develop skills and strategies to guide and support communities suffering the effects of addiction. In addition, learners will develop the skills and knowledge required to recognize symptoms of addiction in individuals. Learners will also examine and develop therapeutic counselling strategies for assisting addicted persons and/or make referral to appropriate treatment organizations.

Residential School Impacts and the Healing Journey (36 Hours)(3)

Calendar Description:

This course will provide learners with a basic understanding of Aboriginal ancestors' historical life style including tradition, culture and community. Learners will consider the dynamics of oppression and the residential school impact on Aboriginal culture, values and traditions. They will explore the impact of residential school on survivors as well as inter-generational family members. Learners will explore traditional cultural methods to enable communities, families and individuals movement toward a healing journey.

Working with Families (36 Hours)(3)

Calendar Description:

This course will provide traditional Aboriginal helping strategies and overview of a number of western counselling models and techniques. Particular emphasis will be on the strength-based model of family therapy. Utilizing both Aboriginal and strength-based model, learners will develop strategies for Aboriginal family progression toward health and healing. Learners will also examine dynamics, issues and triggers that may be raised by families in care that could affect the Aboriginal counsellor. Learners will explore self-care opportunities and resources for the Aboriginal counsellor.

Working with Groups (36 Hours)(3)

Calendar Description:

This course will explore Aboriginal and western theories for working with groups. The course will also provide an opportunity to learn culturally sensitive skills and techniques as well as practice in group facilitation, development and maintenance. Learners will develop as an individual and as a leader for group work in /for Aboriginal and northern communities.

Counselling in Aboriginal Communities (36 Hours)(3)

Calendar Description:

This course will explore the complex and multi-faceted dynamics that prevent many Aboriginal communities and families from attaining growth and change. Learners will consider how these dynamics create challenges working as a counsellor in Aboriginal communities. Learners will explore and examine strength-based solutions, and resources required to support a client's journey toward growth and change

Elective Course Offering 1

Elective Course Offering 2

Counselling Skills Applied Practice (50 course hours)(3)

Calendar Description:

This course will allow the learner to synthesize, incorporate and practice the theories and concepts learned in UCN's Aboriginal and Northerners Counselling Skills. It will encompass ten (10) classroom hours of theory and discussion as well as forty (40) placement hours of applied practice. The applied practice will be carried out in an appropriate counselling practice in an Aboriginal or northern community, organization or within an Aboriginal northern school setting. The applied practice placement will take place over the last four (4) weeks of the program. Prior to entering the applied practice course learners will have successfully completed all of the core courses, plus two electives in UCN Aboriginal and Northern Counselling Skills

Elective Options

Counselling in Aboriginal Schools (36 course hours)(3)

Calendar Description:

This course provides an overview of laws, policies, guidelines and procedures that may be in effect in Aboriginal schools. The learner will be introduced to Freedom of Information and Protection of Privacy Act (FIPPA) requirements as well as record keeping, maintenance and disposal of student records. The learner will investigate federal and provincial laws as related to Aboriginal/First Nations school policies, procedures and guidelines. The learners will also explore how Aboriginal school and community policies and guidelines may impact counsellor's ability to develop and deliver effective interventions and assistance.

Crisis Intervention in Aboriginal Schools (36 course hours)(3)

Calendar Description:

This course will be of assistance to those who desire to help Aboriginal school personnel and children affected by a variety of crises such as family or community deaths/loss, violence and abuse, crime, and traumatic events (e.g., natural disasters, accidents, suicide). Aboriginal traditional culture and values are the foundation for the techniques and skills included in this course but aspects of western models may be included.

Academic and Career Counselling (36 Hours)(3)

Calendar Description:

Learners will review issues that affect students who have transitioned to a post-secondary setting. Learners will become acquainted with potential student funding sources for First Nations, Metis and non-Aboriginal students. In addition, learners will also become familiar with post-secondary funding guidelines of Manitoba First Nation education authorities and funding sources such as Métis student funding and student aid.

Elder Teaching in an Aboriginal Language (36 Hours)(3)

Calendar Description:

Learners will explore historical Aboriginal culture, values and beliefs as told from the Elders perspective and using Aboriginal language. In addition, the learner will actively participate in the basics of spoken Aboriginal language including traditional practices, beliefs and ceremonies. This course will involve four days in a land based camp.

Supporting Instructors of Students with Exceptionalities.(36 Hours)(3)

Calendar Description:

This course will provide the learner with information related to the unique challenges and issues faced by instructors of students with exceptionalities. Learners will also consider Elders response and methods of encouragement for students with exceptionalities. In addition, this course will provide an overview of Canadian and Provincial resources available for instructors who teach students with exceptionalities. Learners will develop a basic toolbox related to encouragement and support for instructors of students with exceptionalities.

Bullying in Schools (36 course hours)(3)

Calendar Description:

This course will provide learners with the knowledge needed to identify bullying behavior. It will provide an overview of factors that can create bullying behaviors and explore the risk factors for the person who is bullied. Learners will identify the impacts on those who observe the bullying behavior. They will identify risk factors for the person who is carrying out the bullying behavior. In addition, learners will develop early intervention and prevention strategies as well as

approaches for addressing the impact of bullying.

Suicide Prevention and Intervention (36 course hours)(3)

Calendar Description:

This course will introduce learners to the dynamics and issues that may be involved in suicide attempts. Learners will examine early warning signs and possible intervention strategies that may involve the individual, family or community. Learners will consider the responses of families, schools and communities in the aftermath of suicide as well as possible helping and intervention strategies.

Total Tuition: **\$3098.33**

Total Books: **\$1200.00** (Estimate \$100.00 per course excluding Tradition and Change and practicum courses)

Student Association Fee: **\$98.00** (\$7.00 per month for 13 months)

Lab/Material Fee: **\$47.00** (per year)



