

# Module 1

## Introduction and Fundamentals

Facilitators:

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Guest:

Duncan Grady, PhD



# FUNDAMENTALS OF PAT

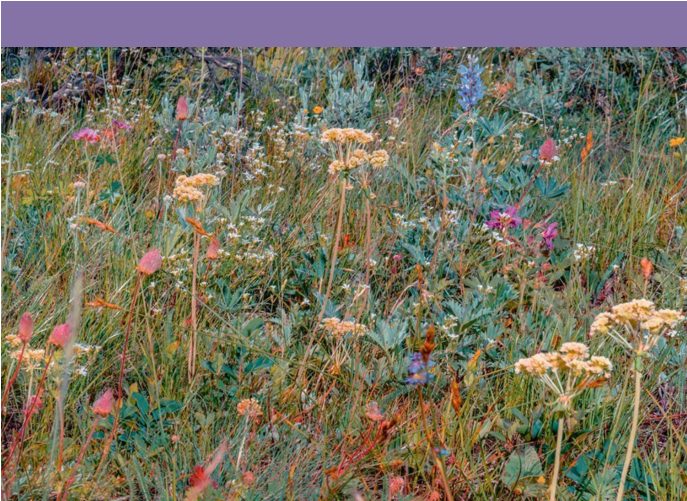


# AGENDA

Welcome and agreements	01
Introduction and overview	02
Arrival practice and 7 guiding principles	03
Discussion on ethics in PAT	04
Small groups: JEDI in PAT	05
Elder Duncan Grady: Welcome and Medicine Wheel teachings	06
Discussion: Harm reduction	07
Close	08

# Group Agreements

# CENTRE



CONFIDENTIALITY



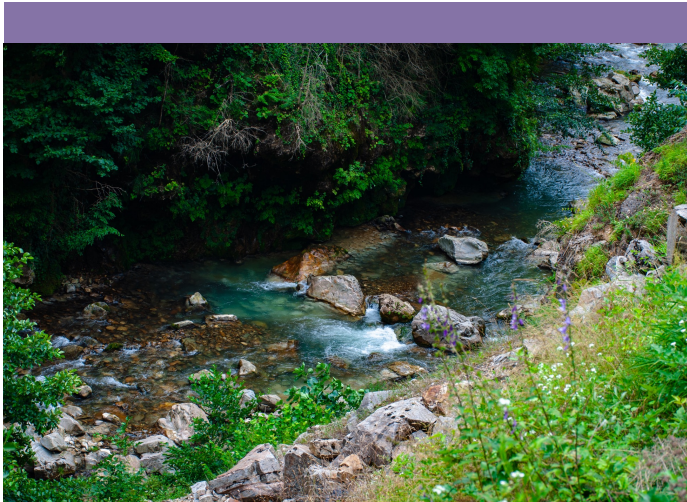
ENGAGEMENT



NON-JUDGMENTAL  
LISTENING

# Group Agreements

# CENTRE



TIMELINESS

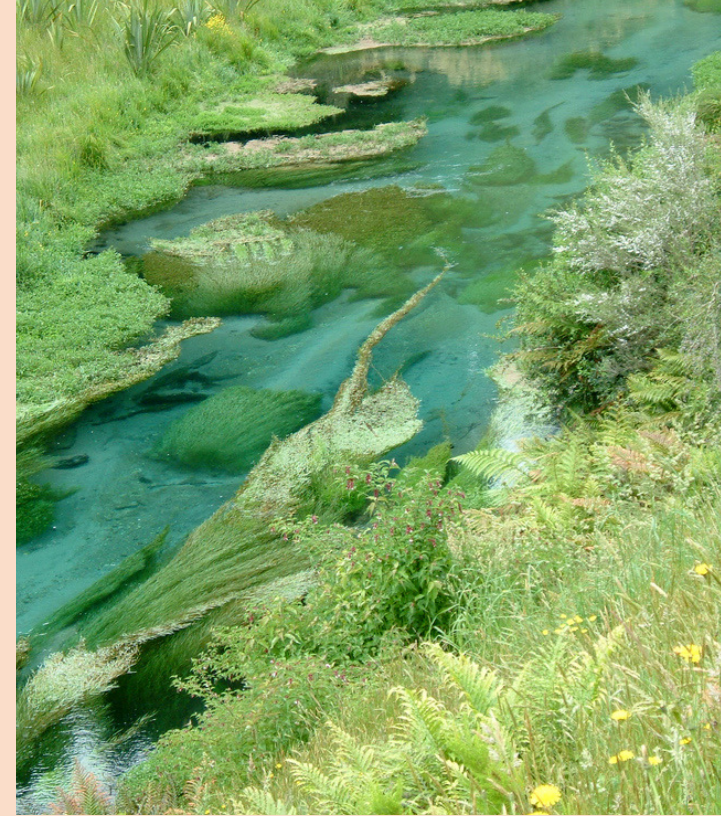


RIGHT TO PASS



EQUITY

Getting to  
know you.

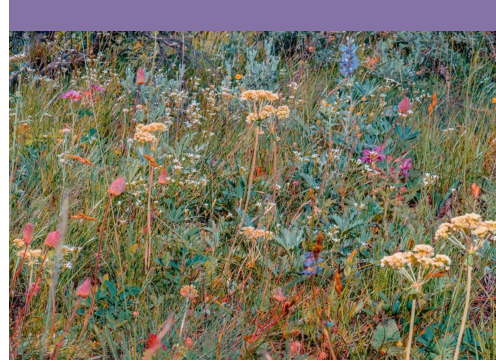




“IN MANY, MANY WAYS, ALL OF US ARE INDEBTED TO INDIGENOUS PEOPLES AND THEIR TRADITIONS AND THEIR KNOWLEDGE WHEN WE ARE INTERESTED IN THESE MEDICINES.”

- DR. BIA LABATE

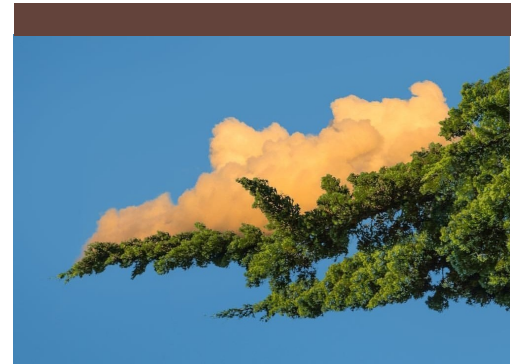
# Common Indigenous Core Principles



HOLISM &  
INTERCONNECTION



RELIANCE &  
RELATIONSHIP TO  
COMMUNITY



BALANCE &  
RECIPROCITY

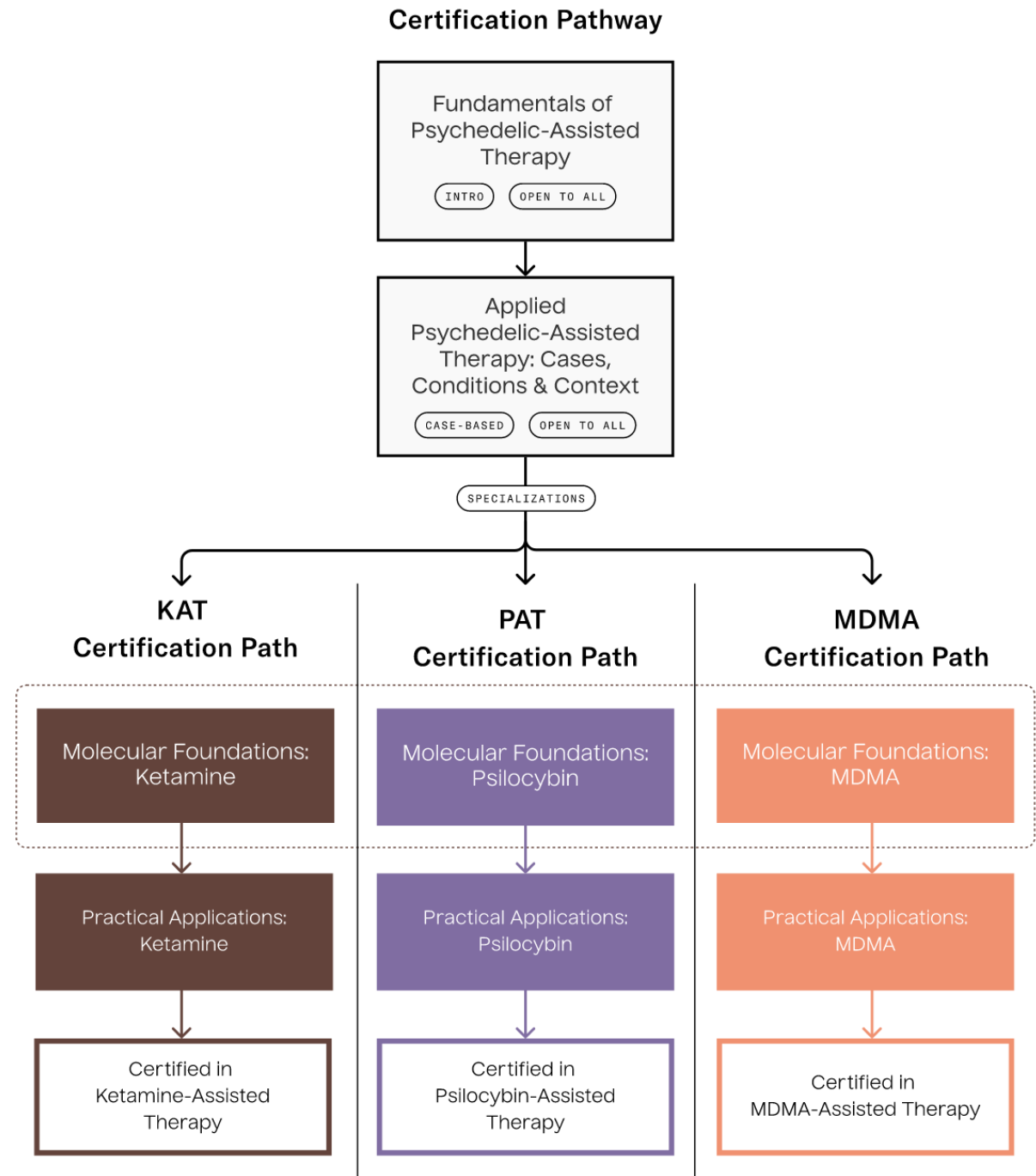
## PROGRAM OVERVIEW

	PRE-WORK (2.5 HOURS)	LIVE SESSION (9PT/12ET)	PRACTICE GROUPS (30 MINS)
Module 1: Introduction and Fundamentals	April 24 – May 3	May 4	May 4 – May 10
Module 2: The Therapeutic Relationship	May 4 – May 10	May 11	May 11 – May 17
Module 3: Core Therapist Skills	May 11 – May 17	May 18	May 18 – May 24
Module 4: Core Competencies: Trauma Psychobiology and Trauma-Specific Skills	May 28 – May 24	May 25	May 25 – May 31
Module 5: Preparation Sessions	May 25 – May 31	June 1	June 1 – June 7
Module 6: Medicine Sessions	June 1 – June 7	June 8	June 8 – June 14
Module 7: Integration Sessions	June 8 – June 14	June 15	June 15 – June 21
Module 8: Therapist Self-Care and Personal Development	June 15 – June 21	June 22	June 22 – June 29
Deadline for all outstanding assignments and course feedback survey			June 29

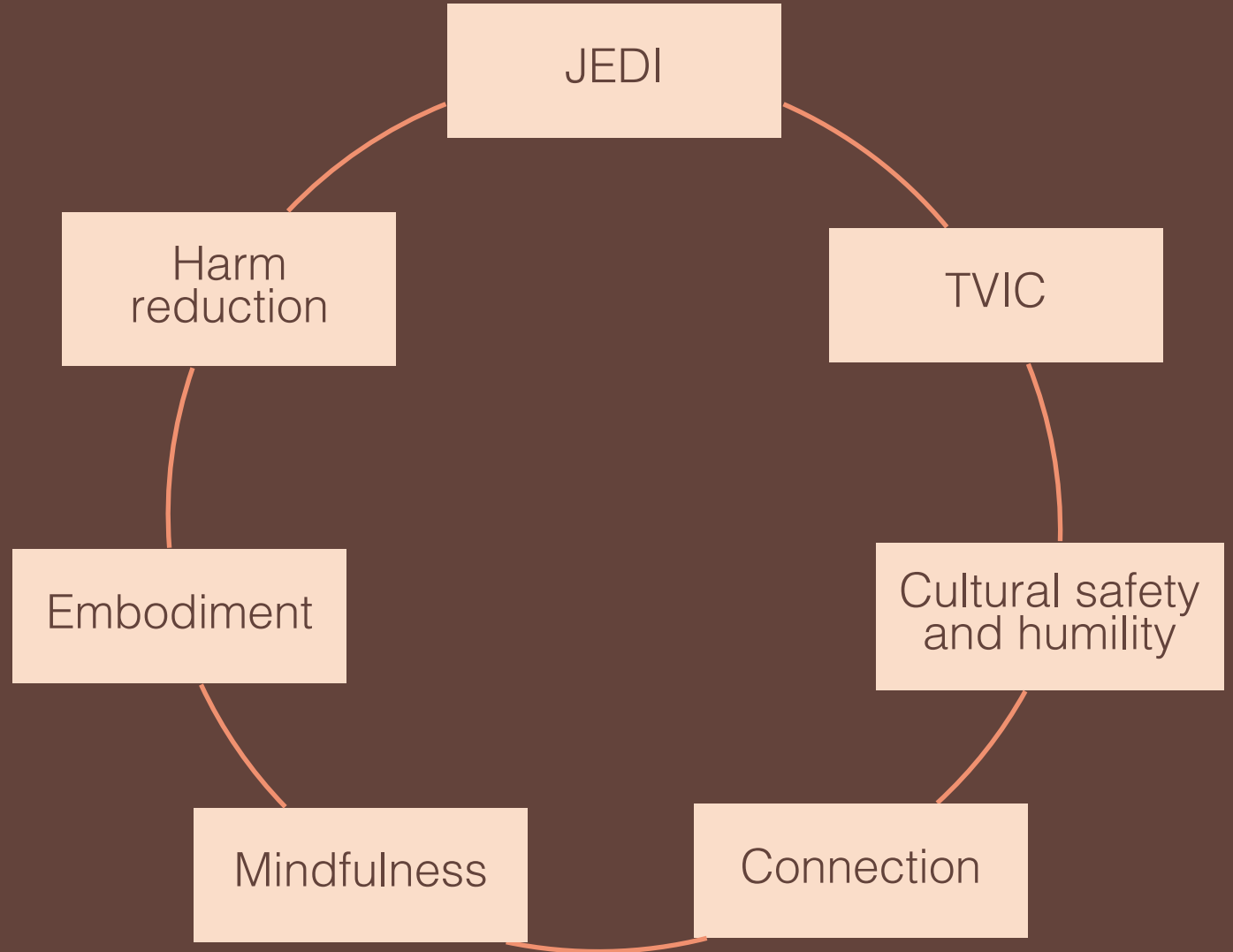
For more information, please visit [Course Schedule and Structure](#) in the Welcome Module.



# Numinus Pathway to Certification

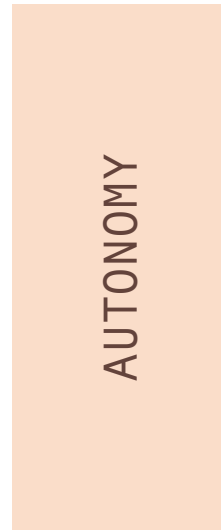


# SEVEN GUIDING PRINCIPLES



# 4 Pillars of Bioethics

intentional vs. unintentional violations  
 role of self-awareness





“ONE DOESN’T HAVE TO DO GREAT MALICE TO DO GREAT HARM. THE ABSENCE OF EMPATHY AND UNDERSTANDING ARE SUFFICIENT.”

- CHARLES M. BLOW

*Author*

The Devil You Know: A Black Power Manifesto

# Harm Reduction

“ANY APPROACH TO DRUGS HAS TO BE BASED ON PROTECTING HEALTH AND HUMAN RIGHTS. IT’S NOT ABOUT COMBATING DRUG MISUSE—IT IS ABOUT RESPECTING PEOPLE AS HUMAN BEINGS.”

- NAOMI BURKE-SHYNE  
*Executive Director*  
Harm Reduction International

# Principles of Harm Reduction Psychotherapy

- Client-centered
- Non-judgmental
- Harm reduction focused
- Strength-based
- Collaborative
- Empowerment
- Respect for autonomy

# Group Practice

- On Numi-U, under the Welcome Module, you will find a document which tells you which group you are in.
- Contact your group each week to schedule 30 minutes for practice.
- Each week you will have different practice activities.
- After each session, record a brief summary for your practice log.



# Module 1

- Introduce yourselves to your group and be sure to include pronoun(s)
- You are encouraged to acknowledge the traditional and ancestral Indigenous territory(ies) you are participating from
- Describe your primary motivation for taking the course and your current area/background of practice



# Module 1

- Reflect on the Integrative and Transformative care model and its Guiding Principles together. Is there a time when you sought health care, or were witness to someone's health care journey, where you either received (or did not receive) care aligned with this approach? What was this like? What could have been done better? What aspects of this care model do you wish had been present (if any) and how might this have changed your experience

## ASSESSMENT OVERVIEW

	RECOMMENDED DUE DATE
<b>Knowledge Checks</b> 5-10 multiple choice questions, open-book	Weekly (Before virtual session)
<b>Mission and Intention Setting Assignment</b> 1 paragraph	Week 2 (Date)
<b>Reflection 1 Assignment</b> 500-1000 words or 5-minute video	Week 4 (Date)
<b>Reflection 2 Assignment</b> 500-1000 words or 5-minute video	Week 8 (Date)
<b>Practice Group Log</b> Jot notes from each practice group session	Week 8 (Date)

For more information, please visit [Assessment Overview](#) in the Welcome Module.