

Module 1

Introduction and Fundamentals

Facilitator:
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Guest:
Duncan Grady, PhD



FUNDAMENTALS OF PAT

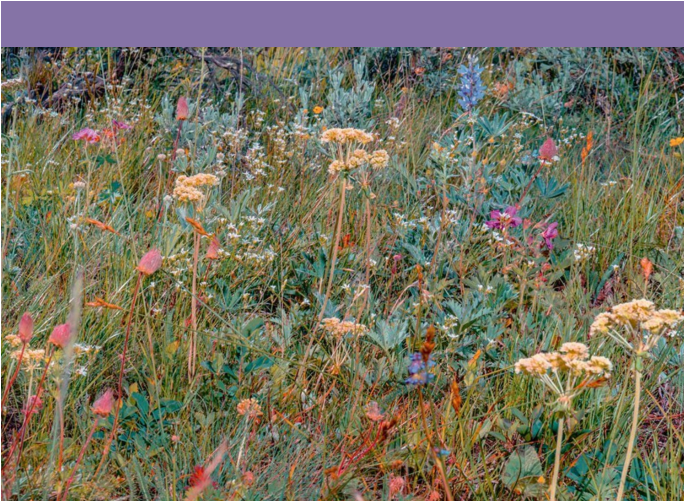


AGENDA

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



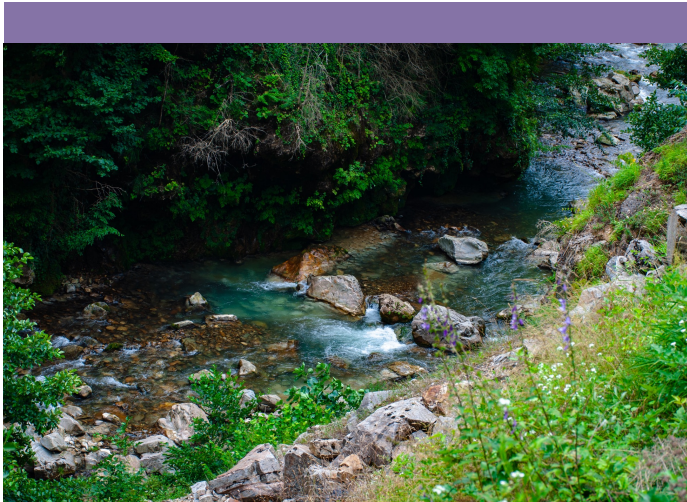
ENGAGEMENT



NON-JUDGMENTAL
LISTENING

Group Agreements

CENTRE



TIMELINESS

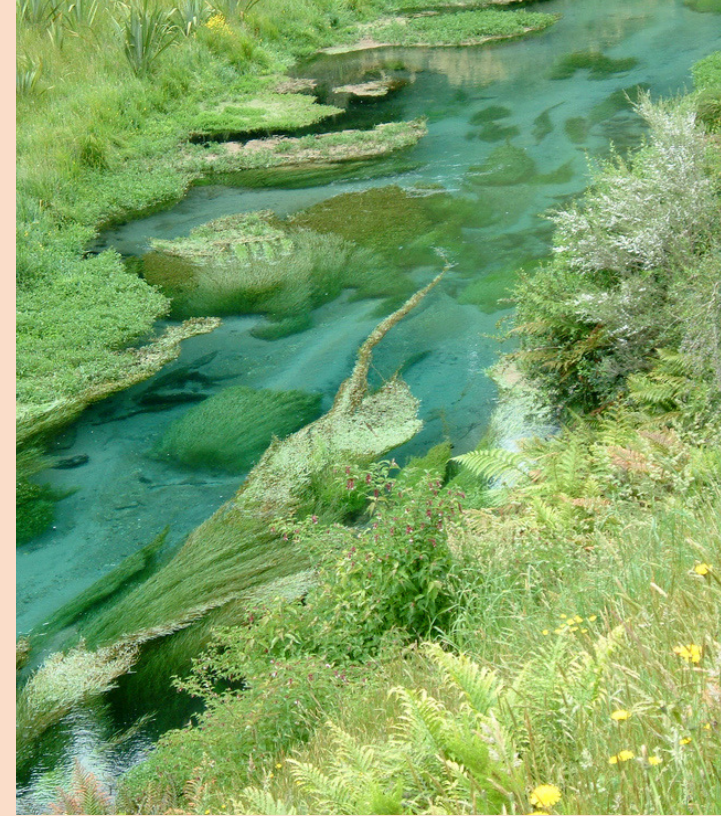


RIGHT TO PASS



EQUITY

Getting to
know you.

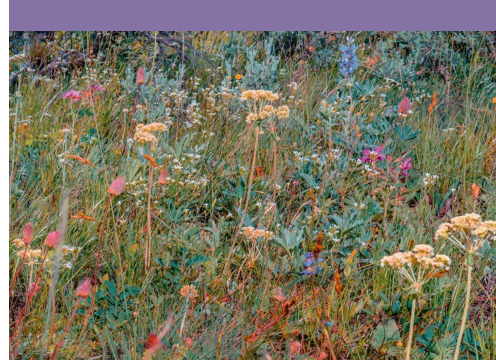




“IN MANY, MANY WAYS, ALL OF US ARE INDEBTED TO INDIGENOUS PEOPLES AND THEIR TRADITIONS AND THEIR KNOWLEDGE WHEN WE ARE INTERESTED IN THESE MEDICINES.”

- DR. BIA LABATE

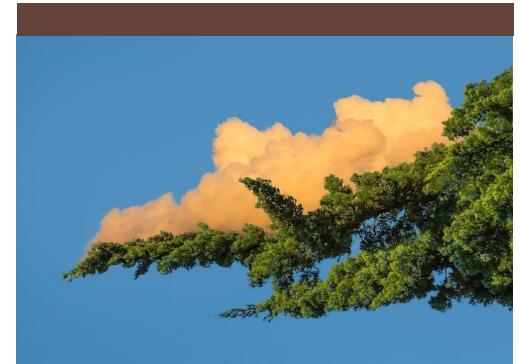
Common Indigenous Core Principles



HOLISM &
INTERCONNECTION



RELIANCE &
RELATIONSHIP TO
COMMUNITY



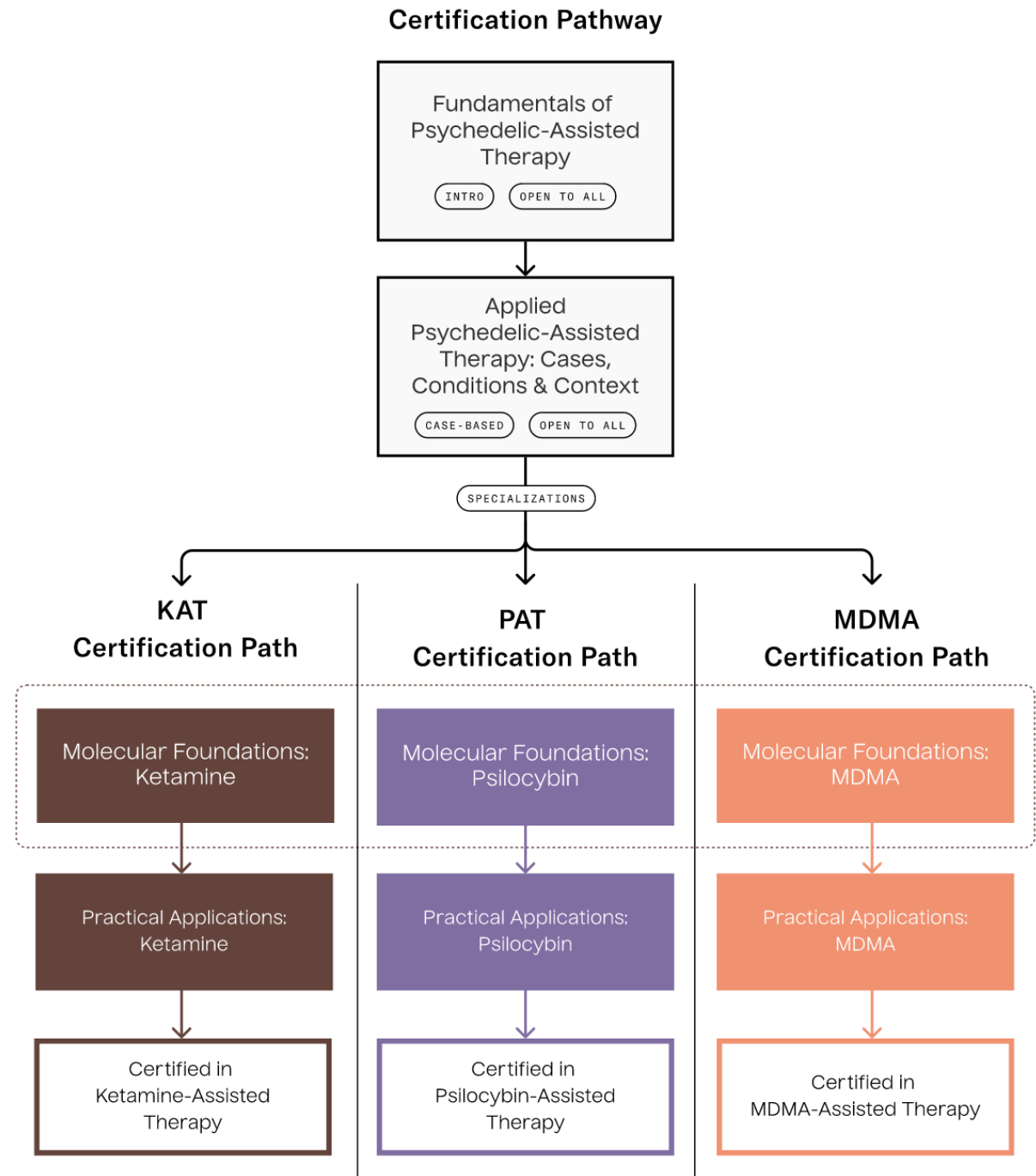
BALANCE &
RECIPROCITY

PROGRAM OVERVIEW (THURSDAYS)

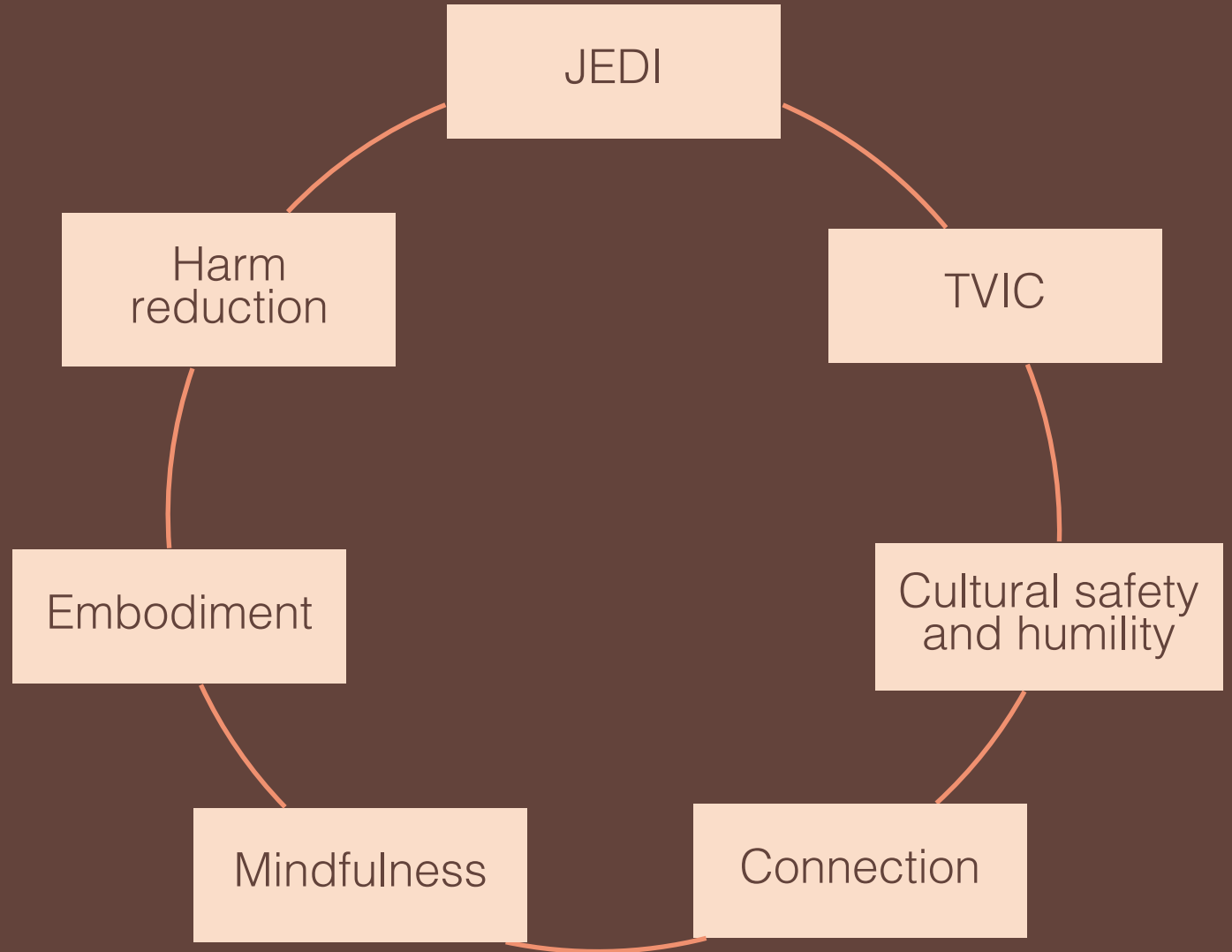
	PRE-WORK (2.5 HOURS)	LIVE SESSION 12PM-3PM PT 3PM-6PM ET	PRACTICE GROUPS (30 MINS)
Module 1: Introduction and Fundamentals	Please complete pre- work before the associated live session	Oct 26	Oct 26-Nov 2
Module 2: The Therapeutic Relationship		Nov 2	Nov 2-Nov 9
Module 3: Core Therapist Skills		Nov 9	Nov 9-Nov 16
Module 4: Core Competencies: Trauma Psychobiology and Trauma-Specific Skills		Nov 16	Nov 16-Nov23
Module 5: Preparation Sessions		Nov 23	Nov 23-Nov 30
Module 6: Medicine Sessions		Nov 30	Nov 30-Dec 7
Module 7: Integration Sessions		Dec 7	Dec 7-Dec 14
Module 8: Therapist Self-Care and Personal Development		Dec 14	Dec 14-Jan 7
Deadline for all outstanding assignments and course feedback survey			Jan 7

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

Numinus Pathway to Certification

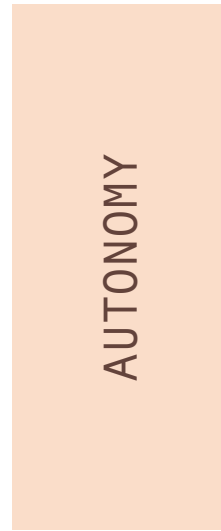


SEVEN GUIDING PRINCIPLES



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

Practice Groups

- Please choose your practice group by the end of today using the Survey in the Welcome Module.
- Tomorrow, we will post the groups and Zoom links.
- Each week you will meet for 45 minutes for practice. Each week you will have different practice activities.
- After each session, write 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
Knowledge Checks 5-10 multiple choice questions, open-book	Weekly (Before virtual session)
Mission and Intention Setting Assignment 1 paragraph	Week 2 (Date)
Reflection 1 Assignment 500-1000 words or 5-minute video	Week 4 (Date)
Reflection 2 Assignment 500-1000 words or 5-minute video	Week 8 (Date)
Practice Group Log Jot notes from each practice group session	Week 8 (Date)

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

