



The Numinus Care Model

QUICK REFERENCE GUIDE

Integrative and Transformative Mental Wellness

We focus on whole-person health, including lifestyle and behaviour changes in which physical and mental health are deeply connected—not existing in isolation.

Cultural Safety and Humility

Cultural humility is a ongoing process of self-critique in order to achieve a culturally safe environment. Cultural safety allows Indigenous Peoples to live their full sense of self and identity when accessing services.

Connection

This approach recognizes the importance of relationship-building in healthcare to create meaningful opportunities for people to connect with each other throughout their healing journey.

Embodiment

Embodied awareness provides access to one's present truth and past as it shows up through embodied implicit memory. Embodiment includes interoception which allows us to feel and relate to what is going on in our bodies

Trauma- and Violence-Informed Care

Trauma is a transdiagnostic risk factor for mental and physical wellbeing. Informed professionals understand the types and physiological, psychological, and behavioural impacts of trauma.

Justice, Equity, Dignity, & Inclusion

Health professionals must prioritize dignity and human rights in the face of injustice. Services should be equitable and inclusive. Health professionals must commit to ongoing learning about oppression, racism, and discrimination.

Mindfulness

Mindful awareness encompasses contact with all available modes of sense perception (vision, sound, interoception, etc.), as well as awareness of arising and passing emotions and phenomena (thoughts, images, embodied experiences, etc.).