



Colonization, Historic Trauma and Healing

Foundations of Caregiver Support

Course Description

The vast majority of the children and youth receiving Child Intervention services are Indigenous (First Nations, Metis and Inuit). This course is designed to help caregivers understand the historical/ life experience of the Indigenous children and youth and their families who are involved with the Child Intervention system. It will also raise awareness about the definition of historic trauma, the four dimensions of historic trauma, and how historic trauma can be addressed.

This 'Colonization, Historic Trauma and Healing Training' is one of the five introductory trainings within the Foundations of Caregiver Support Training Series. The five trainings include:

- Colonization, Historic Trauma and Healing Training.
- Childhood Trauma, Stress and the Developing Brain.
- Core Story of Brain Development.
- Child Development and Wellbeing.
- Through the Lens of Loss & Grief.

Learning Objectives

- To help caregivers understand the historical/life experience of the Indigenous children (and their families) in the Child Intervention system.
- To raise awareness about:
 - The definition of historic trauma.
 - The four dimensions of historic trauma.
 - How historic trauma can be addressed.
- Helping caregivers be a part of the healing process.
- Providing foundational knowledge necessary for the remaining modules, which are:
 - Understanding healthy brain development – which we call “the core story”.
 - Understanding elements of healthy child development.
 - Understanding how childhood trauma, and stress affects the developing brain.
 - Understanding how grief and loss effects infants, children and youth.

Resources

Additional Reading

- LaBoucane-Benson, P., Sherren, N., Yerichuk, D. (2017). *Trauma, Child Development, Healing and Resilience: A review of literature with focus on Aboriginal peoples and communities*. PolicyWise for Children & Families. Edmonton, Alberta.
- Truth and Reconciliation Commission of Canada. (2015). *Honouring the truth, reconciling for the future: Summary of the final report of the Truth and Reconciliation Commission of Canada*.
- Truth and Reconciliation Commission of Canada. (2015). *Calls to Action*.

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A Sample of Nation-Specific Reading

- Cardinal, Harold, and Walter Hildebrandt. (2000). *Treaty Elders of Saskatchewan: Our Dream Is That Our Peoples Will One Day Be Clearly Recognized as Nations*. University of Calgary.
- Bastien, Betty. (2004). *Blackfoot Ways of Knowing: The Worldview of the Siksikaitsitapi*. University of Calgary Press.

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A Sample of Nation-Specific Reading

- Goulet, Jean-Guy. (1998). *Ways of Knowing Experience, Knowledge, and Power among the Dene Tha*. UBC Press.
- Makokis, Leona. (2001). *Teachings from Cree Elders: A Grounded Theory Study of Indigenous Leadership*. Dissertation
- Dorion, Leah. (2003). *Métis Family Life*. Gabriel Dumont Institute.

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