

# Etuaptmumk in counsellor education:

## The vision and development of the Graduate Certificate in Indigenous Counselling

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### Indigenous Counselling Certificate

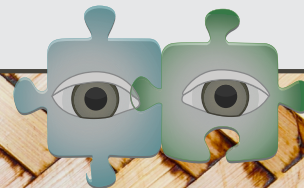
- Project start date of September 2015 as a result of discussions between The Three Nations Education Group, Inc. (TNEGI) and the Faculty of Education, UNB.
- TNEGI identified a need, supported by regional and national level research, for culturally relevant mental health, education, and employment counselling support services within First Nations communities throughout the Maritimes.
- In total, 19 representatives from the two First Nations Education Authorities (TNEGI and First Nations Education Initiative, Inc.) and 11 out of 15 New Brunswick First Nations were consulted.
- This certificate will be a 5 course graduate certificate program in counselling to meet the needs and desires of local communities. Courses include:
  - Working with and Counselling Indigenous People
  - Interweaving Western and Indigenous Approaches to Counselling
  - Development and Practice of Counselling Support Skills
  - Crisis and Trauma Counselling with Indigenous People
  - Addictions Counselling
  - And/Or
  - School Counselling and Guidance with Indigenous Students

### Etuaptmumk

- Approach was brought forward by Mi'kmaw Elders Albert and Murdena Marshall from Eskasoni in Unama'ki.
- The purpose is to learn to see from one eye with the strengths of Indigenous knowledge, and from the other eye with the strengths of Western science, and learning to utilize both eyes mindfully together, for the benefit of all.
- This approach challenges the Western worldview of counselling which often fails to take into account the wholistic understanding of health and the central place of spirituality that is present in Indigenous communities.

### Contributions from Communities

- Preference for graduate level certificate.
- Curriculum must include knowledge of the history of Indigenous peoples in region, including their cultures, the disruption due to colonization, Aboriginal-Crown relations and the connection of this history with the issues facing First Nations communities today (TRC Calls to Action 18, 22, 24, 28, 57, 86).
- Key counselling support areas identified: crisis/trauma, coping skills, child, marriage, career, addictions, and middle school years.
- Preferred location/mode of delivery: combination of online and summer intensives at UNB. Program will be offered one course/term to accommodate adult learners who are working.



### Present and Future Stages

- Proposal is currently being reviewed by the Maritime Provinces Higher Education Commission (MPHEC).
- Development of courses in collaboration with Elders and community members.
- Recruitment of students and Indigenous instructors.
- Predicted start date: September 2019.

### References

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