

INDIGENOUS & NORTHERN COUNSELLING SKILLS CERTIFICATE PROGRAM

Train Remotely – Attend **VIRTUAL** Classes with a Live Instructor

Students that register will take this training from their own home or workspace not at a UCN Centre or Campus. Students will need to ensure they have a laptop with reliable internet capable of connecting to remote training.

Date: Classes will be held over Zoom.

January 7, 2025 – December 18, 2026 Tuesday & Thursday 6-9:30pm

Student orientation January 2, 2025 at 6:00pm.

Students will train virtually with a live instructor

Course Cost: \$6,850.00 includes textbooks

Program Description: The UCN Indigenous & Northern Counselling Skills program provides the knowledge and skills required to deliver culturally proficient counselling for Indigenous and northern populations. All courses reflect Indigenous philosophy and culture although elements of western counselling practice have been included where appropriate. This training program includes eleven compulsories plus two elective courses, as well as a final practice placement. Complete program description can be found online at ucn.ca.

Admission Requirements: Manitoba Grade 12 graduate | Or equivalency | Or mature student who scores a minimum grade 10 level equivalency in the areas of reading comprehension, writing and mathematics | Or currently recommended by an educational employer or verification of previous employment as a counselor | Transfer request from other institutions will be assessed on an individual basis | Submission of recent Child Abuse and Adult Abuse official documentation prior to the program.

To **apply** or for further information

Contact Angela Henkelman – Operations Coordinator

Phone: (204) 734-4419 or (204) 281-7359 or **Email:** ahenkelman@ucn.ca

Upon acceptance to the program, the fee must accompany the registration form in order for your seat to be held.

Pay by cash, check, Purchase Order, ATI, TAN, MasterCard/Visa. Courses are subject to cancellation due to insufficient enrolment. Refund Policy: 100% refund will be issued if course is cancelled by UCN. If student wishes to withdraw, a refund will be issued providing the original receipt and voluntary withdrawal form are submitted to UCN 25 business days prior to first day of class.

Deadline to apply & make payment arrangements: November 12, 2024 by 3:00pm

Further information and course offerings can be found at UCN.CA/CIS

Indigenous & Northern Counselling Skills Certificate Virtual Program Description & Outline 2025-2026

The Indigenous and Northern Counselling Skills certificate program provides the knowledge and skills required to deliver culturally appropriate counselling for Indigenous and northern populations. All courses reflect Indigenous philosophy and culture although elements of western counselling practice have been included where applicable. This program includes eleven (11) compulsory plus two (2) elective courses, as well as the skills practice placement. To ensure continuity of counselling knowledge, skills and techniques course prerequisites are required for select courses. The program will be delivered utilizing a virtual learning model with scheduled classes and a live instructor

It is expected that graduates of the Indigenous and Northern Counselling Skills program will provide service to clients through utilization of key Indigenous holistic helping traditions and teachings in addition to appropriate aspects of western counselling knowledge, skills and techniques. Learners will gain the cultural proficiency and knowledge required to provide counselling service for Indigenous and northern populations. They will learn the skills, techniques and ethics required to provide counselling service for individuals and /or families:

- experiencing the multi-faceted impact of the residential school era
- experiencing trauma or emotional crisis
- who would like to develop a healthy lifestyle
- in Indigenous and northern schools
- where there is no service available and
- where specialized training for working in schools is required.

Graduates of UCN's Indigenous and Northern Counselling Skills certificate program may remain and work in northern Manitoba although students will be qualified to work elsewhere in Manitoba or Canada. There will

be an ongoing need for trained counsellors in northern Manitoba due to possible attrition in the number of counsellors who remain working in the north or due to the number of counsellors who remain active in the work force.

Possible places of employment may be:

- Women's and Children Crisis/Safe Houses
- First Nations: Social Workers, Brighter Futures Initiative Staff, Building Healthy Community Staff, National Native Alcohol and Drug Addictions Program Staff, Post-Secondary Education, Home School Coordinators, School Guidance Counsellor, etc.
- Community Centres
- Youth Centres
- Health Centres
- Schools
- Indigenous Organizations
- Probation Services
- Addiction Treatment Centres
- Family Services I.E. Crisis Centres-Line



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Although the program is grounded in Indigenous philosophical foundations, enrolment is not limited to Indigenous learners. The program will be open to all applicants who meet the entrance requirement.

Admission Requirements:

- a. Manitoba Grade 12 graduate,
- b. Or equivalency
- c. Or mature student who scores a minimum grade 10 level equivalency in the areas of reading comprehension, writing and mathematics
- d. Or currently recommended by an educational employer or verification of previous employment as a counselor
- e. Transfer request from other institutions/programs will be assessed on an individual basis
- f. Submission of recent **Child Abuse** and **Adult Abuse** official documentation prior to admission to the UCN Indigenous and Northern Counselling Skills program. Students listed on the *Child Abuse* or *Adult Abuse* registry **will not be admitted to the program.**
- g. Submission of recent **Criminal Records** official documentation. Students with a criminal record may not be able to complete the counselling program due to restrictions in acquiring a practice placement. After admission to the counselling program and prior to completion of it, the onus is on the student to disclose any criminal conviction to the Associate Dean, Mihcet Meskanawah Teaching & Learning.
- h. A personal letter, clearly and succinctly, outlining who they are (background) and why they wish to become a counselor.
- i. A letter from a community leader (must not be a relative) stating how long they have known you (in what setting) and why they think you might be a good candidate for the Indigenous and Northern Counselling Certificate program.



Student consumables, a laptop with reliable internet and calculator costs are the responsibility of the student. It is the student's responsibility to find a practicum placement. In instances where students can not secure a practicum placement, UCN can assist. Student travel costs are the responsibility of the students should travel be required for the practicum portion of the program.

**Indigenous & Northern Counselling Skills Certificate
Virtual Program Description & Outline 2025-2026**



Indigenous and Northern Counselling Skills Certificate Program 2025-26							
Scheduled virtual classes with a live instructor. Tuesday and Thursday evenings.							
Course Code	Course Name	Credit Hrs	Course Hrs	Start Date	End Date	Times	Delivery
EDU.1105	Promoting Balance & Wellness for Healthy Lifestyles	3	45	7-Jan-2025	18-Feb-2025	6-9:30pm	Zoom
CNS.1000	Introduction to Counselling (Assisting Indigenous People's Healing Journey)	3	45	20-Feb-2025	10-Apr-2025	6- 9:30pm	Zoom
CNS.1010	Effective Communications in Counselling	3	45	15-Apr-2025	27-May-2025	6-9:30pm	Zoom
CNS.1020	Professional & Ethical Guidelines for Counseling Practice	3	45	29-May-2025	15-Jul-2025	6-9:30pm	Zoom
CNS.1030	Addiction & Indigenous Communities	3	45	26-Aug-2025	9-Oct-2025	6-9:30 pm	Zoom
CNS.1040	Residential Schools Impacts & the Healing Journey	3	45	14-Oct-2025	25-Nov-2025	6-9:30pm	Zoom
CNS.1050	Working with Families	3	45	27-Nov-2025	18-Dec-2023	6-9:30pm	Zoom
	CNS.1050 continues			6-Jan-2026	22-Jan-2026	6-9:30pm	Zoom
CNS.1060	Working with Groups	3	45	27-Jan-2026	10-Mar-2026	6-9:30 pm	Zoom
CNS.1070	Counselling in Indigenous Communities	3	45	12-Mar-2026	30-Apr-2026	6-9:30pm	Zoom
ART.1140	Practical Skills: Assessment & Intervention	3	45	5-May-2026	16-Jun-2026	6-9:30pm	Zoom
CNS.1080	Elective 1 - Counselling in Indigenous Schools	3	45	25-Aug-2026	6-Oct-2026	6-9:30pm	Zoom
CNS.1100	Elective 2 - Academic & Career Counseling	3	45	8-Oct-2026	19-Nov-2026	6-9:30pm	Zoom
CNS.1200	Counselling Skills Applied Practice	3	50	1-Jun-2026	18-Dec-2026	day time hours	
ABS.1001	Waskawimakanwa Mecimwaci Isihtwawina	1	14	Nov 24/26	Dec 3/26	6-9:30pm	Zoom
		Total Credit Hours		40			
		Total Course Hours		604		Schedule subject to change.	
Student Orientation January 2, 2026 at 6:00 pm via zoom.							
Program Start date & Completion date				7-Jan-25		18-Dec-26	

Course Code, Name & Description

UC.EDU.1105 Promoting Balance and Wellness for Healthy Lifestyles

Our most powerful learning occurs when education begins with what is inside – our questions, innate talent and ways of seeing. Our lives have integrity when decisions flow from our values and spiritual understanding not from what others expect from us. Action is most effective when we take time to reflect before we act. We enrich public life when we are willing to create images of hope and possibility. People find hope and inspiration by being connected to things that are bigger than they are. This course will present new ideas, investigate real-life applications, and make sure that classroom learning relates to real-life experiences.

UC.CNS.1000 Introduction to Counselling (Assisting Indigenous People’s Healing Journey)

Learners will explore traditional Indigenous cultural ways of living and interacting, including the practices and ways in which community and family members are encouraged and supported to live holistic lifestyles. Learners will incorporate Indigenous cultural ways of enabling clients to make changes in their lives and will explore relevant western counselling theory and skills.

UC.CNS.1010 Effective Communications in Counselling

In this course learners will explore methodologies and principles for effective interpersonal communication from both an Indigenous and western perspective. They will practice interpersonal communication techniques, mannerisms, skills and processes. Wherever possible learners will be provided an opportunity to observe and participate with Elders in a cultural setting such as a land-based camp.

UC.CNS.1020 Professional & Ethical Guidelines for Counselling Practice

This course will provide an overview of legal and professional code of ethics required to act as a counsellor for adults and children. Learners will examine and evaluate laws, procedures, and legal issues in various social, educational and Indigenous cultural agencies. The student will gain an understanding of the moral and legal responsibilities of a counsellor.

UC.CNS.1030 Addiction & Indigenous Communities

In this course, learners will explore effects of addiction on Indigenous communities. Learners will develop skills and strategies to guide and support communities suffering the effects of addiction. In addition, learners will develop the skills and knowledge required to recognize symptoms of addiction in individuals. Learners will also examine and develop therapeutic counselling strategies for assisting addicted persons and/or make referral to appropriate treatment organizations.

UC.CNS.1040 Residential Schools Impacts & the Healing Journey

This course will provide learners with a basic understanding of Indigenous ancestors’ historical lifestyle including tradition, culture and community. Learners will consider the dynamics of oppression and the residential school impact on Indigenous culture, values and traditions. They will explore the impact of residential school on survivors as well as inter-generational family members. Learners will explore traditional cultural methods to enable communities, families and individual’s movement toward a healing journey.

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UC.CNS.1050 Working with Families

This course will provide traditional Indigenous helping strategies and overview of a number of western counselling models and techniques. Particular emphasis will be on the strength-based model of family therapy. Utilizing both Indigenous and strength-based model, learners will develop strategies for Indigenous family progression toward health and healing. Learners will also examine dynamics, issues and triggers that may be raised by families in care that could affect the Indigenous counsellor. Learners will explore self-care opportunities and resources for the Indigenous counsellor.

UC.CNS.1060 Working with Groups

This course will explore Indigenous and western theories for working with groups. The course will also provide an opportunity to learn culturally sensitive skills and techniques as well as practice in group facilitation, development and maintenance. Learners will develop as an individual and as a leader for group work in /for Indigenous and northern communities.

UC.CNS.1070 Counselling in Indigenous Communities

This course will explore the complex and multi-faceted dynamics that prevent many Indigenous communities and families from attaining growth and change. Learners will consider how these dynamics create challenges working as a counsellor in Indigenous communities. Learners will explore and examine strength-based solutions, and resources required to support a client's journey toward growth and change.

UC.ART.1140 Practical Skills: Assessment & Intervention

Students will learn to assist clients in their development of new perspectives and to assist them in planning and sustaining action plans that work. Students will acquire practical skills to work with clients in one-to-one and group settings.

Elective: UC.CNS.1080 Counseling in Indigenous Schools

This course provides an overview of laws, policies, guidelines and procedures that may be in effect in Indigenous schools. The learner will be introduced to Freedom of Information and Protection of Privacy Act (FIPPA) requirements as well as record keeping, maintenance and disposal of student records. The learner will investigate federal and provincial laws as related to Indigenous/First Nations school policies, procedures and guidelines. The learners will also explore how Indigenous school and community policies and guidelines may impact counsellor's ability to develop and deliver effective interventions and assistance.

Elective: UC.CNS.1100 Academic & Career Counseling

Learners will review issues that affect students who have transitioned to a post-secondary setting. Learners will become acquainted with potential student funding sources for First Nations, Metis and non-Indigenous students. In addition, learners will also become familiar with post-secondary funding guidelines of Manitoba First Nation education authorities and funding sources such as Métis student funding and student aid.

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UC.CNS.1200 Counselling Skills Applied Practice

This course will allow the learner to synthesize, incorporate and practice the theories and concepts learned in UCN's Indigenous and Northerners Counselling Skills. It will encompass ten (10) classroom hours of theory and discussion as well as forty (40) placement hours of applied practice. The applied practice will be carried out in an appropriate counselling practice in an Indigenous or northern community, organization or within an Indigenous northern school setting. The applied practice placement will take place over the last four (4) weeks of the program. Prior to entering the applied practice course learners will have successfully completed all of the core courses, plus two electives in UCN Indigenous and Northern Counselling Skills.

UC. ABS.1001Waskawimakanwa Mecimwaci Isihtwawina (WMI)

This innovative course introduces students to Indigenous traditional teachings through the use of sharing circles, group activities and other Indigenous cultural practices, and by working with traditional and non-traditional teachers. Students will learn about the historical and contemporary issues of Indigenous people and actively participate in various culturally-based experiences, including a feast.