Session 1: Keeping Spiritual & Together, Despite Physical Distance

Course Description:

Maintaining our Spiritual Togetherness has forced Native providers and families to think outside the box to stay connected to our relatives and clientele. The concept of staying together has been put to the test over the past year and continues to present barriers for many, due to the Covid-19 pandemic.

The physical distance issue in Indigenous communities has found a virtual bridge which allows us access to resources and support despite the physical distance. Our Native Spirit, like flowing waters found a new pathway which connects us to one another and our Creator. Virtual Talking Circles, Social Distance Pow-Wows, Tele-health methods and other virtual gatherings have given opportunity to continue to connect.

Join us in this opening session, as we seek to establish a true sense of belonging on a virtual platform where which we can share how our service delivery has been modified to best suite client needs, also our need to connect/share support during this pandemic time. It is shared that “our Native Traditional practices evolve to address the issues of today.’

Learning Objectives:

1. Define self-care.

2. Summarize 3 techniques for self-care and how to apply them to various scenarios.

3. Identify traditional teaching healing theories and how use them effectively through a virtual platform.