

Special Topics: Indigenous Psychology



Course Descriptions

PSYX 191

- This course explores the key concepts, theories, and methods of psychology and its influence on health and wellness within Indigenous communities. Students will examine the impact of many factors and conditions from a strengths-based rather than problem-focused approach and explore how physical, emotional, mental and spiritual health and wellness is articulated and maintained from an Indigenous worldview.

PSYX 291

- This course examines the challenges and benefits of utilizing an Indigenous framework to conceptualize the theory and research around resilience, growth mindsets, and restorative narratives. Students will also compare and contrast philosophies, shared values, and distinct approaches to health and wellness in Native communities.



Learning Outcomes

Students are required to complete a Portfolio project including critical thinking assignment from each section and a final reflection paper.

Each week students will be provided with a variety of journal articles on a particular subject/theme and are expected to answer a specific set of questions or 1-2 page journal entry on the topic based on the student's experience, informed opinion, and/or general reflection.

By the end of the semester, students will complete a 5-7 page position paper on the class teachings as a whole, or on a specific section that was of particular interest to them. Students will be expected to research a minimum of ten independent peer-reviewed journal articles to support their position.

Attendance is a priority for this course and will be kept. Students are expected to attend and participate in the class on the subject of discussion that day.



The Class

Course Content

- Introduction to Indigenous Psychology & Behavioral Health resources
- Create familiarity with Indigenous knowledge keepers, researchers, and academics
- Take psychological concepts and develop Indigenous frameworks to better understand and articulate meaning
- Use basic research methods including how to read journal articles, literature reviews, developing a research question, and creating a survey.

Teaching Methods

- Teach the Teacher!
- Students had the opportunity to identify articles, journals, and other resources they felt were important for developing curriculum artifacts



Examples

10 Assumptions of Western Psychology

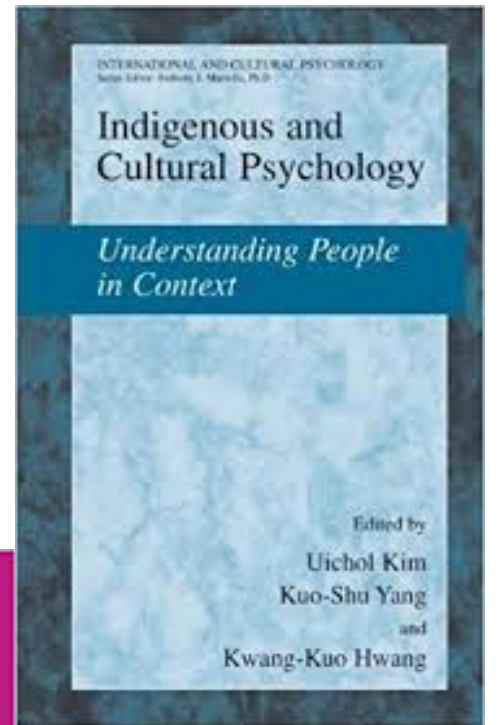
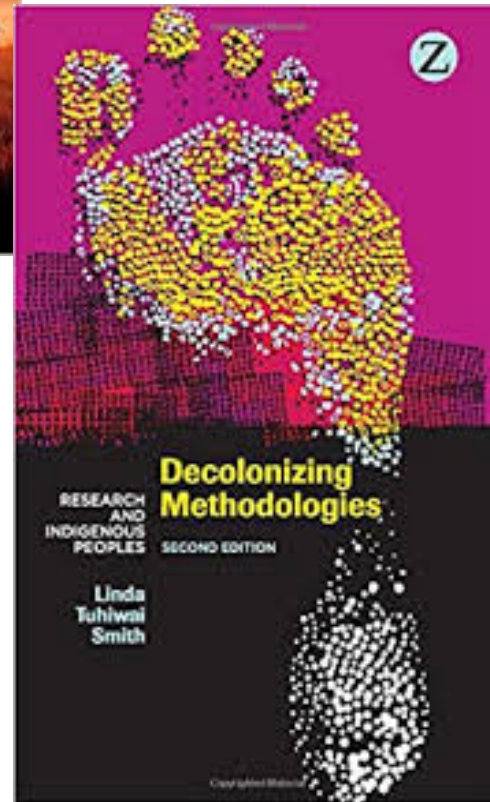
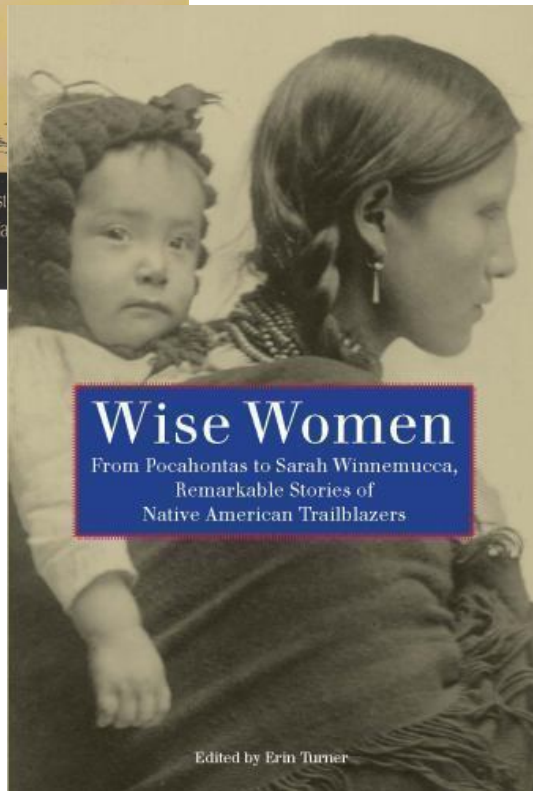
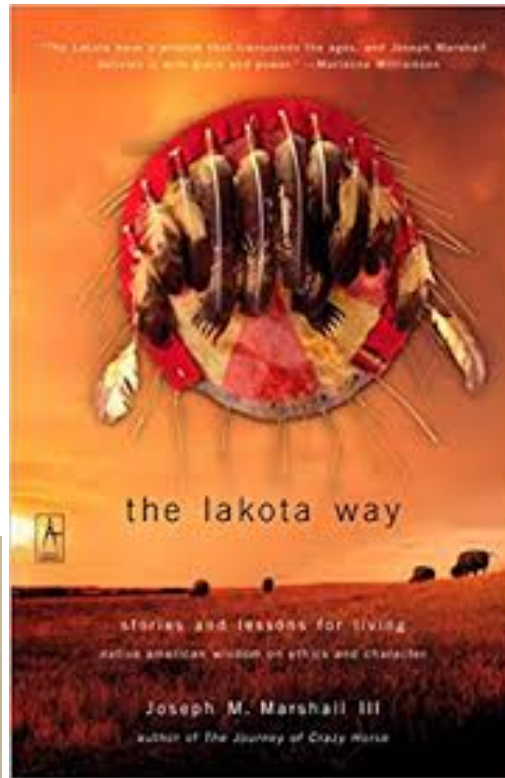
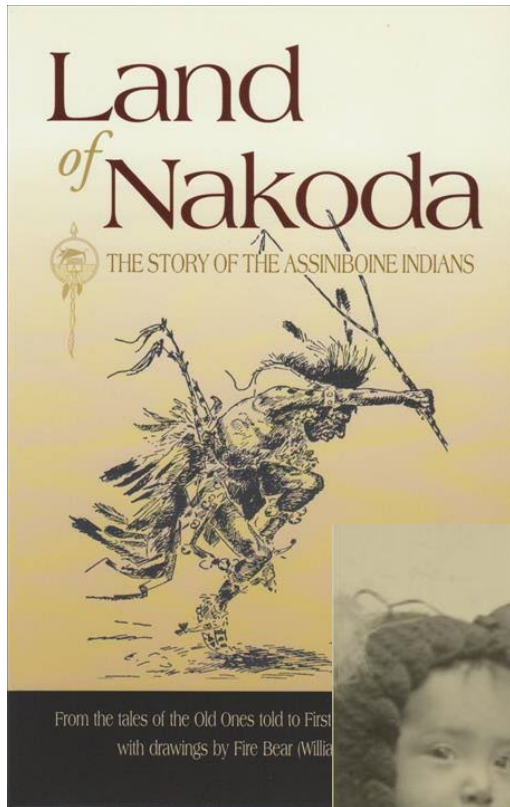
- Individuality
- Reductionism
- Experiment-based empiricism
- Scientism
- Quantification/measurement
- Materialism
- Male dominance
- Objectivity
- Nomothetic laws
- Rationality

Linda Tuhiwai-Smith

Decolonizing Methodologies

- Using Smith's Five Dimensions of Decolonization in Ch. 11, identify a social issue and work through the five dimensions. Clearly differentiate your ideas in each area to create a well-rounded argument for social activism.
- 1) Critical Consciousness
- 2) Alternative Vision
- 3) Opportunities
- 4) Movement
- 5) Power Relations







NIH Public Access

Author Manuscript

J Nurse Pract. Author manuscript; available in PMC 2011 June 1.

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J Nurse Pract. 2010 June 1; 6(6): 477-478. doi:10.1016/j.nurpra.2010.03.016.

Indigenous Native American Healing Traditions

Mary Koithan, PhD, RN-C, CNS-BC and Cynthia Farrell, MSN, FNP-BC

Dr. Koithan is an Associate Professor at the University of Arizona and Ms. Farrell is a DNP candidate at the University of Arizona, College of Nursing and pre-doctoral fellow in the Arizona Complementary and Alternative Medicine Research Training Program

A Picture of Health

“Desbah,” a 99 year-old Native American woman enjoys a solitary life tending to her sheep on an isolated Native American Indian reservation in Arizona. Her home consists of a modified railroad boxcar without plumbing or electricity. She is a tiny, delightful woman whose serenity fills the room during visits to her primary care provider. She is gracious and animated, her conversations often peppered with humor. Her longevity, sharp mental acuity, and overall good health and wellbeing beg the question: How does she maintain such positive physical and mental health when she has so few of the basic amenities that most of us take for granted? Unlike allopathic systems of care where health is defined by the physical condition of the body or emotional/mental capacities of the mind and described as diagnoses that note differences from “the norm”, health and wellbeing are viewed as intrinsically linked to spirituality in Native American culture. Walking in beauty, a Native woman’s ideal state of wellbeing and health, requires a close connection to the earth and living in harmony with the environment.¹

Native American Traditional Healing Systems

Native American (NA) traditional healing is identified by the National Institutes of Health/

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MAS 160A1 Spring 2014

MAS 160A1

American Indian Medicine and Wellness

Spring 2014

Monday and Wednesday, 2:00 – 2:50 p.m.

Center for English as a Second Language (CESL), Room 103

Discussion Sections: Fridays, 10:00-10:50am, 12:00-12:50p, and 1:00-1:50pm

Instructor:

Tommy K. Begay, PhD, MPH

Department of Psychiatry, College of Medicine

Norton School of Family and Consumer Sciences, College of Agriculture and Life Sciences

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All psychologies are indigenous psychologies: Reflections on psychology in a global era

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AMERICAN PSYCHOLOGICAL ASSOCIATION

Psychology International (/international/pi/index.aspx) | December 2013
(/international/pi/2013/12/index.aspx)

REFLECTIONS

All psychologies are indigenous psychologies: Reflections on psychology in a global era

Understanding psychology as indigenous to the contexts in which is developed and in which it operates may help forge a new conception of the role of culture.

By Anthony J. Marsella, PhD (<http://www.apa.org/search.aspx?query=&fq=ContributorFilt:%22Marsella, Anthony J.%22&sort=ContentDateSort desc>)

STRENGTH-BASED WELL-BEING INDICATORS FOR INDIGENOUS CHILDREN AND FAMILIES: A LITERATURE REVIEW OF INDIGENOUS COMMUNITIES’ IDENTIFIED WELL-BEING INDICATORS

Jennifer Rountree, PhD and Addie Smith, MSW, JD



Wisdom of the Elders



Native American cultural sustainability, multimedia education and race reconciliation

Home | Recovery | Prevention | Career Pathways | Resources | About | Discovering Our Story TV |

Career Pathways

Videos



How birds flow like water. Photo by Joe Cantrell.

Videos

Karina Walters



Video

- David G. Lewis
- Ben Rhodd
- Cornel Pewewardy
- Marilyn Balluta
- Don Motanic
- Judy Bluehorse Skelton
- Karina Walters
- Marc Anderson
- Frank Alby
- Johnny Moses
- Kevin Goodluck
- John Spence
- Tobv Tafova Joseph

