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.
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
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
Land of Nakoda: The Story of the Assiniboine Indians

Wise Women: From Pocahontas to Sarah Winnemucca, Remarkable Stories of Native American Trailblazers

The Lakota Way

Indigenous and Cultural Psychology: Understanding People in Context

Decolonizing Methodologies: Research and Indigenous Peoples, Second Edition
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

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.
Career Pathways

Videos

How birds flow like water. Photo by Joe Cantrell.

Karina Walters

Video

- David G. Lewis
- Ben Rhoad
- Cornel Pewewardy
- Marilyn Balluta
- Don Motanic
- Judy Bluehorse Skelton
- Karina Walters
- Marc Anderson
- Frank Alby
- Johnny Moses
- Kevin Goodluck
- John Spencer
- Toby Tafoya Joseph