

## **Healing Centered Engagement Certification Curriculum and Details from Flourish Agenda:**

Healing Centered Engagement was coined by Dr. Shawn Ginwright in 2018 to advance a new and effective way to support young people of color and their adult allies with an asset based, and cultural rooted approach to healing and well-being.

Healing Centered Practitioner Certification teaches school and youth development professionals how to address trauma by using healing centered practices and principles in afterschool settings, schools and classrooms.

This course provides detailed information and concrete actions that answer not just the “why” but also the “how” to create the best classroom and school support for young people and the school professionals who serve them.

With this course you'll learn how to:

- Integrate well-being into youth or college settings.
- Understand the role of identity and healing.
- Build practices and activities that promote healing.
- Create your own healing roadmap.

### **Learning Experience**

The HCE certification comprises of 7 online modules which can be completed on desktops, laptops, mobile devices and tablets. The program is completed in an individual and self-paced model where participants progress through the certification at their own discretion and complete it within 6 months.

The asynchronous course takes approximately 21 to 28 hours to complete (with live sessions adding additional learning time). You will have continued access to all reading materials, documents and recordings for one year.

### **Module 1: Healing Centered Engagement Overview**

- Discuss ways in which youth experience collective trauma.
- Discuss the concepts of social toxicity and persistent traumatic stress environments.
- Identify limitations with the trauma-informed care approach.
- Discuss the role of systems thinking in applying the healing centered engagement approach.

### **Module 2: Culture, Identity, and Race**

- Define the ways in which we identify personally and socially.

- Review the concept of intersectionality and its impact on youth or student development.
- Describe the concepts of race and othering.
- Identify misperceptions about racism and the four ways in which it appears in society.
- Define belonging and attributes associated with it.
- Define anti-racism and associated activities to cultivate antiracist behaviors.
- Describe ways to heal harmed identities.

### **Module 3: Agency**

- Describe three types of agency.
- Discuss personal agency and its role in well-being.
- Define well-being and its association with justice.
- Differentiate procedural and distributive justice and align with personal and collective agency.
- Identify barriers to agency.
- Discuss impact of biased policies on youth of color.
- Review hope theory and social action as ways to strengthen agency

### **Module 4: Relationships**

- Describe the value of relationships.
- Identify two types of relationships and their attributes.
- Define relational pedagogy and ways to cultivate appropriate student/faculty relationships.
- Define elements of a transformative relationship.
- Identify ways to improve skills associated with transformative relationships.

### **Module 5: Meaning**

- Define meaning and its role in well-being.
- Review the origins of meaning making across civilizations.
- Identify elements of meaning and how to achieve them.
- Describe how capitalist culture and hegemony create barriers to assessing meaning.
- Differentiate surface knowledge and deeper knowledge and the relation to meaning development.
- Identify activities that help identify meaning.

### **Module 6: Aspiration**

- Define aspiration and its relevance to well-being.
- Review how aspirational thinking has impacted changes in society.
- Describe barriers to aspirational thinking and ways to overcome them.

- Review ways to create an aspirational mindset and how to help students do the same.

### **Module 7: Looking Forward**

- Review the healing centered engagement principles.
- Discuss ways to implement personal knowledge of the HCE principles into the work environment.
- Review examples of HCE fully integrated within youth or student settings and its impact on the culture of those institutions.