

## Overview

Healing Centered Engagement (HCE) is a non-clinical, strengths-based approach that advances a holistic view of healing and re-centers culture and identity as a central feature in personal well-being. This course will help educators and youth workers explore ways they can enhance their thoughts and behaviors to more effectively reach and impact youth of color.

# Curriculum Details

## 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 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 anti-racist 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/teacher 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 youth 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 settings and its impact on the culture of those institutions.