

## Speaker Continuing Education Information

### 1. Title of Training:

An Updated Medicine Wheel:  
Decolonizing Social Work by Restoring Traditional Indigenous Social Work Practice

#### Abstract:

The Medicine Wheel is a sacred symbol used to represent wholeness, balance, and the natural cycles of life. It is a circle with four quadrants that incorporate spiritual, mental, physical, and emotional factors. This training shares how the Medicine Wheel can be used to decolonize social work practice and contribute to the well-being of Indigenous and non-Indigenous Peoples. The training focuses on seven key traditional health and spiritual practices of Indigenous Peoples along with a number of western evidence-based research findings that support and update the Medicine Wheel.

### 2. Behavioral Objectives:

- (a) Upon completion of this training, participants will be able to explain colonization, decolonization, neurodecolonization and how they can be used to challenge and decenter to western social work practice;
- (b) Upon completion of this training, participants will be able to explain the origins and presence of the Medicine Wheel in ancient and contemporary North America and its implications for health and well-being;
- (c) Upon completion of this training, participants will be able to explain what the four quadrants of the Medicine Wheel represent and their relationship to well-being;
- (d) Upon completion of this training, participants will be able to provide a clear explanation of neuroscience terms such as neuroplasticity, neurogenesis, and Brain-derived Neurotrophic Factor (BDNF), that are incorporated into the Mind quadrant, and how each is important to health and well-being;
- (e) Upon the completion of this training, participants will be able to describe the Human Microbiome, some of the key microbiome players, how the Microbiome can be improved, its relationship to health and well-being, and why this importance scientific paradigm is included in the Body quadrant;
- (f) Upon the completion of this training, participants will be able to describe mindfulness and traditional Indigenous contemplative practices, how they enhance key brain regions and neurochemistry, why they are included in the Spiritual quadrant, and their relationship health and well-being;
- (g) Upon the completion of this training, participants will be able to give a clear explanation of the concepts of genetics and epigenetics, how they function, why they are included in Emotional quadrant, and their contribution to health and well-being.

- (h) Upon the completion of this training, participants will be able to cite seven key traditional Indigenous practices, their evidence-base, and their relationship to health and well-being: Movement, Sleep, Intermittent Fasting, Laughter and Humor, Collectivism, Meditation, and Sweat lodge/sauna.
- (i) Upon the completion of this training, participants will be able to explain how the information presented can be incorporated into their social work practice.

**3. Outline of subject matter to correspond with objectives:**

*This session is intended to enable participants of this training how to use the Medicine Wheel to understand how traditional Indigenous practices and western evidence-based sciences can be integrated and incorporated to decolonize the current social work approaches.*

**4. Teaching strategies that will be used to reflect principles of adult and professional learning.**

*This session will use lecture, power point slides, discussion, handouts, and short video clips. Participants will be given the opportunity to discuss the challenges of their current social work practice, ask questions for clarification, and write a brief statement and discuss with others how they might use the information in this training in their personal life and professional work.*