

### Indigenous CEC Table – as of September 2018

Term	Definition	Number of CECs	Required Documents
<b>Traditional teachings</b>	<ul style="list-style-type: none"> <li>• Focus is on cultural teaching and counselling</li> <li>• Learnings and the application of Indigenous healing approaches and practices passed on by traditional Indigenous teachers, traditional healers and/or Elders who are recognized by their Indigenous community</li> <li>• Learnings about theor(ies) and practice(s) in Indigenizing and decolonizing approaches to mental health and wellness that address disparities among Indigenous peoples in culturally relevant ways (e.g., storytelling and role modelling)</li> <li>• May include approaches in Indigenous wellness, language revitalization in the context of understanding Indigenous approaches to mental health and wellness, and/or Indigenous community-based mental health program and organizational development</li> <li>• May include integration of Indigenous wellness in relation to social justice, environmental/ ecological justice, and/or reconciliation among diverse Indigenous communities</li> <li>• May include self-care for counsellors/psychotherapists as mental health and wellness service providers with Indigenous communities</li> </ul>	1 credit per hour	CEC form (I)A includes community attestation and proof of attendance attestation
<b>Healing ceremonies</b>	<ul style="list-style-type: none"> <li>• Focus is on traditional healing specialties in the form of ceremony that address mental, emotional, spiritual and physical aspects of health and wellness</li> <li>• Engagement in ceremonies and healing approaches facilitated by traditional healer(s)/Elder(s) who are recognized by their Indigenous community</li> <li>• May include Guided Medicine Wheel, Sweat Lodge, Full Moon, Ancestor Feasts, and other ceremonies that provide mental health healing and cultural support</li> </ul>	1 credit per hour	CEC form I(B) includes community attestation and proof of attendance attestation

Term	Definition	Number of CECs	Required Documents
<b>Community engaged scholarship</b>	<ul style="list-style-type: none"> <li>• Focus is on engaging in mutually beneficial partnerships between Indigenous communities and academia that produces and applies knowledge</li> <li>• Application of expertise to real-world issues and collaborating with peers in other communities and sectors who bring their respective knowledge and wisdom to the collaboration</li> <li>• May include facilitating consultation meetings, writing peer reviewed paper(s) and/or providing workshops/presentations* for mental health teams to ensure that Indigenous cultural knowledge is integrated into case conceptualization</li> </ul>	1 credit per hour	CEC form I(C) includes community attestation