



INDIGENOUS

Land Based Counsellor

Program Booklet

2025

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Overview

Empower yourself with the knowledge and skills needed for a rewarding career by learning how to deliver culturally relevant, client-centred care to diverse individuals. An intrinsic aspect of ILBC focuses on the Indigenous culture and how it can effectively transform lives as a valuable part of healing.

Program Highlights

Balance of Indigenous knowledge and clinical theory learning related to Mental Health & Addictions.

Built with the support of the Indigenous Healing & Wellness Strategy partner organizations to strengthen the awareness and knowledge of First Nation healing strategies within Ontario.

Opportunity to meet with Elders and Traditional Knowledge Carriers (TKC) to recognize and honour the value of cultural traditions, stories, and practices.

Choice of additional certificate relevant to personal and work interests, which may include Ontario Recreational Canoeing and Kayaking Association (ORCKA), Wilderness First Aid, Applied Suicide Intervention and Skills Training, and many more.



Program Bundles

Online, Instructor Led
Course Bundles

- Program Prerequisite
- Indigenous Perspectives on Concurrent Disorders
- Land Based Helping
- Land Based Programming & Cultural Teachings
- Supporting Yourself in Wellness
- Organizational & Community Healing

In Person, Instructor Led Course
Bundles

- 1 Major Land Based Elective or 2 Minor Land Based Electives

Learning Pathways

ILBC Certificate Program

Requirements

A learner must complete the Program Prerequisite Course, all six (6) Program Bundles in addition to either one (1) Major Elective or two (2) Minor Electives. Learners will have up to three (3) years to complete the program.

Choose Your Own Bundle

A learner may register for a specific Program Bundle without registering for the ILBC certification. The learner will still be eligible to receive certification if they complete all ILBC Certificate Program Requirements.

Admissions

Highschool Diploma or Equivalency

Program Delivery

Program Bundles will be delivered online on a weekly basis.

Each Program Bundle includes 1.5 hours- 2 hours of live instructor led learning, with an additional hour of independent learning.

Program Fees

\$150.00 per
Prerequisite Course
\$500.00 per Bundle

Land Based Elective fees will vary.

Course Outline

Program Prerequisite | Strengthening Indigenous Perspectives

This is a prerequisite course for the for the Indigenous Land Based Counsellor (ILBC) Micro-Credential Program. The Program Prerequisite will be completed in two (2) parts. This session focuses on history of Indigenous peoples both pre and post contact within Canadian context, specifically focusing on traditional territories in the Ontario region.

Duration of Course: Each part is 2 hours

With an emphasis on the ripple effects of colonization, including forced assimilation, residential schools, child welfare systems and systemic discrimination, the course will address how intergenerational trauma manifests in the mental health and addiction field and the challenges faced by Indigenous communities today.



Indigenous Perspectives on Concurrent Disorders

Learners gain an understanding of the current mental health and addiction disparities and stigma within the Indigenous population and communities by exploring the impacts of colonial laws, systems, and social biases. This bundle addresses how different diagnoses and prescribed medications may impact therapeutic relationships and the development of an individual's treatment goals and planning, to provide person centered care and a safe healing environment.

Learners delve into how communities are working towards decolonizing perspectives on mental health and treatment approaches by hearing from organizations who have started to reconnect with the land and blood knowledge on traditional healing practices.



Bundle Outline

1. Fundamentals of Mental Health & Addictions
2. Psychosis, Mood & Behavioural Disorders
3. Eating & Neurodiversity Disorders
4. Stimulants, Depressants & Hallucinogens
5. Opioids
6. Alcohol
7. Universal Approaches to Traditional & Prescription Medicine
8. Practical Applications & Course Review



Land Based Helping

Learners gain perspective on Indigenous values and cultural practices from various Indigenous communities and understand the importance of a trauma informed approach while supporting individuals as they reconnect with their spirit, identity, and each other. This bundle is rooted in the Indigenous ideology that the land is a healer and learners strengthen their ability to weave traditional healing practices, clinical modalities, and risk reduction strategies into treatment programming. Enrich your spirit as a helper by learning about culturally respectful, professional boundaries while building trust, balancing rapport and inspiring personal growth and healing in an outdoor environment.



Bundle Outline

1. Introduction to Land Based Healing
2. Indigenous Healing Practices
3. Indigenous Knowledge & Modalities
4. Microskills
5. Risk Reduction & Withdrawal Management
6. Land Based Crisis Interventions & Management
7. Protecting Your Spirit
8. Course Review

Land Based Programming and Cultural Teachings

This bundle incorporates four (4) sessions of instructed learning to gain an understanding of land based programming logistics, coordination and leadership. Learners will have the opportunity to discuss real scenarios with Indigenous Healing Lodges and Treatment Centres across Ontario, who contribute to the progression of future land based cultural programs. The remaining time within this bundle is dedicated to visiting with our Cultural Knowledge Carrier and Enaadmaaget, partaking in cultural activities and teachings. This bundle deconstructs the pan-Indigenous approach to expand the learner's foundational knowledge of cultural diversity among Indigenous people, ceremonial practices and protocols within Ontario.

Bundle Outline

1. Program Coordination & Leadership
2. Land Based Scenarios
3. Culturally Teachings Diversity, Understanding & Inclusion
4. Indigenous Practices & Law
5. Cultural Teachings - Traditional Medicines
6. Cultural Teachings – Open to Learner
7. Cultural Teachings – Open to Learner
8. One to One Course Review



Organizational and Community Healing

Within this bundle learners explore how to contribute to a trauma informed workplace, by learning about cultural and gender diversity, healthy communication, and working with community and non-Indigenous partners. This bundle addresses the stigma attached to people living with mental health and addiction and that as helpers we can use an intersectional approach to understand how different forms of oppression and power collide.

Learners will gain confidence in practicing self and client advocacy and discuss their future goals as a helper. This bundle also acknowledges the heavy grief and loss that is felt working within the field of mental health and addiction as well as working with or in an Indigenous community. This bundle addresses the impact of prejudice and discrimination towards people struggling with mental health and addictions and individuals a part of the BIPOC community.

The importance of viewing intersectionality as a lens to see the different forms of oppressions interact and influence individual's lives is highlighted and the learner is required to reflect on their own.

Bundle Outline

1. Strengthening the Workplace
Understanding the Roots of Lateral Violence
2. Creating a Trauma Informed Care Workplace
3. Creating a Culture of Continuity
4. Managing Grief & Loss in Therapeutic Relationships
5. Addressing Stigma to Strengthen Community
6. Strength Based Approaches to Working with Diverse Clients
7. Becoming a Certified Land Based Counsellor
8. Course Review



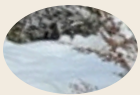
Supporting Yourself in Wellness

Learners will challenge themselves by looking at their own spirit and fire. Within the heart of being a helper it is important that learners know how to self-reflect in all areas of wellness; emotional, physical, spiritual, and mental, to maintain and strengthen their fire. Learners will continue their self growth by having the opportunity to visit with Traditional Knowledge Carriers (TKC) to hear stories, learn from the teachings, and try new cultural activities.



Bundle Outline

1. Strengthening Your Fire
2. Finding Your Voice
3. Emotional Intelligence
4. Understanding Self Care
5. Working with Elders & TKCs
6. Traditional Perspectives on Self-Care
7. Self Wellness Assignment
8. Course Review



Land Based Electives

This bundle allows students the opportunity to get hands on learning. Learners will choose either one Major Land Based Elective or two Minor Land Based Electives, based on the learners or organization's interest.

Major Electives

- ORCKA (Ontario Recreational Canoe & Kayaking Association)
- Trapper's Education Course
- Wilderness First Aid

Minor Electives

- ASIST (Applied Suicide Intervention Skills Training)
- Chainsaw Safety
- Introductory to Archery
- Safe Food Handling
- Psychological First Aid



Minimum technology requirements

- Regular access to a computer with a reliable Internet connection
- Web cam and headset
- Personal computer
- Windows 8, 8.1, or 10 operating system
- Web browser: Firefox, Chrome, Internet Explorer 10 or higher
- Apple Mac
- OS X operating system
- Web browser: Firefox or Safari
- Bring Your Own Device (BYOD)

Career Outcomes

- Land Based Counsellor
- First Nations Wellness /Addictions Counsellor (ICBOC)
- Canadian Certified Indigenous Addiction Counsellor (CACCF)



Program Contacts

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