

TELUS Health CBT for Indigenous Peoples

A New Dawn, A New Light

The New Dawn programs are rooted in diverse Indigenous cultural and healing practices. They take a holistic, traditional healing approach intertwined with core Cognitive Behavioural Therapy (CBT) strategies to support you in your journey to better mental well-being. As you work through the program you will find content, videos, and exercises, and you'll have the option to listen to the content through voice-overs or read the material if you prefer. You are not on this journey alone – after you register for the program you will choose a therapist to support you along the way.

At the centre of the New Dawn programs are the Medicine Wheel and the Seven Sacred Teachings to support you in achieving harmony, balance, and well-being. The teachings vary across communities, but the principles and values apply to all of us, regardless of our culture and history. The Medicine Wheel has been used by generations of various Indigenous nations for health and healing.

Each of us has our own story, our own journey. When we heal ourselves, we are also healing the next 7 generations.

Included in the Indigenous Program package are Calm Water (anxiety) and Sun Rise (depression), as well as our general anxiety and depression programs. Our general anxiety and depression programs are included to provide participants with the option to complete these programs and are supported by an Indigenous therapist. It is important to meet the participant where they are at on their unique healing path. We want to be able to support and offer participants a choice in determining which program will best meet their needs. All participants will have the option to walk alongside an Indigenous therapist, regardless of their program choice.



Calm Water – Anxiety

The term anxiety is used to describe your body's response to danger. When we feel threatened, our physical reaction is to fight or flee. When we are in a dangerous situation this is a helpful response, but when we are not, it can be harmful.

For instance, anxious thoughts, feelings, and behaviours can occur when we feel overwhelmed, worried, or afraid and often, there isn't a physical cause for us to feel this way.

The program blends traditional healing practices with cognitive behavioural therapy strategies and techniques, to help you better understand what you may be experiencing and to help you build skills and strategies to improve your well-being.

What we will cover

- What does anxiety look like for you.
- Learn how your spirit, mind, emotions, and body affect one another.
- Reflect on your personal journey to recognize factors that may be causing or contributing to your anxiety.
- Learn CBT and Indigenous healing strategies and skills to help improve your ability to cope.
- How to grow your medicine pouch as you continue your journey.



Sun Rise – Depression

Sadness is a natural and common emotion we experience in response to an upsetting situation or event. Sadness is typically short-lived and while it may cause you to feel unbalanced, it does not impact your ability to move forward.

Depression, on the other hand, is different. It is more intense, lasts longer, and can make it difficult for you to function and engage in your usual activities. Depression has a negative impact on your thoughts, emotions, and behaviours.

Rooted within the Medicine Wheel and the Seven Sacred Teachings, this program will help increase your awareness of how depression may be affecting you and provide you with skills and coping strategies.

What we will cover

- Awareness of what depression is, and how it may be impacting your spirit, mind, body, and emotions.
- Recognize unhealthy thoughts and behaviours that may be contributing to your depression.
- Identify self-care and community care strategies to reduce your symptoms.
- Understand how to use your strengths and your gifts to develop new coping strategies.



Anxiety / Generalized Anxiety

Anxiety is your body's natural response to danger. You become tense, alert, and ready to either fight or run away. This response benefits you when you are actually in danger, but it can interfere with your daily life if it occurs when there is no threat.

This program will help you better understand, identify, and navigate feelings of anxiety when they come up in your day-to-day life. You will learn strategies and techniques to help you effectively manage and reduce your symptoms.

What we'll cover:

- What is anxiety?
- How anxiety affects your mind, your body, and your behavior.
- Reduce your stress by learning coping skills to fight unwanted anxiety.
- How to change your responses to anxiety triggers.
- Develop strategies to track and reduce your anxiety response.



Depression

Everyone experiences feelings of sadness that are part of regular mood changes. Depression is different. It's more intense, lasts longer, and can negatively impact your personal and professional life.

Depression can affect any person at any time in their life, and in many different ways. It's not always so obvious – a lack of interest in what you used to enjoy, changes in appetite, and difficulties sleeping can all be symptoms of depression. Depression can make it hard to recognize yourself and you may feel like you're losing control.

Our depression program will help you learn skills and coping strategies to make positive changes in your life and lessen the impact of depression.

What we'll cover:

- What is depression?
- How depression affects your mind, your body, and your behaviour.
- Reduce your depression symptoms by learning coping skills.
- How to change your response to depression triggers.
- Develop strategies to track and reduce your depression response.

