

University of Washington School of Social Work

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### 2019 Historical Trauma and Healing Qualitative Responses (2<sup>nd</sup> Time Sole Instructing)

#### "What aspects of this class contributed most to your leaning?"

1. Course readings, instructor knowledge and availability, guest lectures
2. The assigned readings and guest speakers were exceptional. The thoughtfulness Matt brought to the course overall, to cultivate a space for learning, growth, and reflection was powerful.
3. Matt's lectures and the way he guided our class through the material probably helped me the most! The readings were also very well chosen, and I really appreciated all the guest speakers that he brought in!
4. Course readings.
5. The mindfulness and compassion that Matt brought into this class contributed incredibly positively to my learning. I loved the mindfulness with which each class began and ended. The journaling was impactful as well. Thank you so much Matt!!!!
6. Matt has a way of inviting students in, of giving us the space and grace to explore and learn by modeling authenticity and what it means to be in community. His grace and the amount of time and planning he put into the course made it so powerful. The way he curated the course with a unique balance of guest speakers, discussion, small group, individual work, and even field trips (!) was so appreciated.
7. Matt's amazing facilitation skills and creating a safe container. Having lots of guest speakers and opportunities for reflection within the class.
8. The reflections, journaling, presenters, field trips, and final presentation
9. The guest lectures were amazing, Matt's ability to hold space for every person in the classroom is astounding. The course content was informative and applicable in my career.
10. The reflections, the readings, the final project and seeing our peers present their projects. the guest speakers
11. Matt was always intentional about his teaching, his presence, his guest lecturers, and his response to students. He is an excellent instructor who highly values the experience of his students.
12. The mandatory reflections and the student presentations.
13. The readings, guest speakers, teacher's facilitation of the material and class time, reflections, and assigned projects. Matt's ability to engage the class and provide a meaningful space for students was really astounding.
14. Having multiple speakers brought in, as well as attending field trips, was an incredible way to literally center marginalized voices (all speakers were native identified) and learn from a community of people, especially people out in the field doing the hard work of healing and resilience building. We talk so often about centering marginalized voices, and this is the first class I have been a part of that actually did that in real time. Thank you Matt.

15. Guest speakers, field trips, and just the instructor's commitment to the work.
16. I learned from Matt's lectures and his general conversation and explanations, multiple guest speakers, field trips to SAM and the Longhouse on campus, and the readings. I really appreciated the intentionality of starting class with breathing and ending with journaling and breathes.
17. The discussions in class
18. Matt's contributions to the class were enumerable. He brought in his colleagues as guest lecturers to speak from their experience in healing from historical trauma. Matt taught with groundedness and provided a space where students could learn and grow with humility. I am so grateful that Matt offered to teach this class when students thought it was not going to be offered this school year.
19. This was one of the best classes I took in the MSW program at UW. The instructor fostered an incredible learning environment in many ways: through an intentional process for collectively developing community agreements, weekly practices for coming into the space and leaving the space, encouraging deep thought and engagement with the material, bringing in personal perspectives and experiences, and fostering community through weekly potlucks. Inviting members of other communities to share their perspectives and experiences with our class was an incredible way to learn about the unique experiences of their communities. The readings were excellent, and weekly reading reflections were a helpful way to stay accountable to completing the readings and preparing for engaging with the material in class discussions. The instructor held space and facilitated the class agenda in a way that felt supportive, and provided helpful comments and feedback on assignments. Learning activities were diverse and varied, including large group discussions, small group activities, and field trips. Brief journal entries each week that invited us to deepen our social work practice were incredibly valuable.

**“What suggestions do you have for improving the class?”**

1. Maybe a little more preparation work for the students before the guest lectures - a heads up about what they might talk about and a little additional background knowledge. Thank you for an excellent term!!
2. Time is nearly always a constraint in all my classes so I understand that it isn't feasible to fit everything in. With that being said, I think allowing for more time to digest and reflect upon the readings would be really helpful for learning.
3. None. This was a very excellent class and I would highly recommend Matt as an instructor. Thank you so much for all that you put into teaching us, Matt!
4. I entered this class having high expectations and was still blown away by the course. Thank you, Matt!
5. None - continue offer it in the future! School of Social Work, do whatever you can to hang on to Matt as an Instructor!!!
6. I can't think of any ways to improve the course; Matt is an extremely skilled professor and a gift to any student that has the privilege of studying with him. Thank you, thank you, thank you for your energy, presence, meticulous planning, and ability to make us all feel like scholars. Thank you.

7. Keeping this class at UW, and if possible having indigenous people teach it. I also think it should be a required class for CCIP.
8. Make it a requirement for CCIP, offer it every year, and have it taught by an indigenous/Native scholar
9. Allowing more time for field trips would be lovely! Otherwise this class doesn't need very many improvements. It really should be a requirement for all students in the MSW program.
10. Tech. difficulties happened often because we had guest speakers google hang out in. If the school can improve the IT I think this would make all classes smoother. This course should be a requirement of any school of social work student.
11. This class should always be offered at the SSW and should always be taught by black and/or indigenous people of color.
12. Clarify the Indigenous focus in the course name or description, or else widen the focus to include other historical traumas such as the Holocaust and the Ma'afa. Also, provide more framing (i.e., explicitly state that HT is inflicted onto a \*community\* by a \*community\* so \*community\* based healing works better. Also, discuss a bit more the \*ongoing\* nature of the trauma and how that affects healing.
13. I would have loved more time to discuss the articles, although I understand the time constraints of a 10 week quarter.
14. Nothing! This class has shaped my approach with marginalized individuals and communities more than any other in its emphasis on healing and resilience and inclusion of a diversity of native voices. Please, please offer this course again.
15. I would have loved to have reflected more on the readings because they were really good.
17. None, at this time
18. This course must always be offered at the School of Social Work. It is too important not to be.
19. If time were not such a constraint, I would suggest extending final presentations by a few minutes to allow time for more depth with the material and also questions & discussion after presentations. And either way, it would be helpful to let students know ahead of time that they will be held to the time limit (as in some classes there is a suggested time limit, but it is not always enforced). Thank you!

### **2018 Historical Trauma and Healing Qualitative Responses (1st Time Sole Instructing)**

**“Was this class intellectually stimulating? Did it stretch your thinking? Why or why not?”**

1. This class was great. It expanded my knowledge on a topic I knew very little about. The information presented was extremely useful and I am able to apply it to my practice. Overall, I feel that this class has made me a better practitioner.
2. The readings, speakers, lectures, and conversations presented in this class were phenomenal. I learned so much, and it was such a wonderfully fresh and grounded approach. I was so grateful to have indigenous voices centered! This class was not only intellectually stimulating but also emotionally and spiritually stimulating, and healing.

3. Yes! I feel like I learned so much about myself and about the things my past clients (and future clients) have experienced. I feel like I'm prepared to have conversations with clients, colleagues/classmates, and others about historical trauma, the impact it has on communities, and how resilience and healing can be used to improve the lives of those affected by HT.
4. Absolutely. Historical Trauma and Healing is the best course I've taken at the School of Social Work. This course should be required for all MSW students. Matt's ability to deliver the valuable course content in applicable, bite-sized pieces was incredibly helpful.
5. yes. it broadened my knowledge about trauma and healing strategies.
6. Yes, this course opened avenues of different ways of thinking and taught me so many things that I wasn't aware of or didn't know enough about. This class held space for students to work through their learning individually.
8. This class was extremely intellectually stimulating. Not only is the content not taught in other required classes, it's not discussed in the school at all. This was my first introduction to historical trauma and community based participatory research. This class pushed me to think outside current principles in helping communities heal. Additionally, this class challenged my views around Native and Indigenous worldview and helped me decolonize my own thoughts and socializations as a white person.
9. Absolutely. This class, I would argue, is essential to better working with and understanding our communities.
10. very intellectually stimulating class, this is a topic that has been undermined and left out of my educational/social work narrative thus far. it was stretching to have the freedom to apply HT frameworks to all of my work and contexts through reading reflections. it was stretching to try and grasp the vastness of HT's impact on communities and individuals.
11. This class was very humbling, and required me to think critically about my own implicit biases, and quite frankly, my cultural ignorance. Cultural humility means something different after taking this class. It exposed my own lack of understanding, and lack of intellectual and psychological curiosity of the indigenous community locally, nationally, and globally.
12. Yes!
13. Yes, we incorporated HT to self-reflection, group project, class discussion and guest lecturers.
14. Yes, I liked the international perspective we got to towards the end of the quarter. I think this was a perspective we do not see a lot in the SSW program.
15. Absolutely. I gained so much insight from the professor and all of the amazing guest speakers he brought in. We were also continuously reflecting on what we had learned.
16. This class was the most impactful class I have taken during my time at UW. We have been taught to ignore Native and Indigenous perspectives and this class taught us that those perspectives are valid and deserve to be heard on such a bigger scale. This class has taught me so much about working with individuals that have experienced or are generational survivors of historical traumas and what I can do as a practitioner to be a better support system for these people. This class and its content has completely shifted my lens of practice.

**“What suggestions do you have for improving the class?”**

1. Honestly, it was incredible. I have no suggestions.
2. NA
3. Make Powerpoints (from lectures and guest lectures) available for students to look at during class or after.
4. Please continue having Matt teach this course!
5. none
6. I would have liked to hear the opinions and thoughts of the classmates more, but I appreciated all use of class time otherwise.
8. Just a minor suggestion: increasing big group discussion.
9. None.
10. If Matt teaches again - lecture more :)
13. A couple more group check ins. We had self-reflection weekly, but it'd be nice to talk as a large group about how things were going a little more frequently.
14. N/A
15. None
16. I don't have suggestions for improving this class. UW SSW needs more professors like Matt who tell us how it really is and allows us to really feel and work through class content. The professors that I have had have been very genuine, but Matt took that to an entirely new level. He was constantly checking in with us, making sure that we are understanding the content, and also telling us how much he appreciates us as students and as social workers. Best class at UW SSW by far and it should be required for every Masters student.