



HUMANITARIAN + CIVILITY PROGRAM



The Path of Compassionate
Civility: A Humanitarian
Approach

HUMANITARIAN + CIVILITY PROGRAM



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2023

HUMANITARIAN + CIVILITY PROGRAM

Welcome to the Humanitarian Health and Civility course! Led by Dr. Sheila McKenzie and Dr. Clyde Rivers, this course is divided into two halves: Humanitarian Health and Civility and Dialogue.

In the Humanitarian Health half, Dr. McKenzie will guide participants through techniques and strategies for creating positive change in their communities and addressing health challenges. From ancestral healing to holistic health and crisis medicine, this half empowers participants with valuable knowledge and practical skills.

In the Civility and Dialogue half, Dr. Rivers focuses on fostering understanding, conflict resolution, and community building. Participants will learn about honourable dialogue, building a culture of civility, and navigating challenging conversations, including cultural contexts.

Join us on this transformative journey as we explore humanitarian health and civility. With Dr. McKenzie and Dr. Rivers as your guides, gain invaluable knowledge, practical skills, and the confidence to make a positive impact in your community. Become a Humanitarian Civility Counselor and contribute to a world of natural health and harmonious dialogue.





PART 1

After this lesson, you will reflect on your achievement and have the confidence to handle various challenges in your community. Finally, you will step up to sharing and helping the underserved in your community.

In conclusion, finding your confidence, creativity, and spiritual connection during stressful times is possible and essential for living a fulfilling and empowered life and having a positive impact on the lives of others

Resources:

PPT

Online lectures

Mentor discussions

Text and notes provided

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Lesson 1. Ancestral Health and Humanity

In this lesson, we will delve into ancestral healing - a method focusing on uncovering, investigating, and remedying traumas inherited from generations of your predecessors. These traumas may shape your conduct, perception of the world, and self-view.



[Online](#)

Instructed by Dame Dr. Sheila McKenzie, Ph.D., IMD, DHS

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Lesson 2: Holistic Health and Crisis Medicine

This lesson focuses on holistic health, which encompasses physical, mental, emotional, and spiritual wellbeing, and crisis medicine, a critical response during emergencies. We'll explore elements like balanced nutrition, exercise, stress management, relationships, and alternative therapies. The importance of immediate healthcare provision in emergencies, enhancing personal health and community resilience, will also be highlighted.



[Classroom](#)



[Virtual](#)

Instructed by Dame Dr. Sheila McKenzie, Ph.D., IMD, DHS

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Lesson 3. Systems Approach to Health

This session will explore the interaction between lifestyle, diet, and stress on major organ systems and the supportive measures each system requires:

- Circulatory system • Lymphatic system • Respiratory system • Integumentary system
- Endocrine system • Gastrointestinal (digestive) system • Urinary (excretory) system
- Musculoskeletal system • Nervous system • Reproductive system • Immune system



[Classroom](#)



[Virtual](#)

Instructed by Dame Dr. Sheila McKenzie, Ph.D., IMD, DHS

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Lesson 4: Grasping the Importance of Self-Care

Course Outline: Defining self-care, understanding its advantages, and its significance in humanitarian lives. Reflection on your self-care practices to identify improvement areas and set self-care goals.

Student Responsibilities: Personal self-care evaluation and goal-setting worksheet.



[Online](#)

Instructed by Dame Dr. Sheila McKenzie, Ph.D., IMD, DHS

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Lesson 5: Crafting a Morning Routine

Course Outline: The value of a morning routine, creating a ritual aligning with your core principles and ancestral practices, tips for successful implementation.

Student Responsibilities: Pair up with a fellow participant to devise a morning routine.

Daily Training Video: Gratitude expression and sharing your fresh experiences within your community.

Student Responsibilities: Design and implement your morning routine plan.



[Virtual](#)

Instructed by Dame Dr. Sheila McKenzie, Ph.D., IMD, DHS

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Lesson 6: Promoting Your Physical Health

Course Outline: The correlation between physical health and self-care, incorporating exercise and proper nutrition into your regimen.

Student Responsibilities: Choose an enjoyable form of exercise and plan wholesome meals for the week (as per health-restorative nutrition guidelines).

Student Responsibilities: Family's healthy movement and nutrition plan.



[Virtual](#)

Instructed by Dame Dr. Sheila McKenzie, Ph.D., IMD, DHS

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Lesson 7: Sleep Health

Course Outline: The value of rest and sleep in self-care, forming a serene bedtime routine, managing sleep disturbances.

Student Responsibilities:

Evaluate your present sleep habits, establish a bedtime routine, and identify ways to enhance sleep quality. Bedtime routine plan and sleep improvement strategies.

Book: Sleeping your way to Wellness



[Online](#)

Duration 2 hours

Instructed by Dame Dr. Sheila McKenzie, Ph.D., IMD, DHS

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Lesson 8: Fostering Mindfulness and Gratitude

Course Outline: The advantages of mindfulness and gratitude, including prayer and meditation into your self-care ritual.

Student Responsibilities: Practice mindfulness techniques, document daily gratitude in your journal (journal provided- CCHM)



[Virtual](#)

Instructed by Dame Dr. Sheila McKenzie, Ph.D., IMD, DHS

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Lesson 9: Building Robust Relationships

Course Outline: The importance of relationships in self-care, nurturing ties with family, friends, and community.

Student Responsibilities: Connect with a loved one, plan a family event, or attend a community function. Reflect on relationship-building activities and share them with your group.



[Virtual](#)

Instructed by Dame Dr. Sheila McKenzie, Ph.D., IMD, DHS

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Lesson 10: Engaging in Humanitarian Outreach

Course Outline: The power of forgiveness, releasing bitterness, and achieving serenity through faith.

Student Responsibilities: Pinpoint areas of unforgiveness and apply forgiveness through prayer and contemplation. Forgiveness journal entry and personal reflection.

Daily Training Video: Teachings on Forgiveness and Healing.



Online

Duration 2 hours

Instructed by Dame Dr. Sheila McKenzie, Ph.D., IMD, DHS

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Lesson 11: Establishing Boundaries and Learning to Decline

Course Outline: The significance of boundary setting, learning to say no, and maintaining equilibrium in your life.

Student Responsibilities: Evaluate your current assertiveness practices. Personal boundaries assessment and interactive assertiveness practice.



Virtual

Instructed by Dame Dr. Sheila McKenzie, Ph.D., IMD, DHS

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Lesson 12: Eclectic Home Remedies:

This segment delves into various home remedies that can be included in your primary care kit. These remedies, often derived from natural ingredients, can serve as first-line treatment for common ailments, promoting wellness and self-sufficiency in basic healthcare right from the comfort of your home.



Classroom



Virtual

Instructed by Dame Dr. Sheila McKenzie, Ph.D., IMD, DHS

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Lesson 13: Action - Launch Emails (Assignment)

Your task is to create a contact list of community members, family, friends, and colleagues to whom you will present a free seminar. Your mentor will be among your audience.

Reflection on Your Strengths

Upon completing this lesson, you will reflect on your accomplishments and gain the confidence to tackle various community challenges. Ultimately, you will be ready to extend a helping hand to the underserved in your community.



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PART 2

OBJECTIVES/LEARNING OUTCOMES: By the end of this course you will:

- Understand the elements of the Dr. Clyde Rivers Civility Dialogue Model as a modality for Humanitarian Civility Counselor,
- Be able to establish an environment for Honorable Dialogue in community conflicts as a humanitarian service, and
- Apply the Dr. Clyde Rivers Civility Dialogue Model™ at an individual and group level.

REQUIRED MATERIALS:

- Book: When Histories Collide, We Don't Have To by HRH Clyde Rivers (order on Amazon.com)
- Book: Differences: Civility for All by Vernet Joseph (order on Amazon.com)
- Book: I Have a Solution: The Race Dialogue Conversation by Prof. Vernet Joseph and Sir Clyde Rivers (order on Amazon.com)
- Various online resources
- Attached videos

1

Unit: 1 Introduction to Communication Health

Unit Description: This unit provides students with a comprehensive introduction to Communication Health, emphasizing its importance in both personal and professional contexts. Students will explore the foundational concepts of Communication Health and its significance in becoming a Humanitarian Civility Counselor.



[Online](#)

Duration 2 hours

Instructed by Dr. Clyde Rivers, DHS

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Lesson 2: Bridging the Dialogue Divide

Unit Description: In this unit, students will learn about Honorable Dialogue as a new approach to conflict resolution and a dynamic definition of peace from a Civility perspective. The unit highlights the relevance of civility in today's world and its role as a leading modality in humanitarian service.



[Virtual](#)

Instructed by Dr. Clyde Rivers, DHS

3

Lesson 3: The Process of Building a Culture of Civility in Dialogue

Unit Description: This unit focuses on the process of building a culture of civility in dialogue. Students will understand that creating a culture of honorable dialogue takes time and involves honoring the human resource and managing expectations. The unit explores strategies for successful civility mitigation.



[Virtual](#)

Instructed by Dr. Clyde Rivers, DHS

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Lesson 4: When Histories Collide: Historical Hooks & Scripts

Unit Description: This unit emphasizes the significance of listening in the Civility Mitigation process. Students will learn how to become Listenatory Learners and gain a deeper understanding of why listening is vital to honorable dialogue. Strategies for becoming better listeners will also be explored.

Duration 2 hours

Instructed by Dr. Clyde Rivers, DHS

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Lesson 5: The Dialogue of Listening

Unit Description: This unit focuses on preparing the platform for Civility Mitigation in a group setting. Students will gain insights into the necessary steps and protocols for establishing an environment conducive to honorable dialogue. The unit highlights how preparing the platform promotes natural health by engaging the human resource in an honorable and solution-based manner.

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Lesson 6: Preparing the Platform for Dialogue & Dialogue Protocols

Unit Description: In this unit, students will learn about the role of the Mediator in Civility Mitigation. The Mediator plays a crucial role in maintaining honorable dialogue within a group setting. Students will gain a deep understanding of the responsibilities and skills required to fulfill this role effectively.



Instructed by Dr. Clyde Rivers, DHS

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Lesson 7: The Mediator

Course Outline: The value of rest and sleep in self-care, forming a serene bedtime routine, managing sleep disturbances.

Student Responsibilities:

Evaluate your present sleep habits, establish a bedtime routine, and identify ways to enhance sleep quality. Bedtime routine plan and sleep improvement strategies.

Book: Sleeping your way to Wellness



Online

Duration 2 hours

Instructed by Dr. Clyde Rivers, DHS

8

Lesson 8: Perception & Temperaments

Unit Description: This unit explores various personalities and temperaments of humanity and their influence on Civility Mitigation. Students will learn about different perception styles and how they impact dialogue. The unit encourages students to apply their understanding of perception and temperaments to enhance their interactions.



Virtual

Duration 5 days

Instructed by Dr. Clyde Rivers, DHS

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Lesson 9: Verbal Engineer the Solution

Unit Description: In this unit, students have the opportunity to synthesize their knowledge and tools gained throughout the course. They will learn how to plan and engineer positive steps forward in dialogue, focusing on creating solutions and promoting civility in their interactions.



Virtual

Duration 5 days

Instructed by Dr. Clyde Rivers, DHS

10

Lesson 10: Mitigating Cultural Dialogue

Unit Description: This unit challenges students to apply the tools of Civility Mitigation in the context of cultural conflicts. Students will act as mediators in addressing cultural tensions within their community or the world, employing the skills and strategies learned throughout the course to foster understanding and promote dialogue.



[Online](#)

Duration 2 hours

Instructed by Dr. Clyde Rivers, DHS