

Embodying Relationality: Indigenous Studies and Integrative Health Psychology

Spring 2026

Class Standing: Freshmen– Senior

Thank you for your interest in this program!

Faculty: Mukti Khanna, Ph.D. khannam@evergreen.edu

Katelyn Stiles, Ph.D. katelyn.stiles@evergreen.edu

The class will meet online for weeks 1- 3 on Tuesdays, Wednesdays and Thursdays from 10 am – 12:20 pm PST

Students should plan for 30 hours a week of asynchronous work in addition to class meetings during weeks 1-3

(Embodiment practices, readings, films, and assignments)

The class will meet in person from weeks 4-10:

Tuesday 10am - 3:20 pm (with lunch break)

Wednesday 10 am – 12:20 pm

Thursday 10 am – 3:20 pm (with lunch break)

Students should plan for 27 hours a week of asynchronous work in addition to class meetings during weeks 4- 10.

This all-level program invites students to explore the theme “relationality” - a concept that centers the relations and interconnectedness of life. Through Indigenous Studies we will explore relations between peoples and the “more-than-human” (lands, waters, animal relatives, ecosystems, and ancestors). Psychology studies will focus on how diverse approaches—such as health psychology and world medical systems — can promote wellbeing and balance at personal and societal levels. Students will be encouraged to reflect on their own relationality, engaging with program themes with respect and responsibilities to peoples and places.

Through movement, drawing, expressive arts, and centering practices, we will generate a foundation for wellness, creativity, and inquiry. Student learning will be supported by rigorous interdisciplinary readings, media, lectures, seminars, and workshops. These experiences will be integrated through writing, assessments, and creative assignments.

Weeks 1-3 of the program will be fully remote, as faculty member Katelyn Stiles engages in creative research with her community in Alaska that will be integrated into course

content. Her work there focuses on Lingít relationality with Herring, through harvest and Indigenous Science, archeology, and arts (song, dance, and film). The Lingít are Indigenous Peoples of Southeast Alaska. Weeks 4-10 will be all in-person. First-year students who are self-directed and have been successful in their programs in the fall or winter, are welcome to enroll. No prior movement or art experience is required.

Anticipated Credits:

16 Credits

- 4- Integrative Health Psychology: Theory
- 4- Integrative Health Psychology: Practice
- 4- Somatic Studies and Drawing
- 4- Indigenous Studies: Arts and Sciences

Program books:

“Art of Jin Shin” Alexis Brink (2019). Tiller Press.

“Change your schedule, change your life,” Dr. Suhas Kshirsagar (2019) Harper Wave.

“Health Psychology: Wellbeing in a Diverse World” (2023). Dr. Regan Gurung. Sage Publications - ** Need to have access to Vantage Learning Platform.

“Science of the Sacred” Dr. Nicole Redvers (2019). North Atlantic Books.

“The Healer Within” Dr. Roger Jahnke (1998). Harper Collins.

“Theory of Water: Nishnaabe Maps to the Times Ahead (2025). Haymarket Books.

“Undrowned: Black Feminist Lessons from Marine Mammals” (2020). Alexis Pauline Gumbs. AK Press