



Pomo Indian



Mexican

Los Guilicos Youth Detention



6 Card Exercise

- ▶ Each participant will get 6 index cards.
- ▶ Write the following on the top of the cards:
 - ▶ Card 1: Belief System
 - ▶ Card 2: Values
 - ▶ Card 3: Lifestyle
 - ▶ Card 4: Identity
 - ▶ Card 5: Family Members
 - ▶ Card 6: Most Prized Possession

- > Write a brief description on each of the cards relating to the heading.
- > Think about the heading and what it means to you and to your life.

Interconnected



A LONG TIME AGO.....

► Before you were born.....
when our ancestors lived....
WE.....



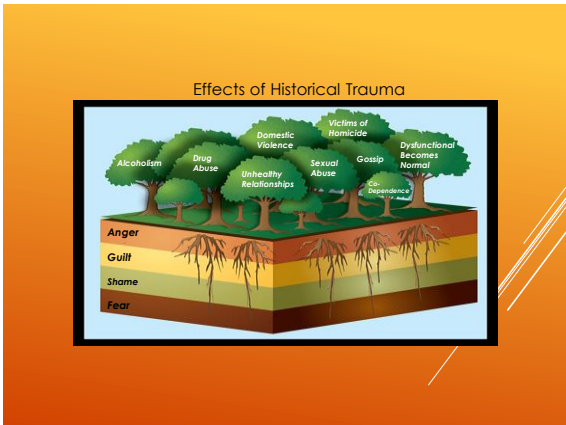


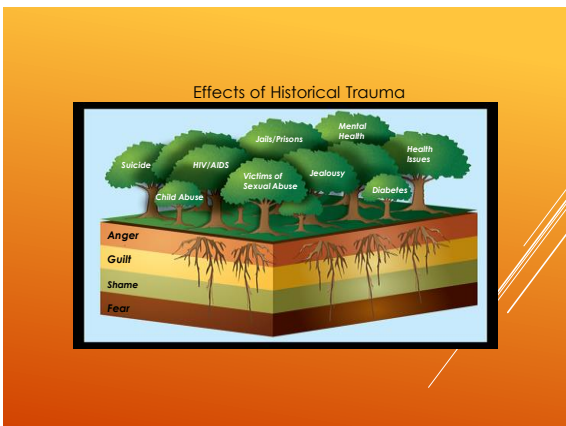
THEN.....
Something
Happened
To us.....



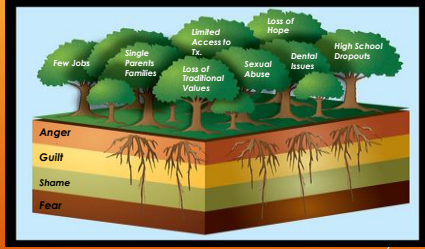




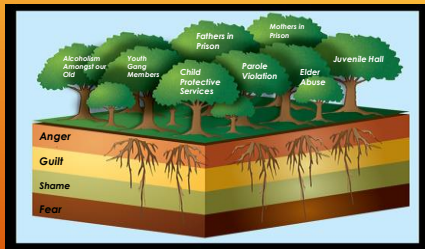




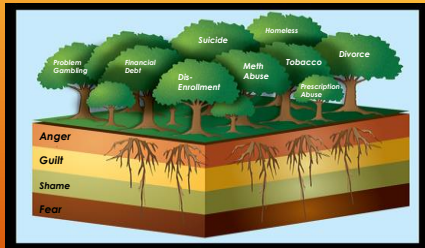
Effects of Historical Trauma



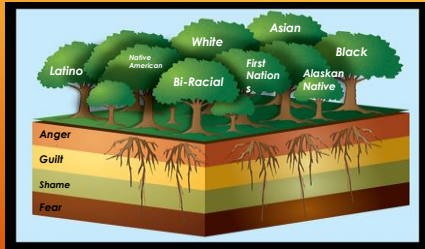
Effects of Historical Trauma

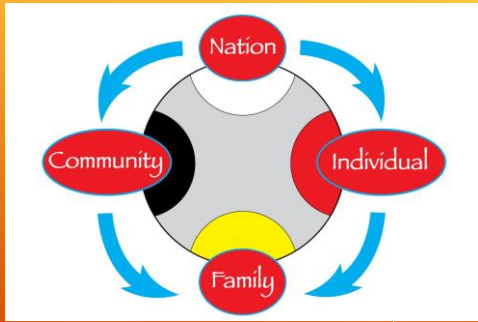


Effects of Historical Trauma



Effects of Historical Trauma









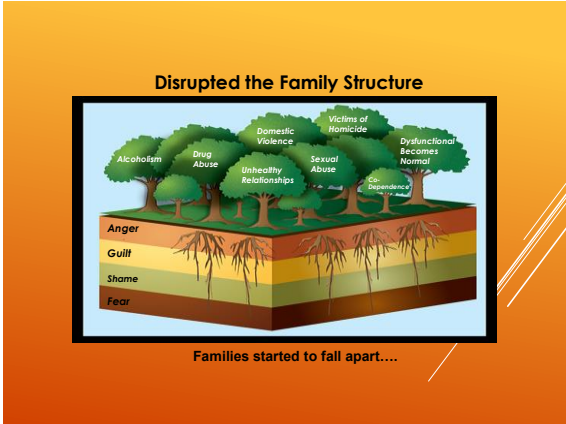
Carlisle Indian School

- Model school for the nearly 500 schools set up in the United States to assimilate American Indian and Alaska Native children



St. Paul's Residential School in Manitoba 1901

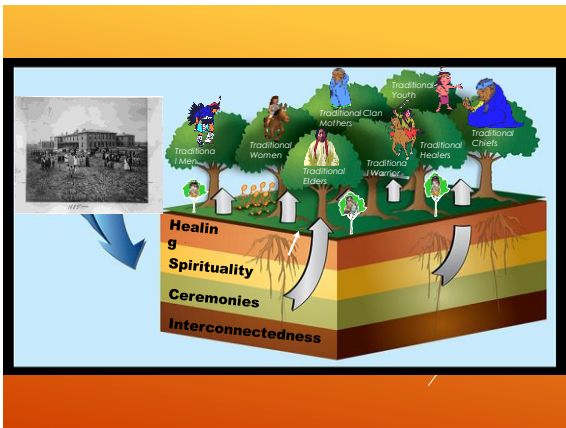




Questions for the Audience

- What specific ways has historical and current trauma effected the families in your communities?





Its harmful to mislabel grief as trauma because it isn't accurate; trauma and grief are not the same.

If you misdiagnose, you mistreat
Survivors of Homicide a Wellbriety Approach directly approaches the core of the grief; so the griever can heal.

What we have learned is its non-linear and unique to each individual

Five Stages of Death & Dying, Elisabeth Kubler –Ross

- 1. Denial
- 2. Anger
- 3. Bargaining
- 4. Depression
- 5. Acceptance

Impacts

250 million indigenous people died after contact with the Europeans. By 1920, 99% of the Native American population was wiped out.

HOW DO WE KNOW ABOUT INTERGENERATIONAL/HISTORICAL TRAUMA?



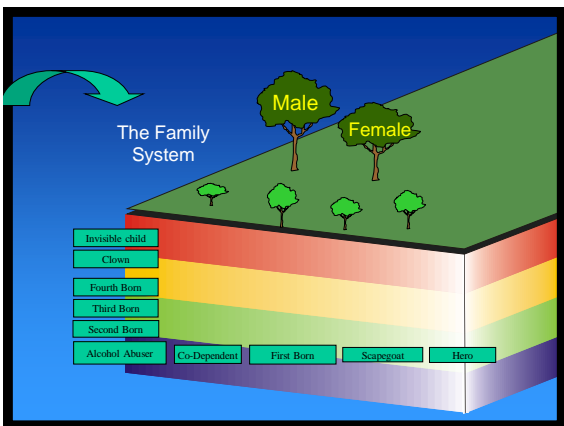
Research!!!!

HOW DOES TRAUMA GET PASSED DOWN THROUGH GENERATIONS?



People adapt to traumatic experiences by

1. Developing defense mechanisms and coping skills that often can be detrimental.
2. For Native people enduring immense losses, grief and post traumatic stress became a way of living.
3. People believe that feeling numb, being angry, acting self-destructively, and feeling hopeless is a normal way to be in the world.



Hurt People....

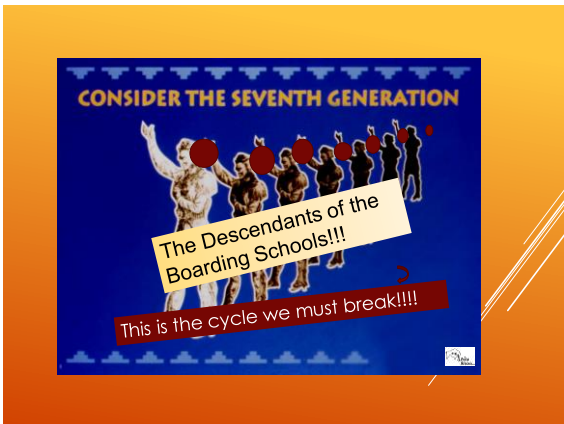


Hurt People....

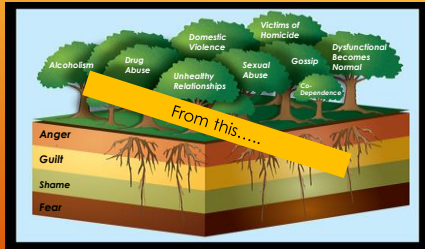
Healed People.....

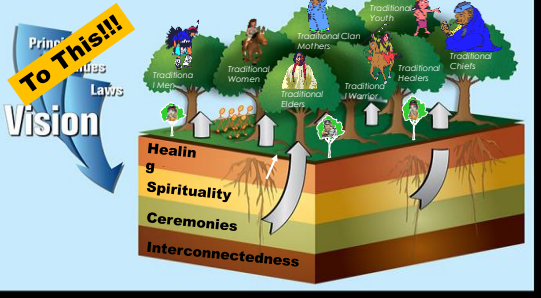


Heal People....

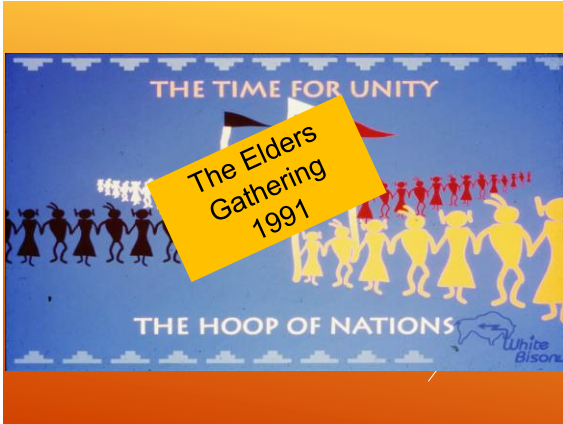


Effects of Historical Trauma









Cultural Teachings

- Four Laws of Change and the Healing Forest Model
- Teachings of the Medicine Wheel
- Cycle of Life Teachings
- Culture is Prevention
- The Circle is the Healer
- Two Thought Systems & the Thought Process
- Spirit and Intent

FCard Exercise

FINISHED FILES ARE THE RESULT
OF YEARS OF SCIENTIFIC STUDY
COMBINED
WITH THE EXPERIENCE OF MANY
YEARS OF EXPERTS.



F Card Exercise

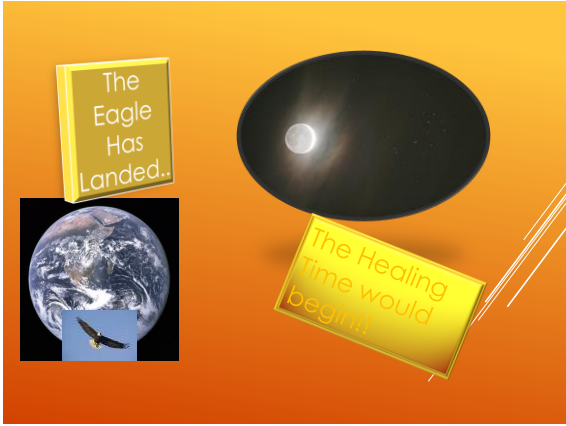


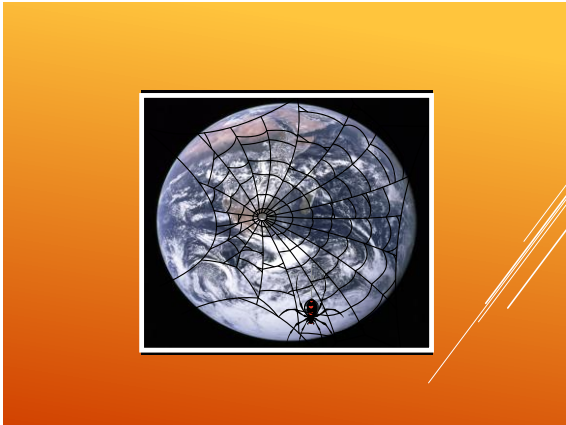
FINISHED FILES ARE THE RESULT
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Scotoma



A partial loss of vision or a blind spot
in an otherwise normal visual field.





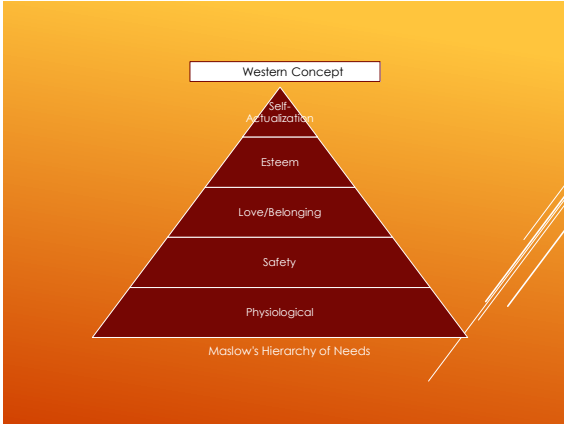


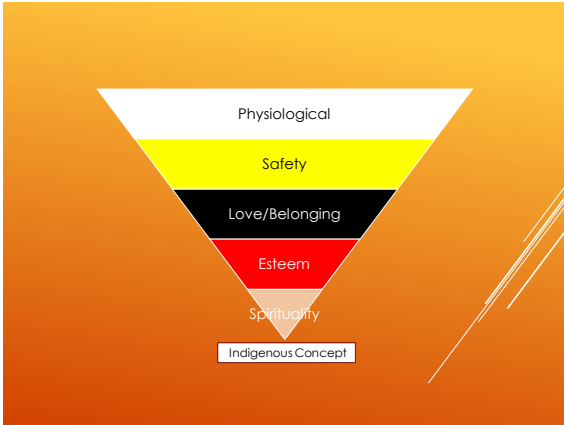


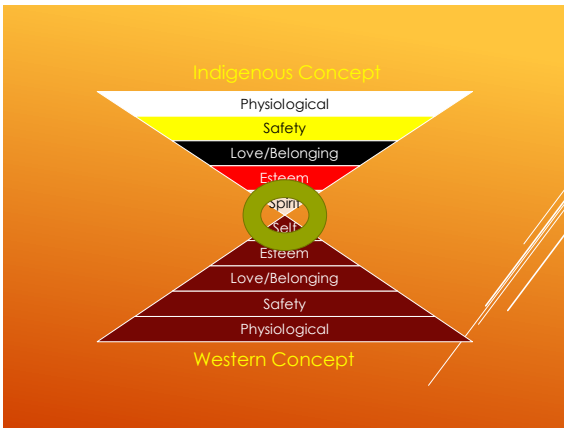


Interactions of Indigenous and Western Psychology

- Abraham Maslow also remarked on the social "security" among Northern Blackfoot children during his fieldwork at the Alberta Blood Nations reserve (1938).
- Like Erikson, Maslow found that the foundation of security established by Indigenous parenting practices in early years provided a basis for healthy human development.
- In his studies, Maslow documented First Nations teachings of the Lodge or "tipi", which outlines an Indigenous system for growth of a human being within a collective society.
- From Discussions with First Nations Elders around their model of social development, Maslow interpreted this model from a Western perspective in his Hierarchy of Needs.
- A key difference in Maslow's model focuses on the actualization of an individual, while the Indigenous model focuses on multi-generational actualization of the community.









Wellbriety Means



- Wellness—balance (mental, physical, spiritual, emotional)
- Sober lifestyles
- Connected to principles, values, and Natural Laws
- Walking the Red Road
- You must create a Healing Forest

3 Questions

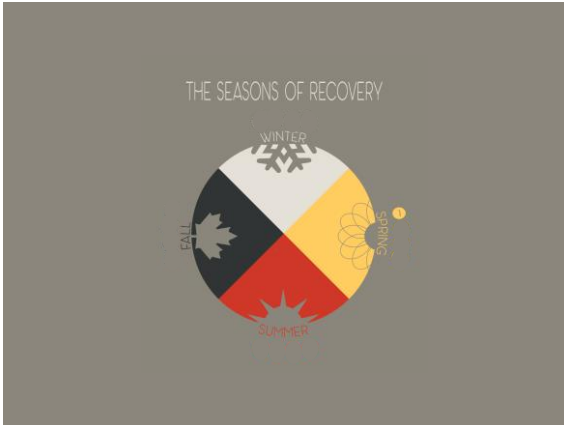


Who Am I

Why Am I

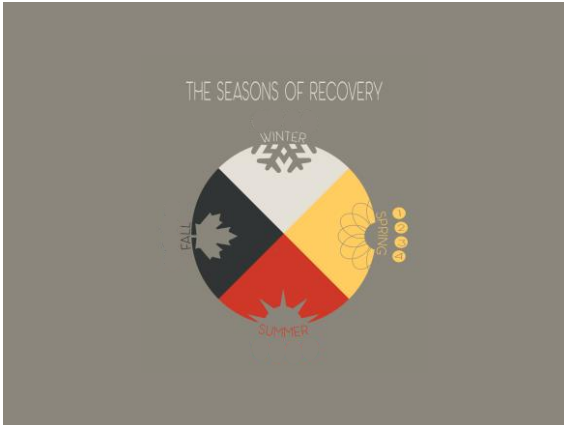
Where Am I Going



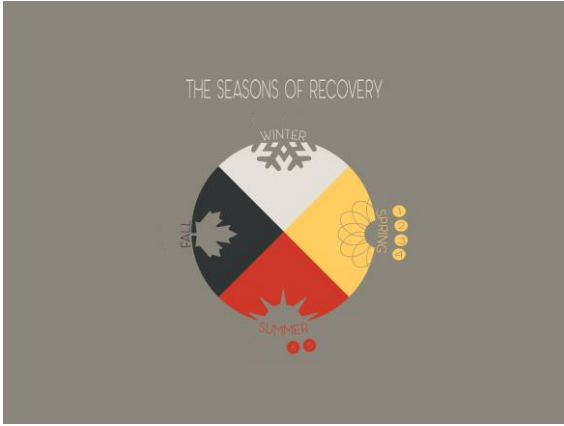


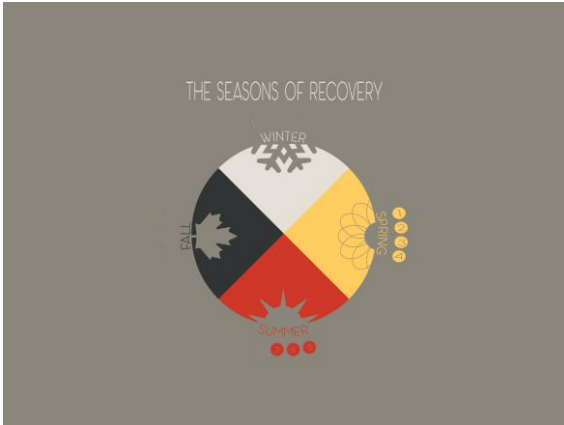




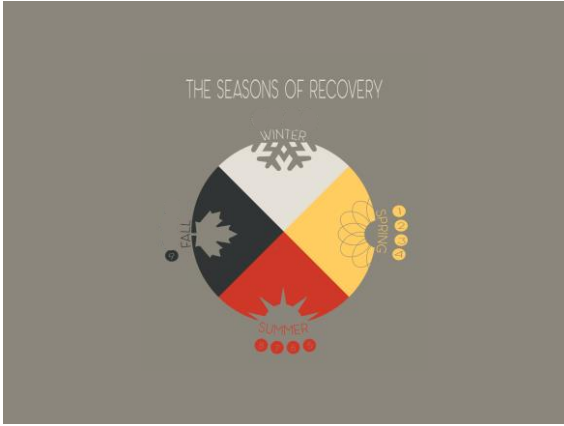






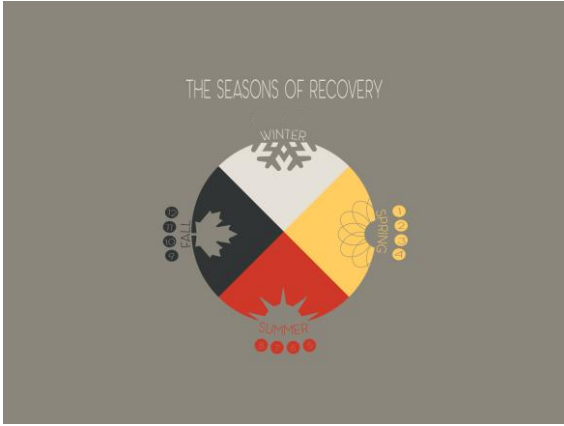


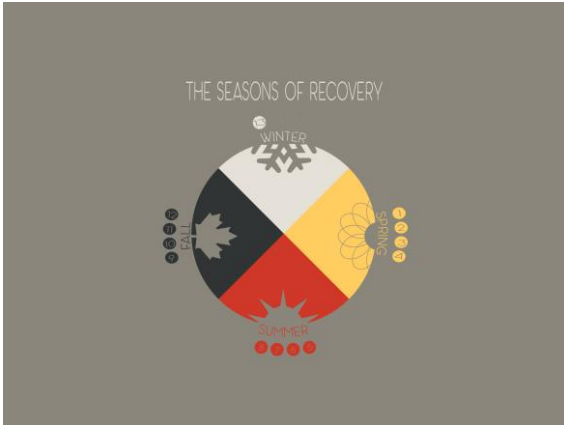










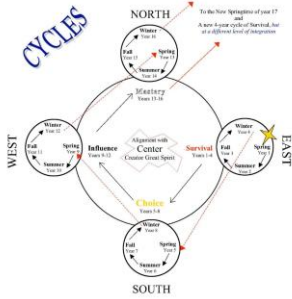








To the new Spring Time



Erickson

In his studies of the Oglala Sioux children on the Pine Ridge Reservation (1936-1939), Erik Erikson noted an astounding absence of "neurosis" in the majority of Sioux children, despite the obvious adverse social and economic conditions of early Reservation life.

Erikson attributed this resiliency to traditional Sioux parenting practices, which values establishing a strong foundation of safety and belonging at the beginning of child's life.

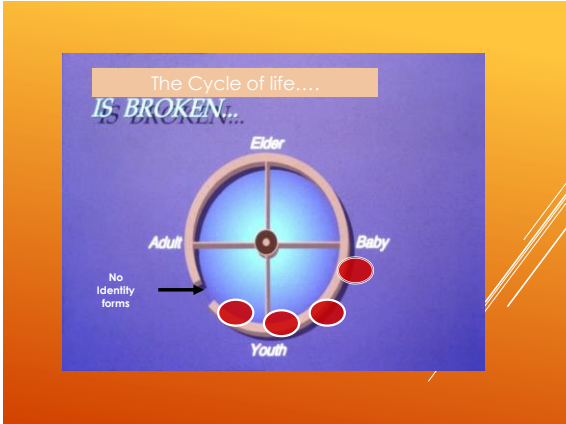
Erikson also noted that children who were exposed to acculturated parenting practices were less secure and showed more of what he identified as neurotic characteristics.

Erikson's study of Indigenous parenting practices invigorated his thoughts of human development and he continued his studies with the Yurok Tribe in Northern California as he completed his theory on stages of psychosocial development while at UC Berkeley.

A significant difference between Erikson and the indigenous developmental model is the goal is separation.








Sacred Hoop of 100 Feathers



Gifts of the Sacred Hoop



Forgiving the Unforgivable
Unity
Healing
Hope




1999
Sacred Hoop Journey I:
Healing the Nations Tribal Colleges

2000
Sacred Hoop Journey II:
Wiping of the Tears


2002
Sacred Hoop Journey III:
Healing Native Women and Children

2003
Sacred Hoop Journey IV:
Healing Native Men and Children


2009
Sacred Hoop Journey V:
Journey of Forgiveness



Canada




Hawaii




Alaska

Far North
Interior
Southwest
Southcentral
Inside Passage



Mexico



Congruency:
is an agreement or
harmony; compatibility.

Cultural Congruency

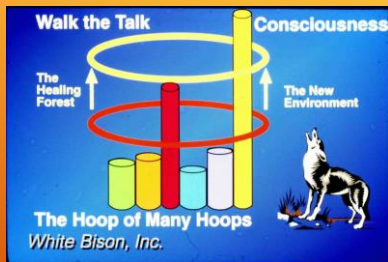
- To conduct professional work in ways that the members of a cultural group recognize as appropriate among themselves
- Engage with community and accept cultural differences in an open and genuine manner

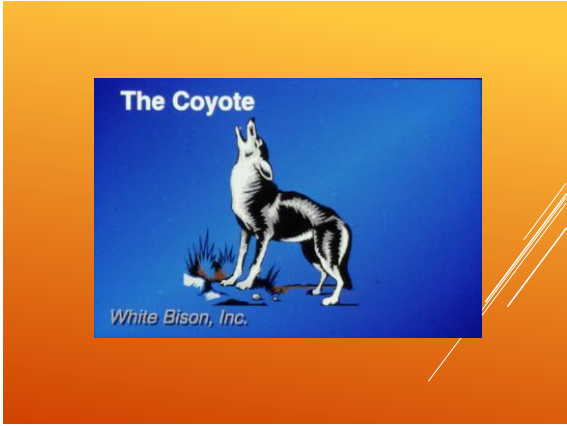
The honor of one is the honor of all... Green, J. 1982

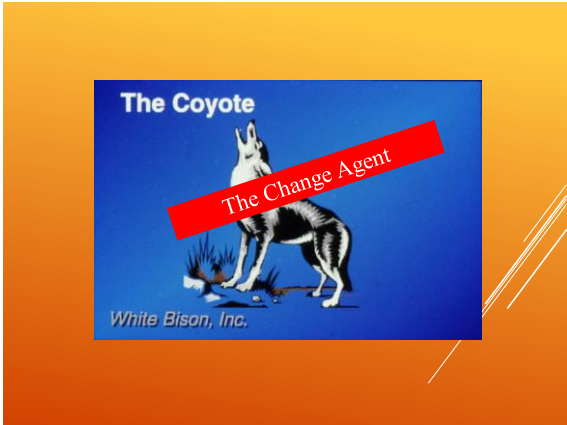
Cultural Congruency

- Demonstrates the beliefs, values, and assumptions of the community
- Enables community members to become the owners of the process or the product
- Is recognizable to the community as having a "good fit"

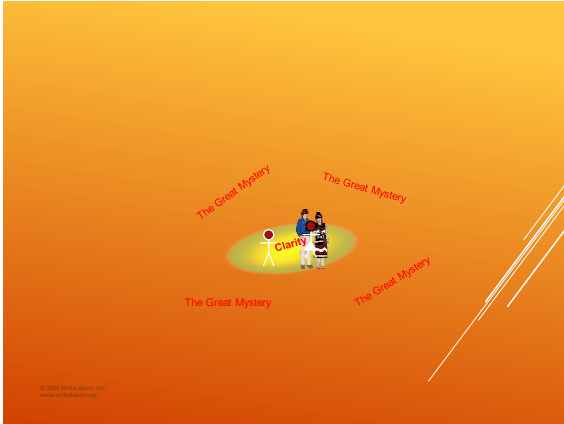
What works for the people of the buffalo may not work for the people of the whale.











Conclusion



The Opposite of Addiction is Connection!!!!!!!!!!!!

Books Available at White Bison



Wellbriety Books


The Red Road to Wellbriety
by White Bison, Inc.
2002

Alcohol Problems in Native America
by Don L. Coyke & William L. White
2006

Meditations with Native American Elders: The Four Seasons
by Don L. Coyke
2007

Understanding the Purpose of Life: 12 Teachings for Native Youth
by Don L. Coyke
2008

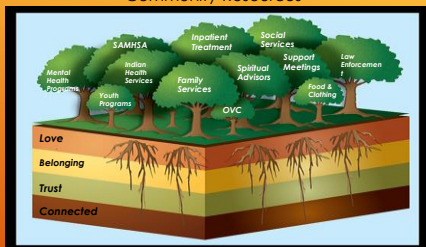
Books for your own recovery and wellness journey!
Order online at www.whitebison.org • Order by phone: toll-free 1-866-518-5275 or 719-548-1000



7 Trainings



Community Resources



Questions & Comments

- Thank you!!!!!!
- Contact, J. Carlos Rivera (719) 722-4229