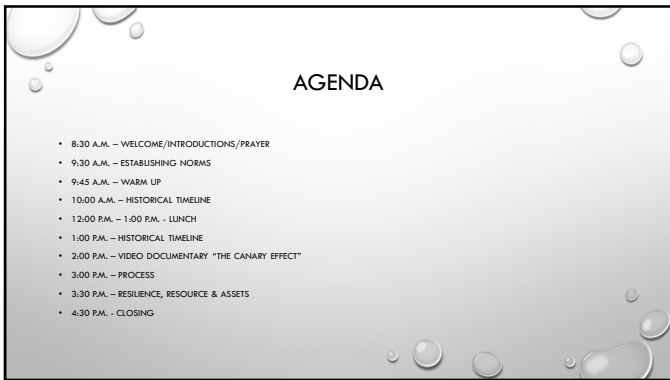




HISTORICAL TRAUMA

SOCIAL IMPLICATIONS IN INDIAN COUNTRY

HUNTER GENIA, LMSW
OJIBWAY/ODAWA



AGENDA

- 8:30 A.M. – WELCOME/INTRODUCTIONS/PRAYER
- 9:30 A.M. – ESTABLISHING NORMS
- 9:45 A.M. – WARM UP
- 10:00 A.M. – HISTORICAL TIMELINE
- 12:00 P.M. – 1:00 P.M. - LUNCH
- 1:00 P.M. – HISTORICAL TIMELINE
- 2:00 P.M. – VIDEO DOCUMENTARY "THE CANARY EFFECT"
- 3:00 P.M. – PROCESS
- 3:30 P.M. – RESILIENCE, RESOURCE & ASSETS
- 4:30 P.M. - CLOSING



GENERAL COMMUNITY NATIVE AMERICAN WELLNESS BELIEFS AND VALUES

- BALANCE AND HARMONY WITH ALL CREATION
- SPIRITUALITY IS A PART OF DAILY LIVING
- A COVENANT WITH CREATOR
- LIFE AFFIRMING RITUALS AND CEREMONIES
- FAMILY AND COMMUNITY – COOPERATIVE SOCIETY
- CLANS, EXTENDED FAMILY AND PURPOSE

7 GENERATION TEACHING AND VALUES

Some tribes have teachings or a philosophy that each of us are responsible for 7 generations to come by the decisions we make today.

In addition some tribes have a 7 grandfather values and teachings or a Native code of ethics. That might look like this:

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- Respect
- Honesty
- Love
- Bravery
- Truth
- Wisdom
- Humility

RED ROAD APPROACH

"THE RED ROAD IS A HOLISTIC APPROACH TO MENTAL, PHYSICAL, SPIRITUAL, AND EMOTIONAL WELLNESS BASED ON NATIVE AMERICAN HEALING CONCEPTS AND TRADITIONS, HAVING PRAYER AS THE BASIS OF ALL HEALING. NATIVE AMERICAN PSYCHOLOGY IS ESSENTIAL IN REACHING THE INNER PERSON (SPIRIT) USING SPECIFIC SOUND, MOVEMENT, AND COLOR. ALL OF THESE ESSENCES ARE PRESENT IN THE MEDICINE WHEEL, WHICH IS INNATE TO NATIVE AMERICANS. THE TRADITIONS AND VALUES OF THE NATIVE AMERICAN PEOPLE ENSURE BALANCE BY LIVING THESE CULTURAL TRADITIONS THROUGH THE RED ROAD. HEALING IS A WAY OF LIFE FOR THE NATIVE AMERICAN WHO UNDERSTANDS AND UNDERSTAND THE CULTURAL TRADITIONS AND VALUES."

EDDIE BENTON BENAI – NISHINABE NATION

MEDICINE WHEEL/WELLNESS WHEEL

Physical
Heard with the Body
Earth element
The Healer
Autumn

Intellectual
Heard with the Mind
Air element
The Warrior
Winter

Emotional
Heard with the Heart
Fire element
The Shaman
Spring

Spiritual
Heard with the Soul
Water element
The Visionary
Summer

Center: Spirit, The Heart

HISTORICAL INDIAN POLICY TIMELINE

Pre-1800's – extermination, manipulation & colonization of Indians	1830 – Indian removal act (TRAIL OF TEARS)	1864. Sand CREEK Massacre	1887 – Dawes allotment act (dividing up Indian land, much of which was lost because owners pay taxes on lands; Government determined tribal rules and memberships)	1890 – Wounded Knee massacre
1924 – The Snyder act; until this act, not considered a citizen of U.S.	1934: Indian reorganization act; the "Indian NEW DEAL" allowed tribes to establish elected tribal governments, traditional chiefs, headmen, and medicine men are not recognized by the government.	1953: termination policy – attempt to abolish federal supervision of Tribes; termination of tribes had a devastating impact.	1950's-1970's – Sterilization of Native women	1968: Indian civil rights act; imposed regulations on tribes in order to guarantee individual Indians similar rights in tribal matters.
1960's: (AIM, ALCATRAZ, wounded knee standoff) federal buildings takeover	1970's: self-determination policy – Richard Nixon condemned the termination policy and extended more control of Indian affairs to Indians themselves.	1978: Indian child welfare act – ensures preservation of native homes by placing native children in adoptive native homes and families	1978: American Indian freedom of religion act – reversed the 1883 relative crimes code act	

“cumulative psychological and emotional wounding across generations, including one’s own life span, and comes from massive group traumatic events and experiences.”

Dr. maria yellowhorse braveheart- 1998

HISTORICAL TRAUMA

HISTORICAL TRAUMA WAS EXPERIENCED THROUGH

- Loss of Land
- Loss of culture
- Loss of traditional community structure
- Loss of traditional family structure
- Loss of identity
- Native spirituality

REMOVAL THROUGH FOSTER CARE, ADOPTION VIA U.S. POLICY

- INDIAN ADOPTION PROJECT 1958-1967
- COLLABORATION OF THE CHILD WELFARE LEAGUE OF AMERICA, BUREAU OF INDIAN AFFAIRS, AND U.S. CHILDREN'S BUREAU
- MEANWHILE IN AMERICA, RACE-MATCHING WAS A MAIN CRITERIA FOR PLACEMENT
- THE ADOPTION RESOURCE EXCHANGE OF NORTH AMERICA (ARENA) CONTINUED THE PRACTICE WELL INTO THE 1970'S
- BY 1997, AN ESTIMATED 50,000 NATIVE CHILDREN WERE LIVING IN NON-NATIVE HOMES
- APPROXIMATELY 35% OF ALL NATIVE AMERICAN CHILDREN WERE REMOVED FROM THEIR FAMILIES AND PLACED IN INSTITUTIONS OR IN ADOPTIVE HOMES

CULTURAL TRAUMA

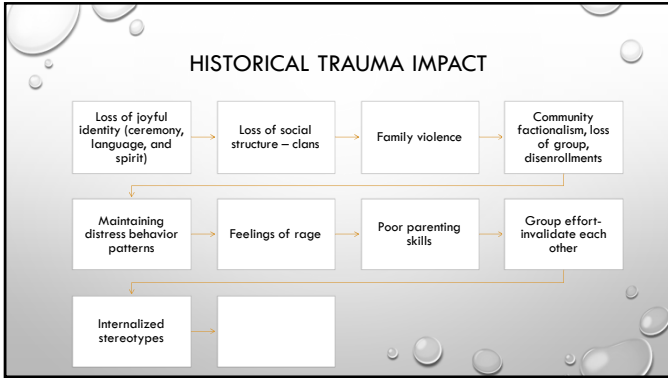
"IS AN ATTACK ON THE FABRIC OF SOCIETY, AFFECTING THE ESSENCE OF THE COMMUNITY AND ITS MEMBERS."



DOLORES SURBIA BIGFOOT, PHD

HISTORICAL TRAUMA AND IMPACT ON HEALTH AND SOCIAL WELL-BEING

Higher rates of PTSD	Depression, anxiety, and attachment disorders
obsessive-compulsive disorders	Chemical addiction
Suicide	Poverty
Education level achievement	Rates of substance abuse and mental health disorders more elevated compared to other ethnic groups



EPIGENETICS-MEMORIES OF PAST TRAUMA PASSED ONTO COMING GENERATIONS

- PASSING ON OF GENES THROUGH DESCENDANTS FROM PREVIOUS GENERATIONS
- STUDY OF HOLOCAUST SURVIVORS SCIENTIFICALLY PROVED AND VALIDATED EPIGENETICS
- CHILDREN AND DESCENDANTS OF TRAUMA SURVIVORS COULD HAVE THE GENE AS A RESULT OF THE TRAUMA ENDURED BY PREVIOUS GENERATIONS
- MAY EXPLAIN THE HEALTH DISPARITIES AND SOCIAL WELFARE OF NATIVE TRIBES IN THE U.S.



IMPACT OF TRAUMA ON WELLNESS (BIRTH TO 18 YEARS OF AGE)

<p>NEUROBIOLOGICAL IMPACTS</p> <ul style="list-style-type: none"> • NEUROBIOLOGICAL IMPACTS • DISRUPTED DEVELOPMENT • ANGER-RAGE • HALLUCINATIONS • DEPRESSION • PANIC REACTIONS • ANXIETY • SOMATIC SYMPTOMS • IMPAIRED MEMORY 	<p>HEALTH RISKS</p> <ul style="list-style-type: none"> • SMOKING • OBESITY • SUICIDE • ALCOHOL AND DRUG ABUSE • TRAUMA REPEATED • SELF INJURY • EATING DISORDERS • VIOLENT AND AGGRESSIVE BEHAVIOR
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WORDS DO MATTER
PSYCHOLOGY TODAY

- WE'RE HARDWIRED TO FEEL EMOTIONAL PAIN AS WELL AS PHYSICAL PAIN.
- SOCIAL PAIN MAY BE MORE LIKE PHYSICAL PAIN THAN NOT.
- WORDS HURT JUST LIKE STICK AND STONES
- SOME OF US ARE MORE SENSITIVE TO PAIN-BOTH SOCIAL AND PHYSICAL-THAN OTHERS
- EMOTIONAL OR PHYSICAL, PAIN HURTS MORE WHEN IT'S DELIBERATELY INFLICTED
- "GETTING OVER IT" IS SO HARD YOU MAY NEED HELP

CHILDHOOD AFFECTS THE BRAIN
STANFORD UNIVERSITY SCHOOL OF MEDICINE

- IN YOUTH WITH SYMPTOMS OF PTSD, THERE IS A VARIATION IN THE VOLUME AND SURFACE AREA OF THE INSULA.
- INSULA IS A REGION BURIED DEEP WITHIN THE CEREBRAL CORTEX THAT PLAYS A KEY ROLE IN INTEROCEPTIVE PROCESSING (EMOTIONAL REGULATION, AND SELF-AWARENESS.
- "INTRUSIVE THOUGHTS" FOR PEOPLE EXPOSED TO TRAUMA CAN INCLUDE REPEATED, INVOLUNTARY DISTRESSING MEMORIES, DREAMS, FLASHBACKS, AND INTENSE, PROLONGED PSYCHOLOGICAL AND PHYSIOLOGICAL REACTIONS, AS IF THE TRAUMATIC EVENT WERE STILL OCCURRING (EVEN THOUGH IT HAS LONG CEASED).
- ANY INDIVIDUAL EXPOSED TO TRAUMA AND PRONE TO PTSD WILL AVOID ANY STIMULI ASSOCIATED WITH THE TRAUMA EVENT AND WILL EXPERIENCE CHANGES IN THOUGHT AND MOOD, AS WELL AS CONSISTENT HEIGHTENED AROUSAL.

HEALING FROM TRAUMA
CLAYTON SMALL,
NORTHERN CHEYENNE NATIVE
P.R.I.D.E.

- SPIRITUALITY
- RECOGNIZE FEELINGS (MAD, SAD, GLAD, AND AFRAID)
- EMBRACE YOUR CULTURE (IT'S OKAY TO HANG OUT WITH RECOVERING KNUCKLEHEADS)
- LEARN TO FORGIVE (SOMETIMES THE CHILD OR YOUTH HAS TO INITIATE THIS)
- COMMUNICATION (LEARN WHAT HAPPENED, PART OF FORGIVING)
- SHAME AND EMBARRASSMENT (PAST OR CURRENT FAILURES, LEARN TO LET FEELINGS GO)
- AVOIDING VIOLENCE (HUMBLE, TEARS, HEALTHY GRIEF)
- OVERCOME CONDITIONING (UNDO LEARNED BEHAVIORS, PRACTICE SPIRITUALITY, ASK FOR HELP)
- HONOR WOMEN

MEANING OF HEALING

JOSEPH GONE, PHD GROS VENTURE

- EMOTIONAL BURDENS
 - CARRYING THE PAIN
 - UNMANAGEABLE
 - CHAOTIC LIVES
- CATHARTIC DISCLOSURE
 - "FIND RELIEF BY ACKNOWLEDGEMENT AND VERBAL CONFESSION."
- SELF-AS-PROJECT "INITIATE A LIFE LONG OF HABITUAL INTROSPECTION" "LOOKING INWARD" "SELF EXAMINATION CAN YIELD INSIGHT"
- IMPACT OF COLONIZATION
 - "OVERT CONSIDERATION OF CULTURE, HISTORY, AND IDENTITY." "HEALING WILL TAKE TIME BECAUSE THERE ARE SO MANY THINGS WE HAVE TO LEARN."
 - "SPIRITUAL REVITALIZATION OF INDIGENOUS ORIENTATIONS"

TRAUMA-INFORMED APPROACH

SAMHSA.GOV

- realizes the widespread impact of trauma and understands potential paths for recovery;
- Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
- Responds by fully integrating knowledge about trauma into policies, procedures, and practices, and
- Seeks to actively resist re-traumatization."

SIX KEY PRINCIPLES OF TRAUMA-INFORMED APPROACH

The diagram consists of a circle divided into six equal segments, each with an arrow pointing outwards. The segments are:

- Top-left (orange): Cultural, historical, and gender issues
- Top-right (green): Safety
- Right (light green): Trustworthiness and transparency
- Bottom-right (green): Peer support
- Bottom-left (yellow-green): Collaboration and mutuality
- Left (yellow): Empowerment, voice and choice
