

Childhood Trauma Series in Indian Country

7-Part Series
Presenter

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www.icctc.org

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DS BigFoot, 2013 ©



Honoring Children



Mending the Circle

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Project Making Medicine

- Project Making Medicine = Training Program
- Honoring Children, Mending the Circle = Treatment Protocol/Curriculum
- Indian Country Child Trauma Center = website location for training material
- Center on Child Abuse and Neglect = where training program is housed

Funded since 1994

Children's Bureau
Administration for Children,
Youth and Families

HHS

1990 American Indian Family and Child
Protection Act

When animals get hurt, their natural instinct is to clean their wounds to promote healing. This is their way of taking care of themselves.

The bear may find it painful to remove debris from an injury. But, the bear does this because he knows that this is necessary for his body to become well. Healing must take place for the bear to be able to use his body to gather food and to protect himself. He must tend to the hurt until it is healed.

When the bear is without pain, he knows that he is ready to return to his path on the Circle.

Honoring Children in the Circle Way

There is the eternal belief among the Indigenous Peoples of this Great Turtle Island that each walks a sacred path occupied by both spirit and reasoning. That there is a purpose for the journey from the First World into the Second World and into the Third World followed by a Fourth World. That there is order and structure to the beginning of human beings, and a need for understanding where we come from, why we are here, and where we are going. We also recognize that we do not walk this path alone and that we have many relatives who walk with us. Families are an essential feature of this sacred path.

Honoring Children in the Circle Way

This existence is not without opposition, therefore the need for connection to that Creator and the holy ways are given to make the journey filled with knowledge and wisdom pass to each generation and also with inspiration for guidance and direction. There was never the belief that this journey would be one of aloneness or singularity of purpose, however one can feel alone and think that little could come from being born into this Third World. Helpers and Healers in many forms attend to the petitions and sacred pledges uttered in gratitude or in compassion. The circle and connection between earth, sky, the above and the under, all are petitioned, not as the creator of things but as beings at the hands of the Creator.

Honoring Children in the Circle Way

Children are believed to be the center of the circle, surrounded by many relatives both in the present and those that came before them and those that will come after them. The Circle is a protection as well as a teacher, an understanding, a way of being connected, a way of knowing relatives, a way of belonging, a way of having an identity, a way of having purpose, a way of recognizing boundaries and responsibilities, a way of knowing actions and learning, a way of thinking about expectations and disappointments, a means of testing and safety, a generosity of exchanges both inwardly and outwardly.

Indigenous Pathway

Practice Based Evidence

- Identification of Indigenous practices that are Healing
- Identification of Indigenous ways of explaining the world
- Identification of Indigenous ways of explaining how things happen
- Identification of Indigenous ways of explaining when things do not go well

Practices that teach Sacredness

Practice Based Evidence

- Teach that wellness is spiritual, emotional, mental, physical, and relational balance and that these are all interconnected aspects of ourselves
- Help the individual to draw upon traditional healing practices to assist moving forward toward spiritual balance
- Help instill an enthusiasm for life, a sense of hope, and a willingness to meet new challenges
- Increase sense of self-identity, self-worth, self knowledge



AI/AN Orientation to Well-Being

Well-being is considered balance in the spiritual, emotional, mental, physical, and relational dimensions of a person. The goal is to achieve and maintain balance.



Posttraumatic Stress Disorder

“B”

Re-experiencing
(1 or more)

- ✓ Recurrent/intrusive thoughts and images
- ✓ Flashbacks
- ✓ Nightmares about trauma (any nightmares in kids)
- ✓ “Traumatic” play
- ✓ Reactivity to cues

“C”

Avoidance
(3 or more)

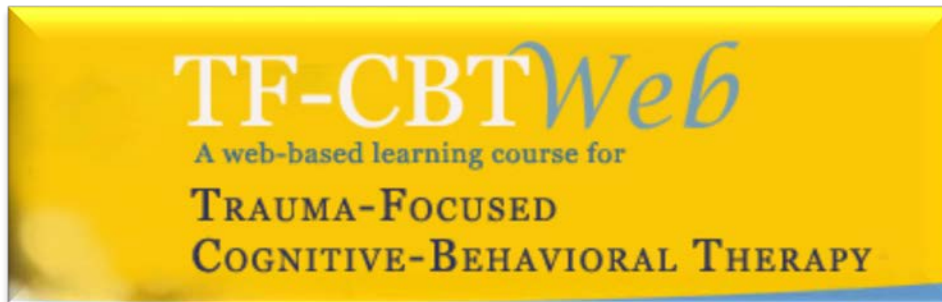
- ✓ Numbing
- ✓ Detachment
- ✓ Avoiding reminders
- ✓ Difficulty recalling events of trauma
- ✓ Diminished activity interest
- ✓ Foreshortened future

“D”

Hyperarousal
(2 or more)

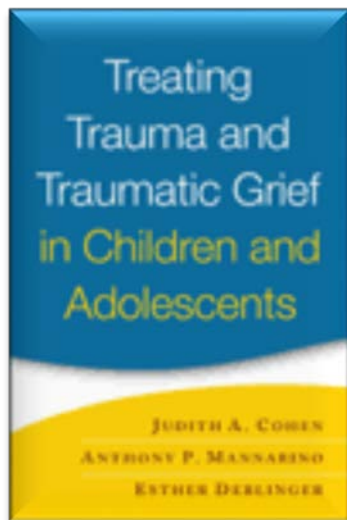
- ✓ Jumpy
- ✓ Hypervigilant
- ✓ Startle Response
- ✓ Difficulty Concentrating
- ✓ Sleep trouble
- ✓ Irritable

TF-CBT Website



Access at:

www.musc.edu/tfcbt



Cohen, J.A., Mannarino, A.P., Deblinger, E. (2006). *Treating Trauma and Traumatic Grief in Children and Adolescents*. New York: Guilford Publications, Inc.

- Web-based learning
- Learn at own pace
- Concise explanations
- Video demonstrations
- Clinical scripts
- Cultural considerations
- Clinical Challenges
- Resources
- Links
- Free of charge

Trauma-Focused Cognitive-Behavioral Therapy

A hybrid treatment model that integrates:

- Trauma sensitive interventions
- Cognitive-behavioral principles
- Attachment theory
- Developmental neurobiology
- Family therapy
- Empowerment therapy
- Humanistic therapy

TF-CBT Research

- TF-CBT is the most rigorously tested treatment for traumatized children
 - Over 10 randomized trials
- Improved PTSD, depression, anxiety, shame and behavior problems compared to supportive treatments
- PTSD improved more with direct child treatment
- Improved parental distress, parental support, and parental depression compared to supportive treatment

Core Values of TF-CBT

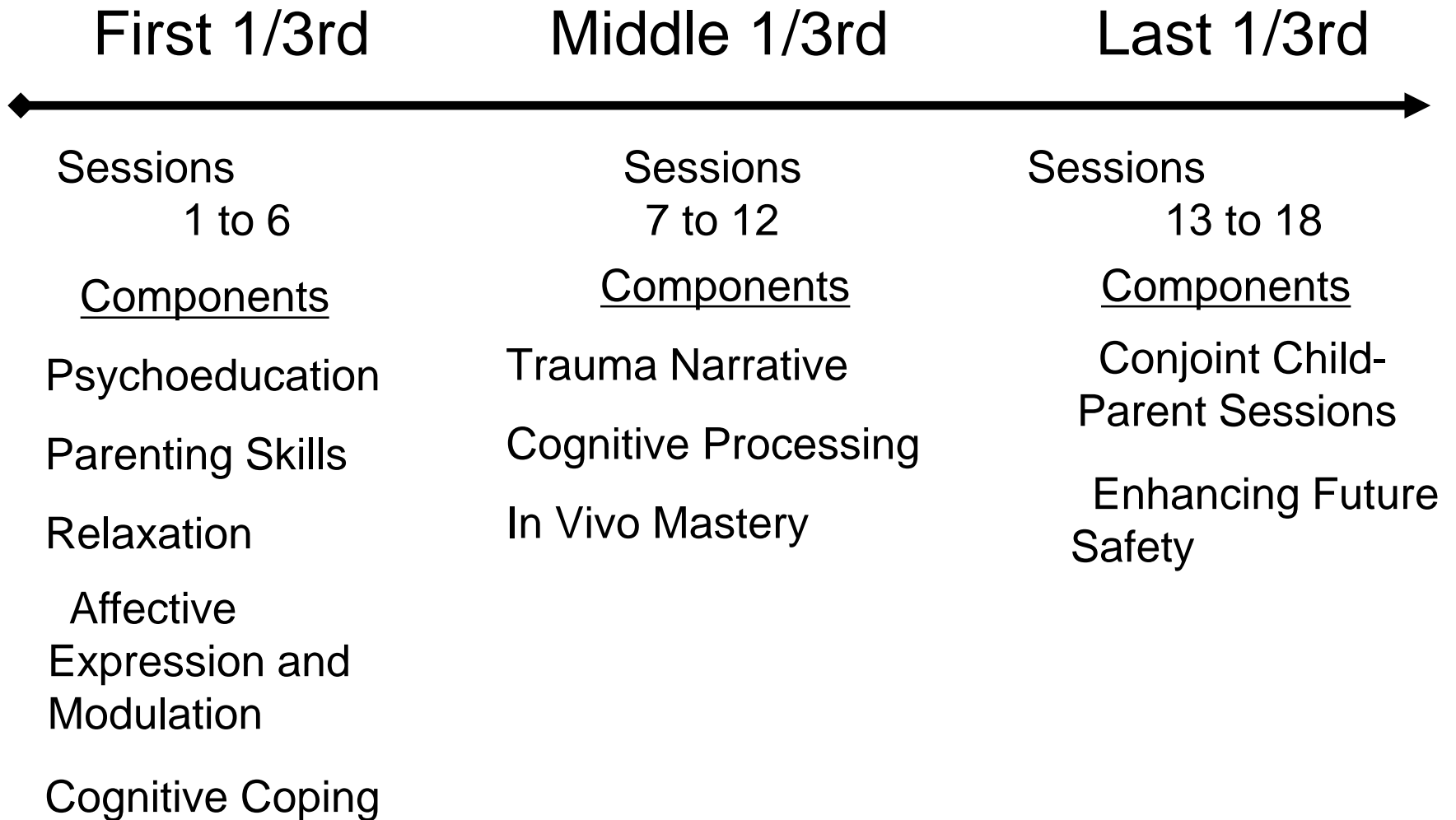
CRAFTS

- **C**omponents-Based
- **R**espectful of Cultural Values
- **A**daptable and Flexible
- **F**amily Focused
- **T**herapeutic Relationship is Central
- **S**elf-Efficacy is emphasized

Rationale for Treatment Components

- Need to understand why you use each component
- Time spent on each is flexible
- Be confident in what you are using
- Components are like tools in a toolbox

TF-CBT Model Structure



TF-CBT Model Structure

Child's Treatment
Education
Skill building
Exposure/Processing

Preparation for
Joint Sessions

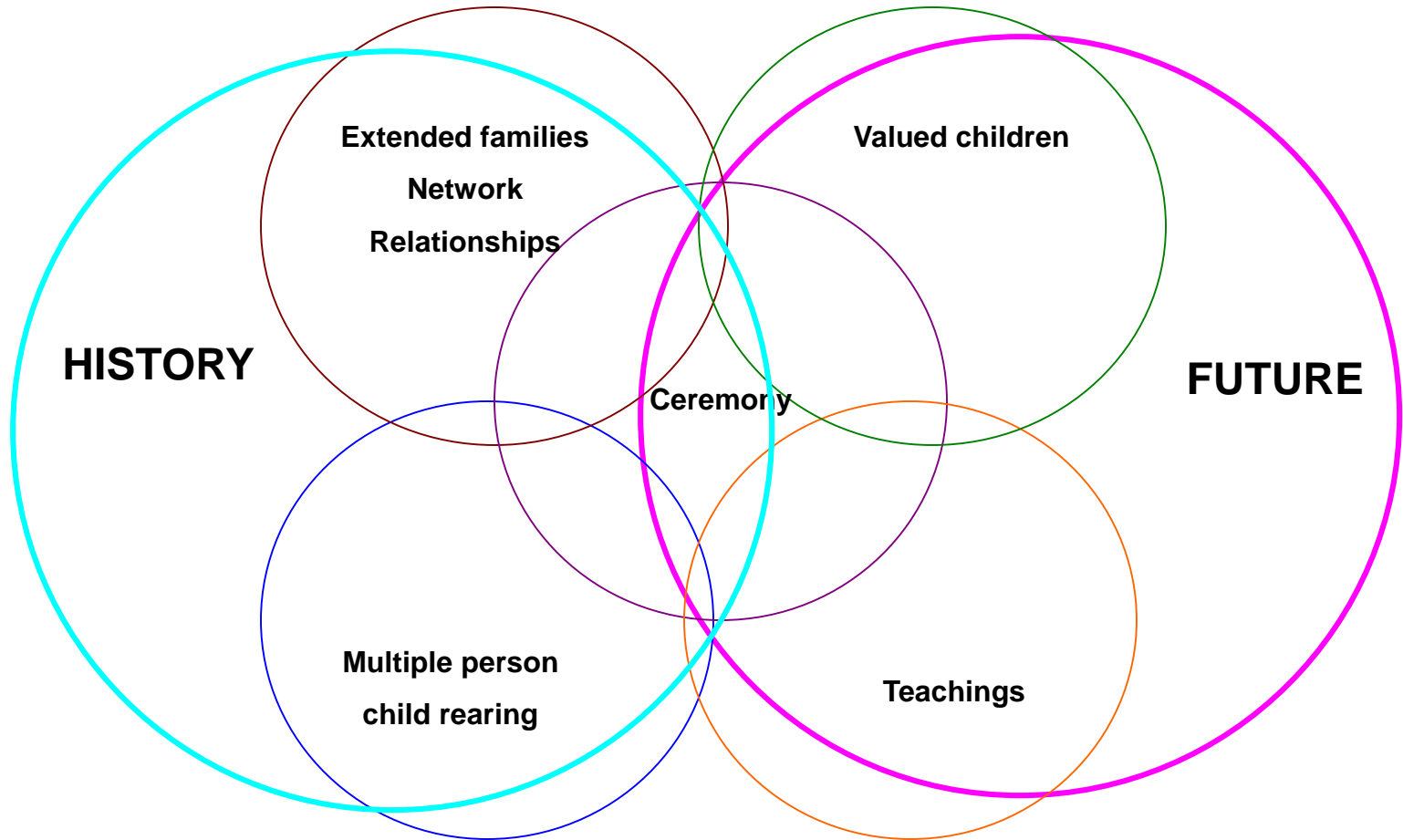
Parent's Treatment
Education
Skill building
Exposure/Processing
Behavior Management

Preparation for
Joint Sessions

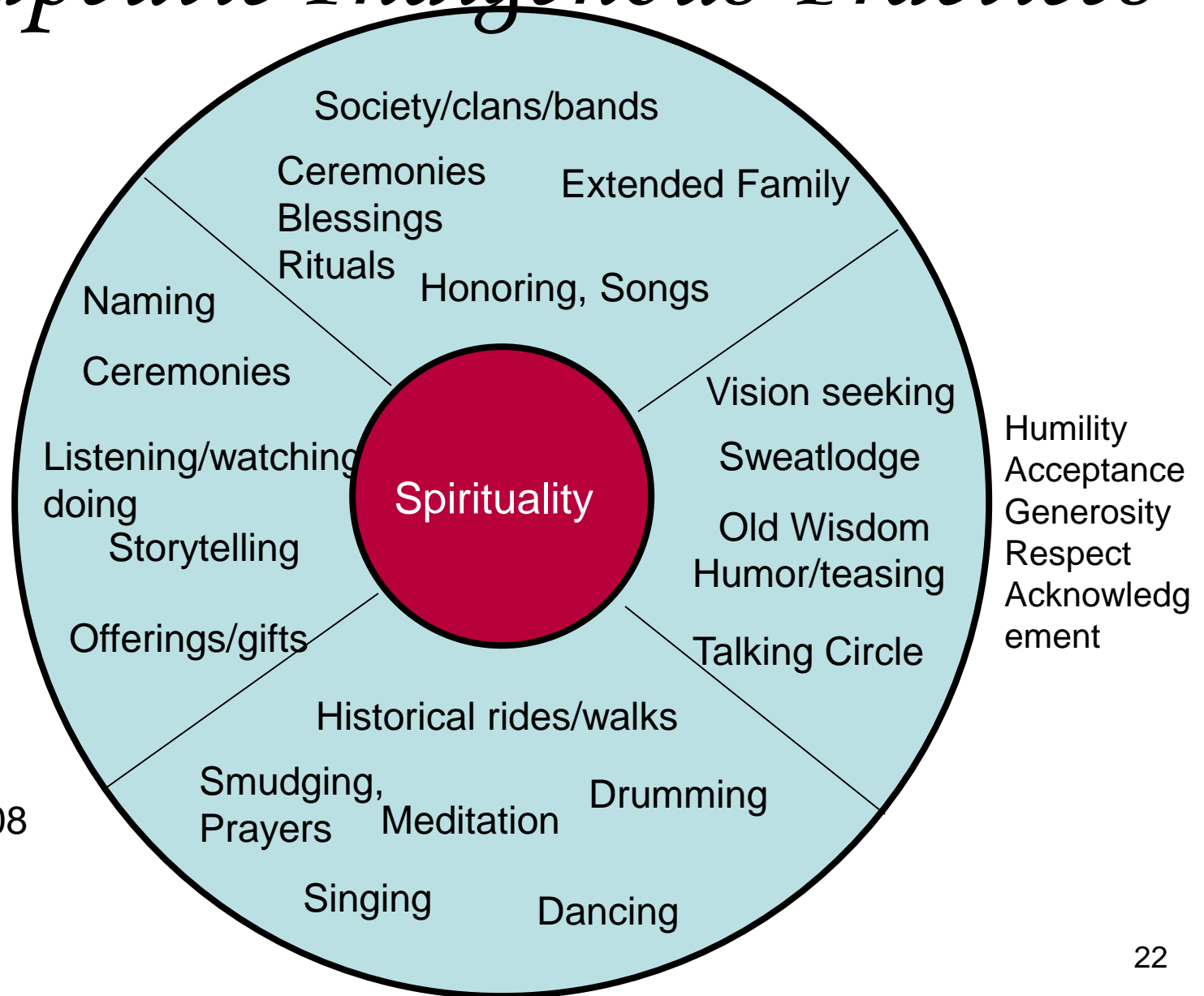
Joint Sessions

Family Sessions

Circle Theories



Therapeutic Indigenous Practices



Promoting Healing and Restoring Balance

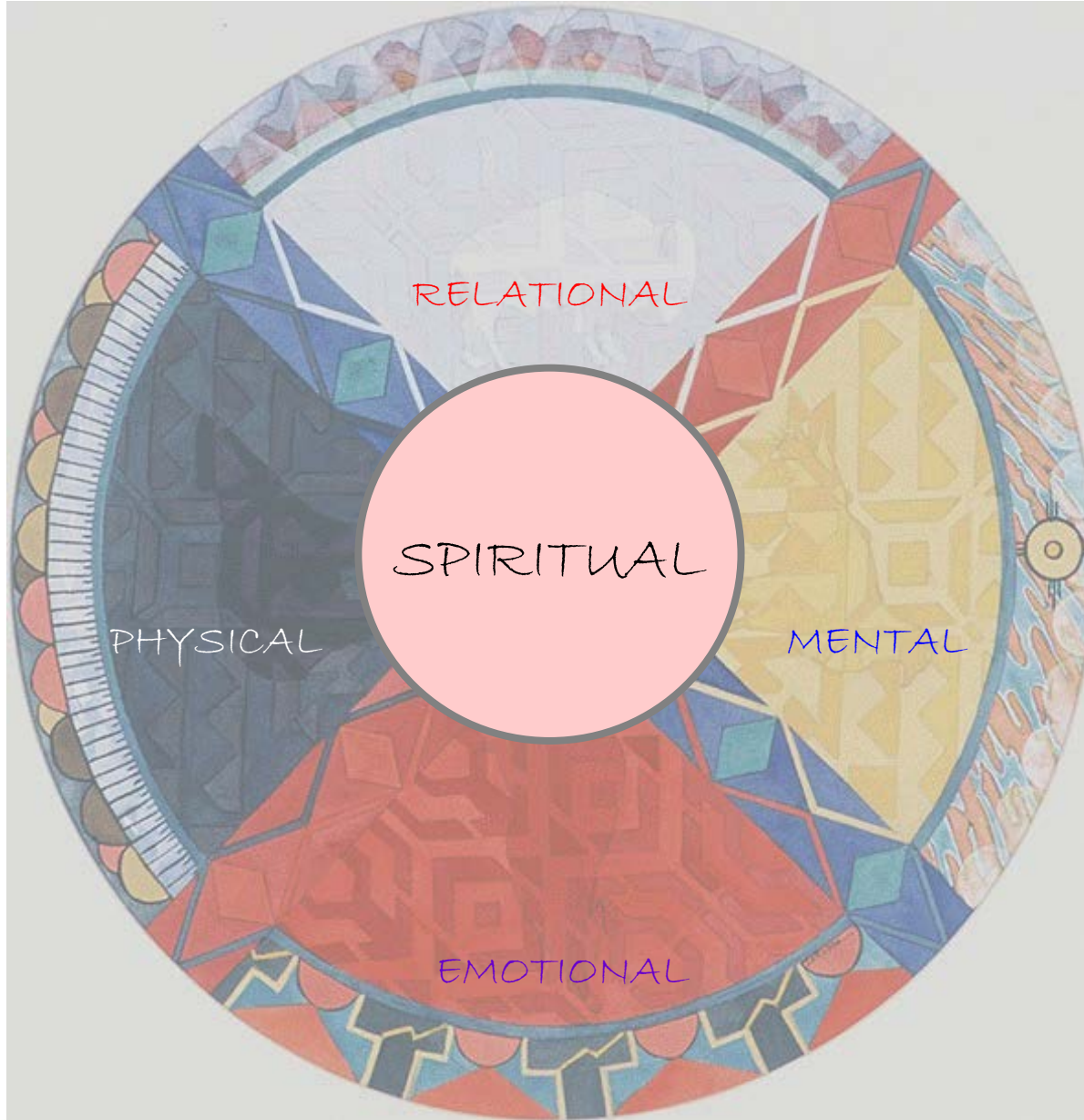
Incorporating therapeutic AI/AN practices into the healing process can assist AI/AN clients in learning healthier:

- Ways of explaining the world
- Ways of explaining how and why good and bad things happen
- Pathways for the healing process

Honoring Children



Mending the Circle



Honoring Children - Mending the Circle
Well-Being Model Framework

	NATIVE	TF-CBT
Theoretical Orientation	<ul style="list-style-type: none"> • Circle • Well-Being Orientation • Spiritual Teachings • Healing Ways • Ways of Learning 	<ul style="list-style-type: none"> • Cognitive • Behavioral • Developmental • Humanistic • Attachment/Family • Empowerment
Values	<ul style="list-style-type: none"> • Connectedness • Extended Family • Balance • Harmony • Respect • Wellness • Honoring • Self-Discipline 	<ul style="list-style-type: none"> • Cultural Identity • Family • Self-Efficacy <p>Model-Specific Values:</p> <ul style="list-style-type: none"> • Components-Based • Adaptability and Flexibility • Importance of Therapeutic Relationship

	NATIVE	TF-CBT
Practices/ Techniques	<ul style="list-style-type: none"> • Honoring children • Repetition • Teachings/Directions • Mentoring • Storytelling • Modeling • Humor • Respect • Ceremonies • Smudging • Lodge • Cleansing 	<p>PRACTICE:</p> <ul style="list-style-type: none"> • Psychoeducation & Parenting Skills • Relaxation • Affective Modulation • Cognitive Processing • Trauma Narrative • In Vivo Desensitization • Conjoint Parent-Child Sessions • Enhancing Safety and Social Skills
Outcomes	<ul style="list-style-type: none"> • Healing • Restoration of Harmony • Reconciliation • Renewed Journey 	<ul style="list-style-type: none"> • Reported Symptom Improvement <ul style="list-style-type: none"> – Parent reports – Child Reports – Teacher reports • Direct Observation

network

Treatment Components

Honoring Children – Mending the Circle	Trauma-Focused Behavior Therapy
Spiritual	
Mental	Psychoeducation, Cognitive Coping, In Vivo Desensitization
Physical	Relaxation
Emotional	Affect Regulation
Relational	Psychoeducation, Parenting Skills, Safety Skills, Social Skills
Mending the Circle	Trauma Narrative, Cognitive Processing, Conjoint Parent-Child Sessions

Trauma-Focused CBT

(Cohen, Mannarino, Deblinger)

- Psychoeducation about childhood trauma, trauma reactions, PTSD
- Identification and processing of trauma emotions
- Stress and anxiety management skills
- Gradual exposure, constructing the trauma narrative
- Identifying and altering maladaptive cognitions
- Child, parent, and conjoint components

Slide adapted from "Exploring Alternative Strategies for Diffusion of Best Practice" by Charles Wilson, NCTSN

DS BigFoot, 2013

Physical Aspects of Healing

TF-CBT Methods

- Progressive Muscle Relaxation
- Controlled Breathing
- Visualization
- Identifying Enjoyable Activities

HC-MC Methods

- Sweatlodge
- Drumming
- Meditation
- Singing/Chanting
- Prayer
- Smudging
- Active Outdoor Games & Sports
- Healing Ceremonies

Storytelling

Creation stories are the history and tradition of the tribes; they tell how the world began in what manner. They explain how the world, people, animals, and plants are related. Through creation stories, people can understand the natural order of life and in what direction they came and in what direction they are going. They give reason to the overall scheme of things. It is therefore important to understand the creation of things because it provides the framework within which wise decisions can be made.

Storytelling was the form of transmittal for how things were and why things happened. There were winter stories and summer stories, stories for days that the rains fell, and stories for early mornings. Creation stories were retold and retold many times in the growing years.

BigFoot, 1989

Storytelling

- Reassessing and decision making
- Consequences and outcomes
- Explanations about behavior
- Character and attributes
- Values and beliefs
- Suffering and sorrow
- Maintaining and self sufficiency
- Grounding and resiliency

Stories

- Buffalo and the Storm
- Eagle Strength
- Cheyenne Creation Story
- Beading
- Pottery Making
- Horizon Story
- Talking Stick Story

Buffalo and the Storm

As is known, millions of buffalo roamed the Great Plains areas in years pasted, as was common then and still common today is the tumult lighting and thunderstorms that cover the landscape from early spring into the summer months. We are familiar today with those raging, darkening storms that typically form in the west and move toward the east, especially those that grown quite menacing with tornadoes, strong forceful winds, pounding hail, and/or icy rain. Out in open prairie, the buffalo were intensely aware of approaching storms. The question the elders would ask when someone was hesitant about the next move or question undertaking a difficult task, was did the millions of buffalo gather into a single mass for protection, did they run into the menacing storm force or did they run away from the approaching storm? When watching buffalo out on the plains, the people saw that the buffalo ran into the storm because the buffalo instinctively knew that there was calm, brightness, sunshine, and peaceful grazing behind the retreating storm. (Retold by Dolores Subia BigFoot, PhD, 2011)

Honoring Children



Mending the Circle