

# *LGBTQ2 Well-Being Education*

*“Two-Spirit People: Then & Now”*

Harlan Pruden, Community Organizer  
Beverly Gorman, UNM CRCBH

# Two-Spirit Then and Now: Sex, Gender and Sexuality in Historical & Contemporary Native America



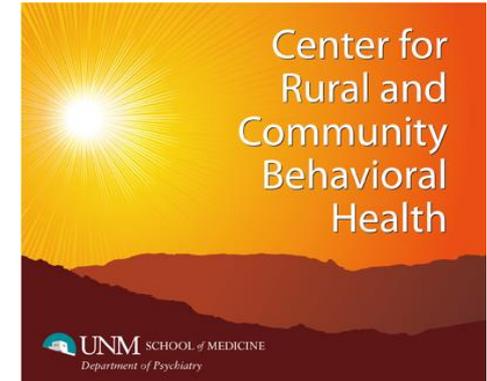
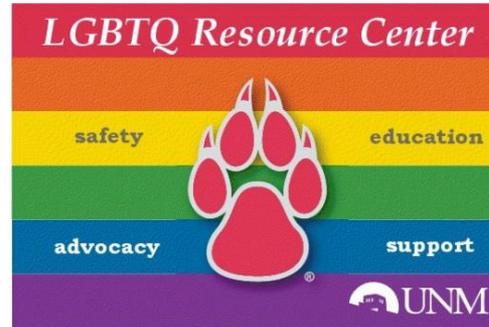
Presented by  
**Harlan Pruden** (Nehiyawewin/First Nations Cree),  
NorthEast Two-Spirit Society

# LGBTQ2 Well-Being Education Series

- Goal: to educate, inform, empower, and engage providers about the well-being of the Native LGBTQ2 community

# LGBTQ2 Well-being Series Educators

- ❖ **Adrien Lawyer**, Director, Transgender Resource Center of New Mexico
- ❖ **Alaina George** (Diné), Tele-Health Coordinator, Albuquerque IHS
- ❖ **Alma Rose Silva-Bañuelos**, Director, UNM LGBTQ Resource Center
- ❖ **Avron Kriechman**, MD, Assistant Professor, Child, Adolescent & Family Psychiatrist, UNM CRCBH
- ❖ **Beverly Gorman** (Diné), MCSW/MBA, Researcher & Program Manager, UNM CRCBH
- ❖ **Chris Fore** (Choctaw), PhD, Albuquerque HIS
- ❖ **Harlan Pruden** (First Nations Cree), Co-Founder North East Two Spirit Society (NE2SS)
- ❖ **Jason Jones** (Mestizo), LISW, Five Sandoval Indian Pueblos Inc. Behavioral Health
- ❖ **Louva Hartwell** (Diné), Director NativeOUT
- ❖ **Nathaniel Sharon**, MD, Child & Adolescent Psychiatry Fellow, UNM Department of Psychiatry
- ❖ **Terra Matthews-Hartwell** (Tsimshian/Carrier), NativeOUT



**March 14, 2014**

*LGBTQ Community Advocacy, NativeOUT*

Presented by Terra Matthews-Hartwell

**March 28, 2014**

*LGBTQ2S Intimate Partner Violence*

Presented by Terra Matthews-Hartwell

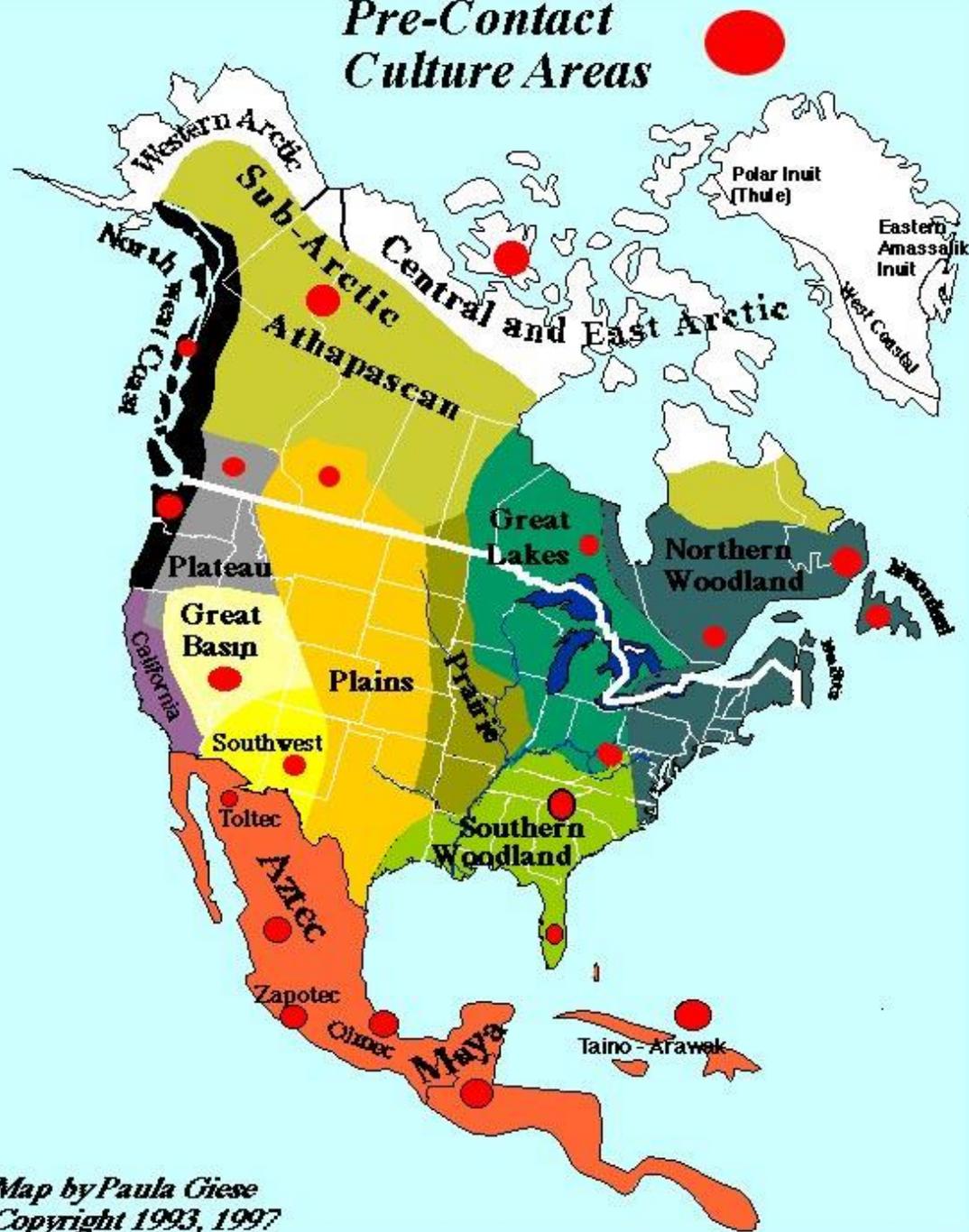


**LGBTQ  
Well Being  
Education  
Dates, Topics,  
and Presenters**

# Objectives

- **Objective #1** - Gain knowledge of current data on the Native and Two-Spirit subpopulations.
- **Objective #2** - Increase familiarity history of Two-Spirit people and tradition.
- **Objective #3** - Gain access to more resources for additional learning and referrals.

# Pre-Contact Culture Areas



Map by Paula Giese  
Copyright 1993, 1997



# States with Populations over 100,000

- Alaska
- Arizona
- California
- Florida
- New Mexico
- Texas
- **NEW YORK**
- North Carolina
- Michigan
- Oklahoma
- Washington

# Diversity of Native Peoples

There are more than 5.6 million indigenous Americans in the United States and another 1.3 million in Canada divided into more than 1,162 recognized Native governments:

- 630 First Nations governments or bands spread across Canada,
- 596 in the United States, and hundreds more in various stages of the recognition process.
- Approximately 225 Native languages are spoken in the United States and another 50 in Canada. A far greater number of North American indigenous languages are extinct or are no longer spoken fluently.
  - These languages are divided into fifty language families, many as different from each other as Romance (e.g. Italian) from Sino-Tibetan.

# Gender vs. Sexual Orientation

- Sexual orientation refers to an enduring emotional, romantic, sexual, or affectional attraction toward others, usually conceived as classifiable according to the sex of the persons whom the individual finds sexually attractive.
- Gender is socially defined and dictates one place and role with one's community.



# Concept of Two-Spirit

- The term/identity of two-spirit does not make sense unless it is contextualized within a Native American frame
- Two-Spirit within a traditional setting was a gender analysis and not a sexual orientation
- Today, most people associate the term with LGBT Natives; however, the work of the two-spirit organizations is more akin with the traditional understanding

# Two-Spirit

- Beginning of Time – First Contact
- 1492 to 1990 - *berdache*
- 1990 to Present - *Two-Spirit*



# Roles of the Two-Spirit



- Mediators
- Social Workers
- Name Giving
- Love Potions / Match Maker
- Sun Dance
- Were Holy people, told the future and brought good luck
- Boy's & Girl's Puberty Ceremony
- Peace-Makers for the Tribe
- Joined war parties
- Were doctors/medicine people

# Dance to the Wingkté



# Some Two-Spirit Names

Nation	Term	"Loose" translation
Acoma	Male-bodied: Kokwi'ma	
Aleut	Male-bodied: Ayagigux' Female-bodied: Tayagigux'	"man transformed into a woman" "woman transformed into a man"
Arapaho	Male-bodied: Haxu'xan (singular), Hoxuxuno (plural)	"rotten bone"
Arikara	Male-bodied: Kuxa't	
Assiniboine	Male-bodied: Winktan	
Atsegewi	Male-bodied: Yaawa: Female-bodied: Brumaiwi	
Blackfoot/Blackfeet	<p><b>Siksika</b> Male-bodied: Aakí'skassi or Aawoowa'kii</p> <p><b>Southern Peigan</b> Male-bodied: Aakí'skassi Female-bodied: Saahkómaapi'aakíikoan</p>	<p>"acts like a woman"</p> <p>"acts like a woman" "boy-girl"</p>
Cheyenne	Male-bodied: He'eman (singular), He'eman'e'o (plural) (hee = "woman") Female-bodied: Hetaneman (singular), Hatane'mane'o (plural) (hetan = "man")	
Chickasaw, Choctaw	Male-bodied: Hatukiklanna Female-bodied: hatukholba	

Nation	Term	“Loose” translation
Chumash	<b>Ineseño</b> Male-bodied: agí <b>Ventureño</b> Male-bodied: aqi or axi	
Cocopa	Male-bodied: Elha ("coward") Female-bodied: Warrhameh	
Cree	Male-bodied: napêw iskwêwisêhot Female-bodied: iskwêw ka napêwayat Male-bodied: ayahkwêw Female-bodied: înahpîkasoh Male-bodied: Iskwêhkân Female-bodied: napêhkân	a man who dresses as a woman a woman dressed as a man a man dressed/living/accepted as a woman a woman dressed/living/accepted as a man literally ‘fake woman’ – not negative literally ‘fake man’ – not negative
Crow	Male-bodied: Bote/Bate/Bade	"not man, not woman"
Dakota	Santee Sioux Male-bodied: Winkta	
Flathead	<b>Interior Salish</b> Male-bodied: Ma'kali	
Gros Ventre	Male-bodied: Athuth	
Gosiute	Male-bodied: Tuvasa	
Hidatsa	Male-bodied: Miati	"to be impelled against one's will to act the woman," "woman compelled"
Hopi	<b>Pueblo</b> Male-bodied: Ho'va	

Nation	Term	“Loose” translation
Huchnom	Male-bodied: Iwap kuti	
Illinois	Male-bodied: Ikoueta Female-bodied: Ickoue ne kioussa	"hunting women"
Inca	Male-bodied: Quariwarmi	
Ingalik (Deg Hit'an)	Male-bodied: Nok'olhanxodeleane Female-bodied: Chelxodeleane	"woman pretenders" "man pretenders"
Inuit	Male-bodied: Sipiniq	"infant whose sex changes at birth"
Juaneno	Male-bodied: Kwit	
Karankawa	Male-bodied: Monaguia	
Kawaiisu	Male-bodied: Hu'yupǫz	
Keresá (Pueblo)	<b>Acoma</b> Male-bodied: Kokwi'ma <b>Laguna</b> Male-bodied: Kok'we'ma	
Klamath	Male-/Female-bodied: Tw!inna'ek	
Kootenai (Kutenai)	Male-bodied: Kapatke'tek Female-bodied: Titqattek	"to imitate a woman" "pretending to be a man"
Kumeyaay (Diegueno) Tipai, Kamia	Female-bodied: Warharmi	

Nation	Term	“Loose” translation
Laguna	Male-bodied: Kok'we'ma	
Lakota	<b>Teton Sioux</b> Male-bodied: Winkte Female-bodied: Bloka egla wa ke	["wants' or 'wishes'] to be [like] [a] woman." A contraction of winyanktehca "thinks she can act like a man"
Luiseno	<b>San Juan Capistrano</b> Male-bodied: Cuit <b>Mountain</b> Male-bodied: Uluqui	
Maidu	<b>Mountain (Northeastern)</b> Male-/Female-bodied: Suku <b>Nisenan (Southern)</b> Male-bodied: Osa'pu (osa = "woman")	
Mandan	Male-bodied: Mihdacka	mih-ha = "woman"
Maricopa	Male-bodied: Ilyaxai' Female-bodied: Kwiraxame	"girlish"
Miami	Male-bodied: Waupeengwoatar	"the white face," possibly the name of a particular person who was two-spirit
Mescalero Apache	Male-bodied: Nde'isdzan	"man-woman"
Mi'kmaq (Micmac)	Male-bodied: Geenumu gesallagee	"he loves men," perhaps correctly spelt ji'nmue'sm gesalatl
Miwok	Male-bodied: Osabu	osa = "woman"
Mohave	Maled-bodied: Alyha Female-bodied: Hwame	"coward"

Nation	Term	“Loose” translation
Mono (Monache, Western Mono)	Male-bodied: Tai'up	
Nomlaki	Male-bodied: Walusa	"hermaphrodite"), tôhkêt ("boy who goes around with the women all the time"
Nuxálk (Bella Coola)	Male-bodied: Sx'ínts	"hermaphrodite"
Diné, Bi la' Á'shglá'ii (Five Fingered Beings) (Navajo)	Male-/female-/intersexed-bodied: Nad'ée' or nadleeh (gender class/category), nad'ée'i (singular), nad'ée'hé (plural) Female-bodied: Bá (suffix, singular), or bah, i.e. Dilbá	"one in a constant state of change," "one who changes," "being transformed" "warrior/protector of"
Ojibwa (Chippewa)	Male-bodied: Agokwa Female-bodied: Okitcitakwe	"man-woman" "warrior woman"
Omaha, Osage, Ponca	Male-bodied: Mixu'ga	"instructed by the moon," "moon instructed"
Otoe, Kansa (Kaw)	Male-bodied: Mixo'ge	"instructed by the moon," "moon instructed"
Papago	<b>Tohono O'odham &amp; Akimel O'odham (Pima)</b> Male-bodied: Wik'ovat	"like a girl"
Paiute	<b>Northern</b> Male-bodied: Tüdayapi Female-bodied: Moroni noho Tüvasa <b>Owens Valley (Eastern Mono)</b> Male-bodied: Tüdayap' <b>Southern</b> Male-bodied: Tüwasawuts or Ma:ai'pots	"dress like other sex" "dress like other sex"
Patwin	Male-bodied: Panaro bobum pi	"he has two [sexes]"

Nation	Term	“Loose” translation
Pawnee	Male-bodied: Ku'saat	
Pomo (Kalekau, Kulanapa)	<b>Northern</b> Male-bodied: Das (Da = "woman") <b>Southern</b> Male-bodied: T!un	
Potawatomi	Male-bodied: M'netokwe	"supernatural, extraordinary," Manito plus female suffix
Quinault	Male-bodied: Keknatsa'nxwix <sup>w</sup> Female-bodied: Tawkxwa'nsix <sup>w</sup>	"part woman" "man-acting"
Salinan	Male-bodied: Coya	
Sanpoil	Male-bodied: St'a'mia	"hermaphrodite"
Sauk (Sac), Fox	Male-bodied: I-coo-coo-a or Äyä'kwä´	"man-woman"
Shoshone	<b>Bannock</b> Male-bodied: Tuva'sa <b>Lemhi</b> Male-/Female-bodied: Tübasa Male-bodied: Taikwahni tainnapa' Female-bodied: Waip:ü suŋwe or taikwahni wa'ippena' <b>Gosiute</b> Male-bodied: Tuvasa <b>Promontory Point</b> Male-bodied: Tubasa waip: <b>Nevada</b> Male-bodied: Tainna'wa'ippe or waip: siŋwa Female-bodied: Nüwüdücka	"sterile" "woman-half" "sterile woman" "man-woman" or "half woman" "female hunter"
Ute	<b>Southern</b> Male-bodied: Tuwasawits	
Takelma	Male-bodied: Xa'wisa	

Nation	Term	“Loose” translation
Tenino (Warm Springs)	Male-bodied: Waxlha	
Tewa (Pueblo)	Male-/Female-bodied: Kwido	
Tiwa (Pueblo)	<b>Isleta</b> Male-bodied: Lhunide	
Tlingit	Male-bodied: Gatxan Male-bodied: W <sup>n</sup> citc	"coward" "boy whose sex changes at birth"
Tsimshian	Male-bodied: Kanâ'ts' or Maḥana'ax Female-bodied: Mi'yuuta	"effeminate man" "mannish woman"
Tübatulabal	Male-bodied: Huiy	
Wailaki	Male-bodied: Clele	
Wappo	Male-bodied: Wós	
Winnebago (Ho-Chunk)	Male-bodied: Shiange	"unmanly man"
Wishram	Male-bodied: Ikle'laskait	
Yana	Male-bodied: Lô'ya	
Yokuts (Mariposa)	<b>Kochejali</b> Male-bodied: Tonoo'tcim <b>Paleuyami</b> Male-bodied: Tono'cim <b>Tachi (Tulare)</b> Male-bodied: Tonochim or Lokowitnono <b>Michahai</b> Male-bodied: Tono'cim <b>Yaudanchi</b> Male-bodied: Tongochim <b>Waksachi</b> Male-bodied: Tai'yap	"undertaker"

Nation	Term	“Loose” translation
Yuma (Quechan)	Male-bodied: Elxa' Female-bodied: Kwe'rhame	"coward"
Yup'ik	<p><b>Alutiiq (Sugpiaq, Pacific Eskimo, Southern Alaskan Yup'ik)</b>  <b>Chugach</b>  Male-bodied: Aranu:tiq  Female-bodied: Tyakutyi</p> <p><b>Koniag (Koniagmiut)</b>  Male-bodied: Akhnuchik</p> <p><b>Siberian Yup'ik (St. Lawrence Island, Yuit, Western Alaskan Yup'ik)</b>  Male-bodied: Anasik or Yuk allakuyaaq  Female-bodied: Uktasik</p> <p><b>Kusquqvagmiut (Kuskowagamiut, Kuskokwim river, Central Alaskan Yup'ik)</b>  Male-bodied: Aranaruaq  Female-bodied: Angut<sup>n</sup>guaq</p>	<p>"man-woman"  "what kind of people are those two"  "man-woman," perhaps spelt the same as the Chugach  "different, distinct person"  "woman-like"  "man-like"</p>
Yurok	Male-bodied: Wergern	
Zapotec	Male-bodied: Muxe	
Zuni	Male-bodied: Lha'mana Female-bodied: Katotse	<p>"behave like a woman"  "boy-girl"</p>

# Other cultures outside of North America with Gender Diversity

## ASIA

Korea

*mudang*

Siberian Chukchis

Male-bodied: *Yirka'-la'ul* ("soft man")

Female-bodied: *Qa'cikicheca* ("similar to a man")

Thailand

*kathoey*

Philippines

*bantut*

India

*hijra*

## INDONESIA

Borneo

*basir* (among the Ngaju of Kalimantan)

*manang bali* (among the Iban)

Sulawesi

*basaja* (among the Toradjas)

*bissu* (among the Makasserese)

## POLYNESIA

Hawaii

*mahu*

Tahiti

*mahu*

Samoa

*fa'afafine*

Tonga

*fakafefine/fakaleiti*

Tuvalu

*pinapinaaine*

## MALAYSIA

Singapore

*mak nyah*

## AFRICA

Lugbara

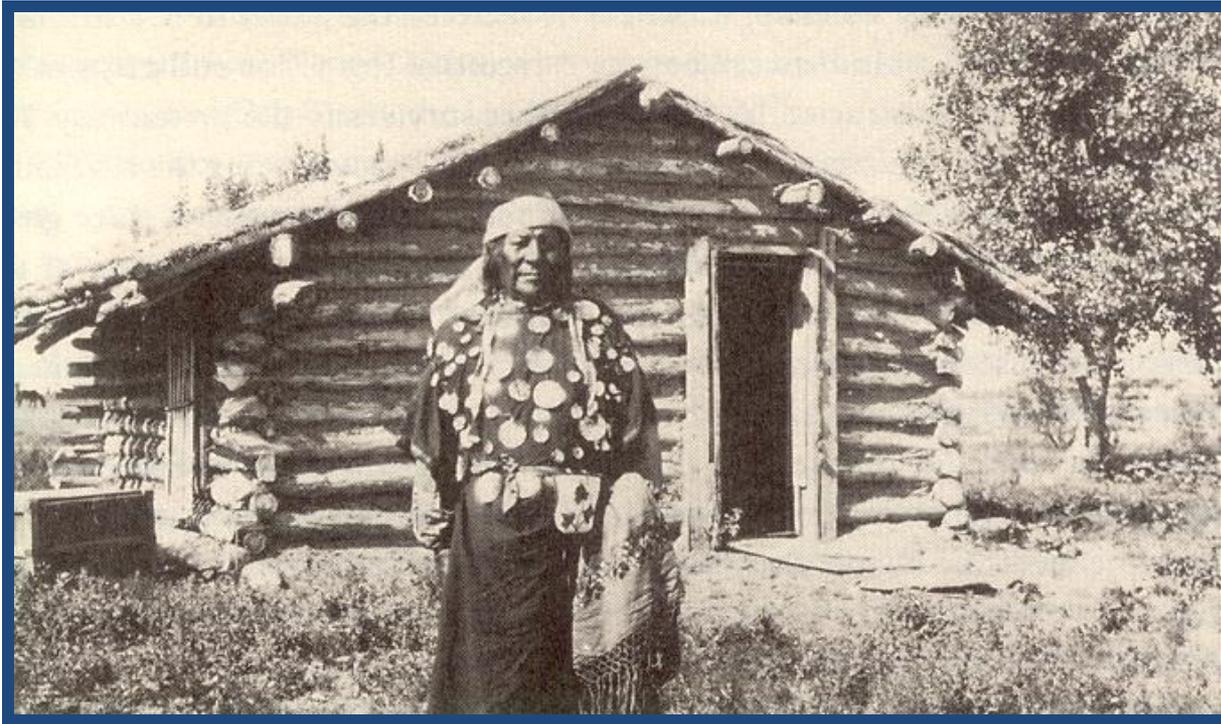
*okule* (male-bodied)

*agule* (female-bodied)

Zulu

*isangoma*

# Who Were Some of the Two Spirit People from Years Ago?



Osh-Tisch (Crow) in funeral dress, 1928

# Two men from Moose Mountain



# We-Wha (Zuni Nation)



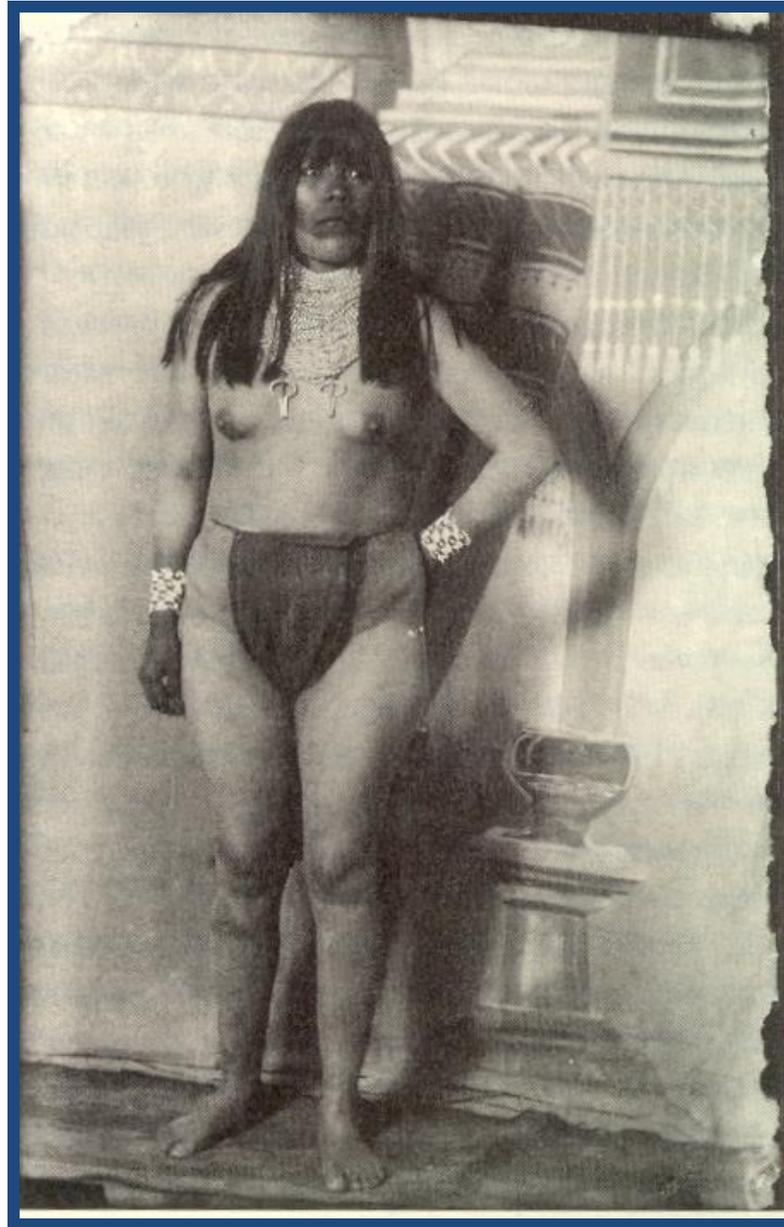
# Ozaawindib ("Yellow Head"), Ojibwe



# Charlie The Weaver (right) and friend, 1895



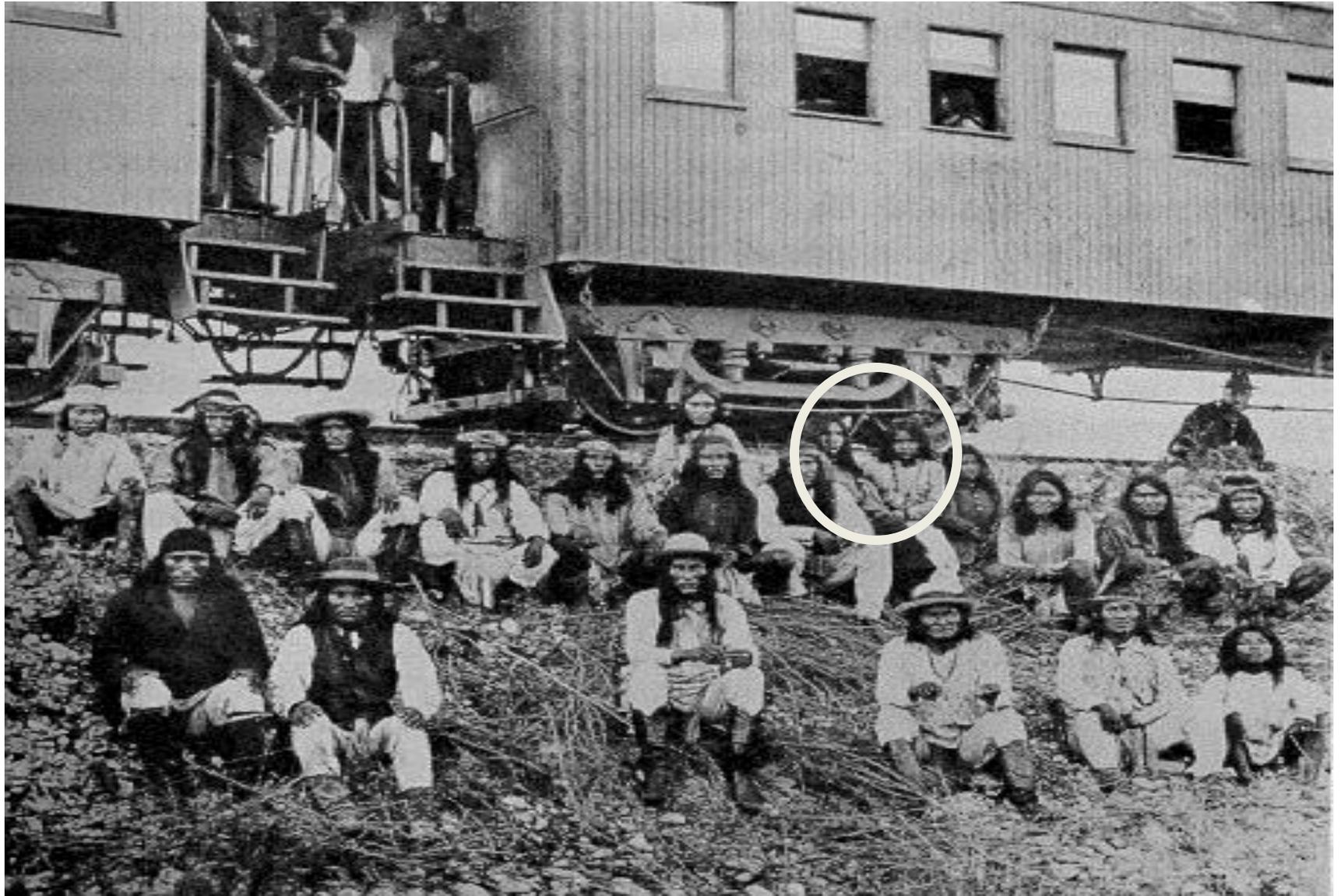
# Quechan kew'rhome (Quechan), 1890



# Chief Barcheampe (1850) or Pine Leaf



# Lozen and Dahtetse (Chiricahua Apache) from Geronimo's Band, 1886



# Hastiin Klah, Navajo



# An Unidentified Navajo



# Balboa's dogs killing our Two-Spirit People



# Indian life for the Two-Spirit during the reservation system

- European and Native beliefs clashed.
- Missionaries fed the two-spirit people to the dogs.
- Christian beliefs forced upon Native people.
- Native Children placed in government schools.
- Cut the two-spirit male's hair and forced them to dress in men's clothing and girls to wear dresses
- Intimidation and out-right violence of the Churches and Government Agents, many Chiefs were reluctant to defend their two-spirit people.
- Out love and respect, Two-Spirit were asked to go underground in order to protect them.







# Defining Characteristics of Two-Spirit & Native Peoples

- Historical trauma;
- Intergenerational trauma;
- Band/Tribal membership;
- Half-truths, misconceptions, stereotypes pervade all aspects our Indian life and history; and
- We are small population – however it is precisely because our number are so small that our community should be declared a top priority – once we are gone – we are gone.

# What is Historical Trauma?

- ***Historical trauma***

is ***cumulative emotional and psychological wounding*** over the lifespan and across generations, emanating from massive group trauma

***cumulative exposure of traumatic events*** that affect an individual and continues to affect subsequent generations

- The trauma is held personally and transmitted over generations; thus, even ***family members who have not directly experienced the trauma can feel the effects of the event generations later***

- ***Historical trauma response***

- is a ***collection of features in reaction to*** massive group trauma (genocide experienced by the Native American people in the US)

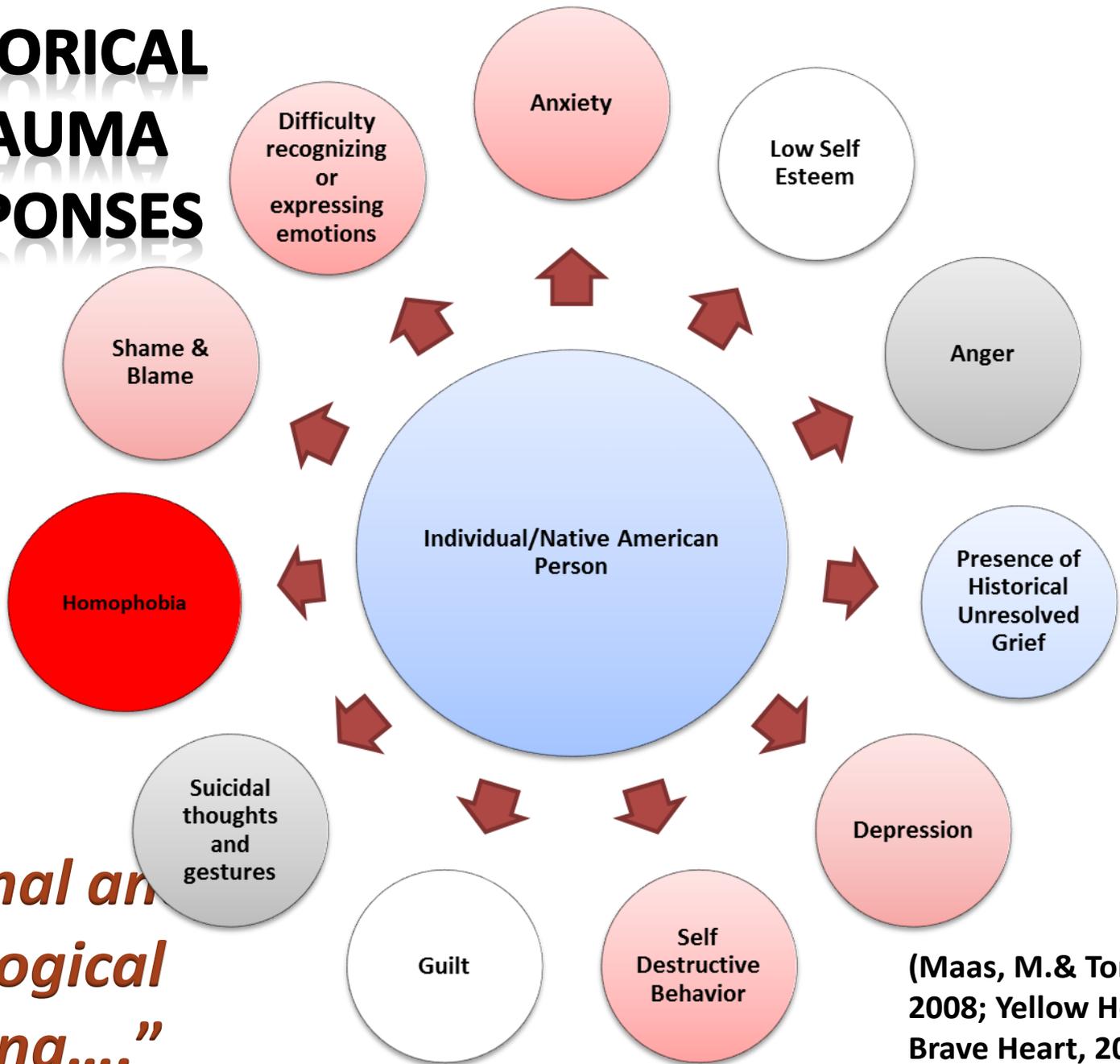
(Brave Heart, 1995,1998, 1999, 2000)

# What is historical trauma?

A combination of immense losses and traumatic events that are perpetrated upon an entire culture through policy and upheld by the judicial system. For Native Peoples, these losses include:

- Culture
- Language
- Land
- People (deaths due to diseases and war)
- Way of life
- Ceremonies
- Family structure (forced into boarding schools)

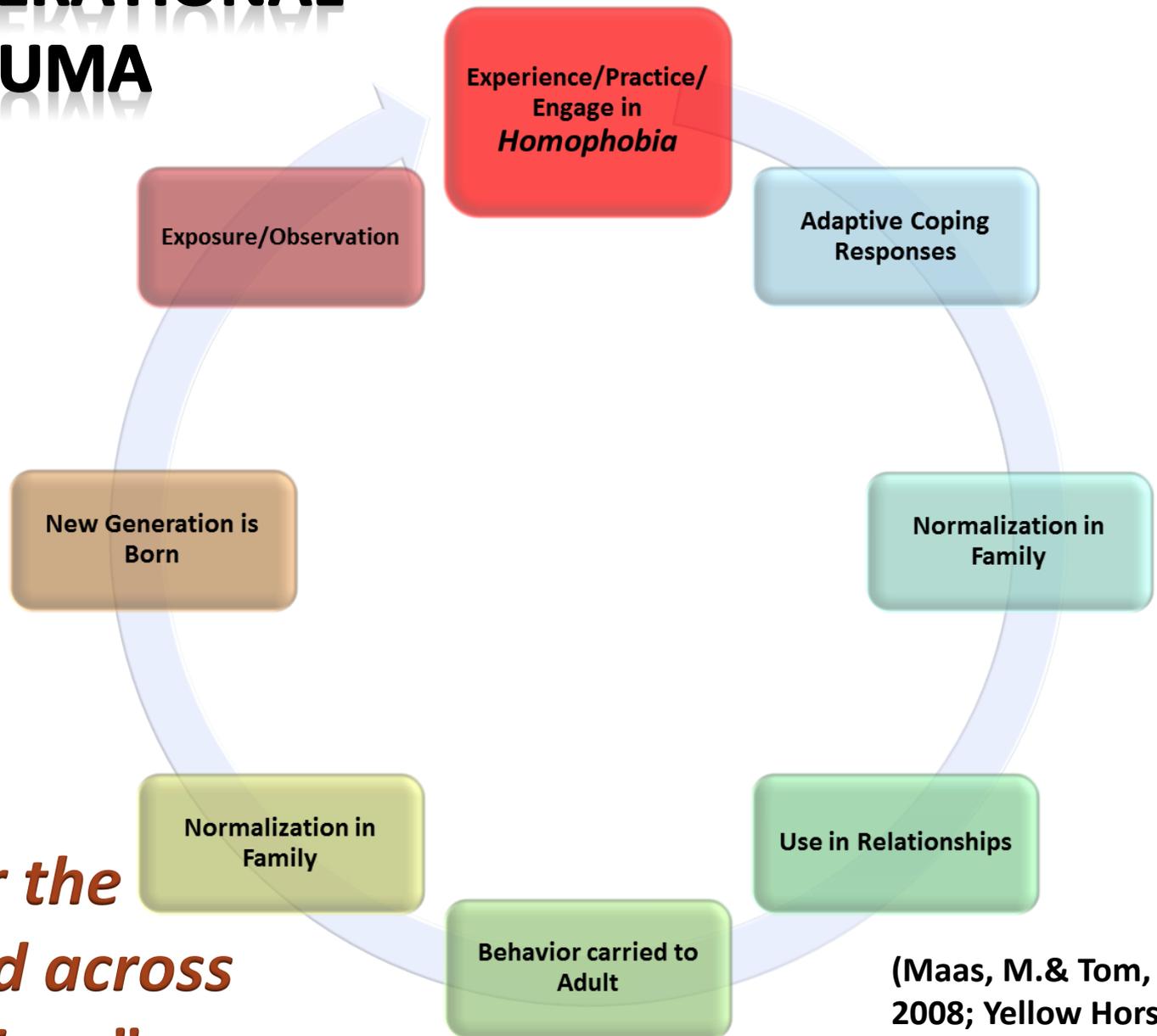
# HISTORICAL TRAUMA RESPONSES



*“Emotional and psychological wounding....”*

(Maas, M.& Tom, N. 2008; Yellow Horse Brave Heart, 2003)

# INTERGENERATIONAL TRAUMA



*“...over the  
lifespan and across  
generations”*

(Maas, M.& Tom, N.  
2008; Yellow Horse  
Brave Heart, 2003)

# **HISTORICAL TRAUMA INTERVENTION: FOUR MAJOR INTERVENTION COMPONENTS**

1. Confronting historical trauma
2. Understanding the trauma
3. Releasing our pain
4. Transcending the trauma

# SPIRITUAL



# MENTAL



**Confronting Historical Trauma**

- ▣ Confront the Trauma
- ▣ Education
- ▣ Understanding & embracing our History

**Transcending the Trauma**

- ▣ Healing (through ceremony or prevention)
- ▣ Rebuilding meaning & purpose
- ▣ Safety (strengthen coping Skills; building resiliency)
- ▣ Continued Education
- ▣ Rebuilding meaning & purpose

**Understanding Historical Trauma**

- ▣ Continued Education
- ▣ Personal Growth
- ▣ Reconnecting
- ▣ Expressing History

**Releasing the Pain**

- ▣ Grieving
- ▣ Story Telling/Narrative Sharing
- ▣ Cleansing (Smudging; Sweat Lodge; Ceremony)
- ▣ Reverence
- ▣ Group Work
- ▣ Empowerment



(Maas & Tom, 2008;  
Yellow Horse Brave Heart, 2003)

# EMOTIONAL

# PHYSICAL

# Two Spirit Society Healing Process

A couple of examples of the healing work in the Two-Spirit Community:

- NE2SS weekly Dance Lessons
- Two-Spirit Gatherings
- Two-Spirit Pow-Wows
- Two-Spirit Drum Groups
- Restoring of Ceremonies:
  - Naming Ceremony
  - Sun Dance

# Resources

- Two-Spirit Resource Directory – [www.ne2ss.org](http://www.ne2ss.org)
- Healing Circle Consultant Booklet Resource Guide, 2<sup>nd</sup> Ed., 2013  
[http://issuu.com/nativeamericanhealthcenter/docs/healing\\_circle\\_consultant\\_guide\\_second\\_edition/20](http://issuu.com/nativeamericanhealthcenter/docs/healing_circle_consultant_guide_second_edition/20)
- We R Native [www.wernative.org](http://www.wernative.org)
- Northwest Portland Area Indian Health Board – We R Proud, Logos, Media, PSAs, etc.  
[http://www.npaihb.org/epicenter/project/prt\\_reports\\_publications\\_media\\_campaigns#STD/HIV\\_PowerPoint\\_Slides](http://www.npaihb.org/epicenter/project/prt_reports_publications_media_campaigns#STD/HIV_PowerPoint_Slides)
- NativeOUT <http://nativeout.com>
- Native Stand <http://www.nativestand.com/>



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