

Incorporating Traditional Native American practices into Evidence-based trauma therapy models

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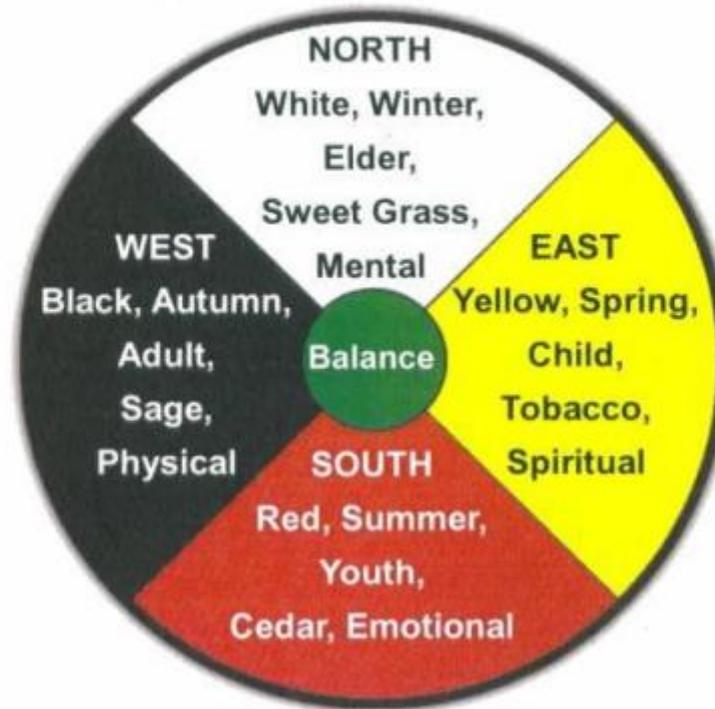
Who are we?

Native American Anishinaabe



Mino Bimaadiziwin “The Good Way of Living”

Ojibwe Medicine Wheel



7 Grandfather Teachings

Core Values of Living

- ◆ Honor
- ◆ Humility
- ◆ Truth
- ◆ Bravery
- ◆ Wisdom
- ◆ Knowledge
- ◆ Respect

Community Values and Norms

- ♦ **Harmony with Nature and Surroundings**
- ♦ **Cooperation**
- ♦ **Group Emphasis**
- ♦ **Honor and Reverence for Elders**
- ♦ **Covenant with Creator**
- ♦ **Patience**

Great Confusion

- ♦ Loss of Land
- ♦ Loss of Culture
- ♦ Loss of Language
- ♦ Loss of Community Structure
- ♦ Loss of Family Structure
- ♦ Loss of Identity
- ♦ 1830-Indian Removal Act
- ♦ 1883- Religious Crimes Code Act
- ♦ 1887- Dawes Act (Allotment Act)
- ♦ 1890- 1930's Indian Boarding School Era
- ♦ 1924- Native Citizenship
- ♦ 1950-70's Indian Relocation
- ♦ 1975- ICWA
- ♦ 1978- Freedom of Religion Act

Historical Trauma and Cultural Trauma

Historical Trauma

“Refers to cumulative emotional and psychological wounding, extending over an individual lifespan and across generations, caused by traumatic experiences.”

Maria Yellowhorse Braveheart, PhD

Cultural Trauma

“is an attack on the fabric of society, affecting the essence of the community and its members.”

Dolores Surbia BigFoot, PhD

Consequences of Historical Trauma

- Ineffective or destructive parenting
 - Authoritarian and inconsistent or rejecting of child
 - Insensitivity to child's needs
 - Lack of parental involvement or bonding
 - Poor school relations
 - Weak spiritual foundations
 - Unhealthy family norms
- Weak ethnic identity



Current health disparities of Native Americans

- ◆ Higher rates of exposure to trauma and PTSD
- ◆ Families highest re-referral rates for physical, sexual, abuse and neglect.
- ◆ Rates of substance abuse and mental health disorders more elevated compared to other ethnic groups.
- ◆ Impact of high suicide rates on siblings, peers, family members and community.
- ◆ High education drop out rates
- ◆ High Incarceration rates

Resiliency



Some of us have kept going...the

“ability of American Indians to maintain optimism during adversity is related to spirituality, compassion, empathy, humor, friendships and familial and community strengths.”

(Goodluck, 2002)



How is ongoing complex trauma impacting our youth?



Evidence-Based Trauma Therapy Models for Youth

- ♦ **Trauma-Focused Cognitive Behavioral Therapy :**
Individual therapy model
- ♦ **Cognitive Behavioral Interventions for Trauma in Schools (CBITS) :** *Group Model*
- ♦ **Why choose evidence-based models when the research isn't based with an Indigenous Research Paradigm or with Indigenous participants?**
- ♦ **What are the benefits of using evidence-based models?**

Using our local culture as a foundation of healing

- ◆ What worked for thousands of years?
- ◆ There were ceremonies and healing practices for those suffering.
- ◆ Who can help? *“Creator uses the flimsiest of resumes to help heal the world”*
- ◆ We can’t keep relying on Western medical models using individuals with college degrees and specialized trainings to heal our youth- it must come within ourselves as Indigenous people and communities, weaving these ways together... team efforts!
RELATIONAL WAY OF BEING



Integrating Traditional Practices into therapy



Sweat Lodge Ceremony



Spirit of the Hand Drum



Local Medicines



Miigwech! (Thanks)

Any Questions?

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