



**Longstanding Issues**  
reclaimingyouthatrisk.org  
martinbrokenleg.com  
growingedgetraining.com/subscribe

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**Mato Wanbli - 1850s**

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**Huwegahan - 1870s**

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- Creating a group of people with identical interests.

## Colonization

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A social criticism describing a manipulated understanding of the experience of Indigenous people by western society.

-Dr. Eduardo Duran

## POST-COLONIAL:

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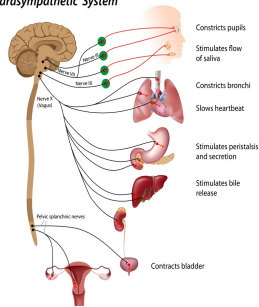
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Parasympathetic System



- Pain, other sensations
- Sleeping, eating issue
- Hyper-Arousal
- Anxiety, depression
- Emotional flooding
- Forgetting or Indecisive
- Angry, troublemaker
- Addiction

## Signs of Trauma

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- A cumulative
- emotional, psychological, social, and spiritual wounding
- over the life-span and across generations
- resulting from massive group trauma.

-Dr. Maria Brave Heart

### **Intergenerational Trauma**

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- A cumulative
- emotional, psychological, social, and spiritual wounding
- over the life-span and across generations
- resulting from massive group trauma.

-Dr. Maria Brave Heart

### **Complex Post-traumatic Stress Response.**

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1948 Geneva definition of Genocide:

intent to destroy a national, ethnic, racial, or religious group.



### **Intergenerational Trauma**

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**Scotland**

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**Ireland**

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**Ukraine**

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**Ruwanda**

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**Syria**

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**ACE Questionnaire**

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1. Did a parent or other adult often swear at you, insult you, humiliate you or make you afraid of being physically hurt?

**ACE Questionnaire 1.**

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2. Did a parent or other adult often push, grab, slap, throw something at you, or hit you hard enough to leave a mark or injure you?

**ACE Questionnaire 2.**

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3. Did anyone, five years older than you, touch, fondle, have you touch them in a sexual way or try to have oral, anal, or vaginal sex with you.

**ACE Questionnaire 3.**

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.4. Did you often feel that no one in your family loved you, thought you were important or special? Did your family not look after one another, feel close to, or support one another.

**ACE Questionnaire 4.**

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5. Did you often feel that you didn't have enough to eat, clean clothes to wear, or anyone to protect you?

**ACE Questionnaire 5.**

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6. Were your parents ever separated or divorced?

**ACE Questionnaire 6.**

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7. Was your mother or stepmother often pushed, grabbed, slapped, or had something thrown at her? Was she ever hit several times in a few minutes or threatened with a gun or knife?

**ACE Questionnaire 7.**

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8. Did you ever live with someone who was a problem drinker, or alcoholic, or used street drugs?

**ACE Questionnaire 8.**

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9. Was a household member depressed, mentally ill, or attempt suicide?

**ACE Questionnaire 9.**

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10. Did a household member go to prison or jail?

**ACE Questionnaire 10.**

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**Add total number of yes answers for your ACE score.**

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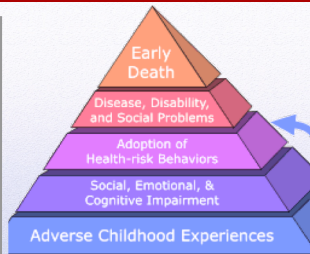
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**KINDS OF TRAUMA**

- 1. Addiction
- 2. Abuse
- 3. Domestic Violence
- 4. Incarceration
- 5. Neglect



**Adverse Childhood Experiences**

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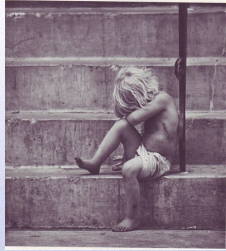
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- Generates grief which is not

1. expressed,
2. acknowledged, nor
3. resolved.



## **Intergenerational Trauma**

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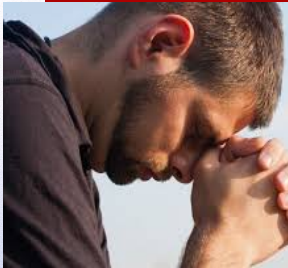
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1. Two-thirds of all adults report.
2. If four, two times rates of cancer and depression.
3. If doctors open door to trauma, 35% reduction in visits.

## **Adverse Childhood Experiences**

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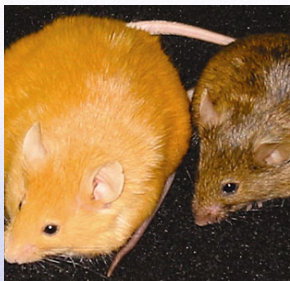
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### **Epi-genetics** *(above genetics)*

Non-genetic factors change how genetics “express themselves.”

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**Trauma in Indigenous Life**


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**Trauma in Indigenous Life**

HISTORY		
1. Federal laws		
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3. Residential schools		
4. Institution of the Church		

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**Trauma in Indigenous Life**

HISTORY	POVERTY	
1. Federal laws	1. Housing	
2. Provincial policy	2. Health and nutrition	
3. Residential Schools	3. Education	
4. Institution of the Church	4. Employment	

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## Trauma in Indigenous Life

HISTORY	POVERTY	OPPRESSION
1. Federal laws	1. Housing	1. Social
2. Provincial policy	2. Health and Nutrition	2. Systems
3. Residential Schools	3. Education	3. Professional
4. Institution of the Church	4. Employment	4. Internalized

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## Rupert Ross: *Criminal Conduct and Colonization.*



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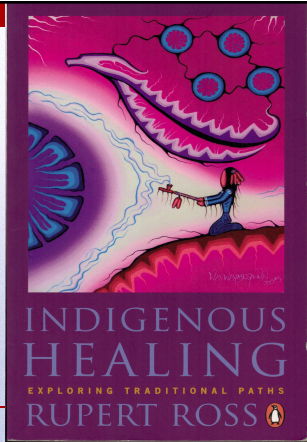
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- Child Neglect and Abuse
- Incarceration
- Early Death
- Violence
- Addiction
- Suicide



### **Symptoms of Trauma in Indigenous Life**

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What happened to you?  
---NOT---  
What's wrong with you?



### **Trauma Informed Practice**

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- Judges take judicial notice of the broad systemic and background factors affecting aboriginal people, and of the priority given in aboriginal cultures to a restorative approach to sentencing.

### **Gladue Decision 2012**

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1. See own, and inherited pain.
2. Know and express your own suffering.
3. Self-critique and self-improve.
4. Reclaim Aboriginal spirituality, community & culture.
5. Practice Indigeneity.
6. Forgive.

## The Tasks for Indigenous People

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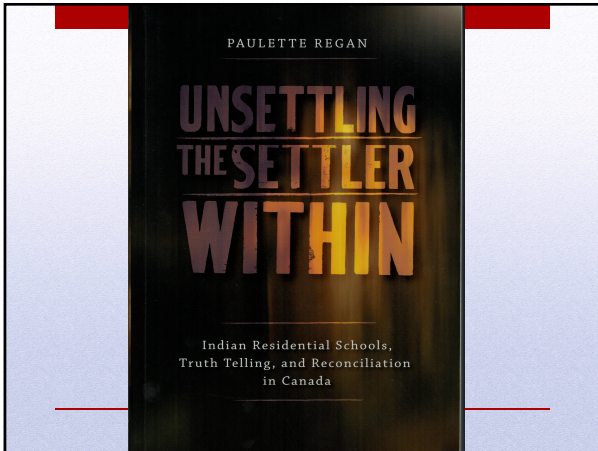
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- 1. Self-reflect to lose White innocence.
  - 2. Accept historical violence.
  - 3. Admit the full equality of Aboriginal people and ways.
- Dr. Paulette Regan

## Non-Aboriginal Decolonization

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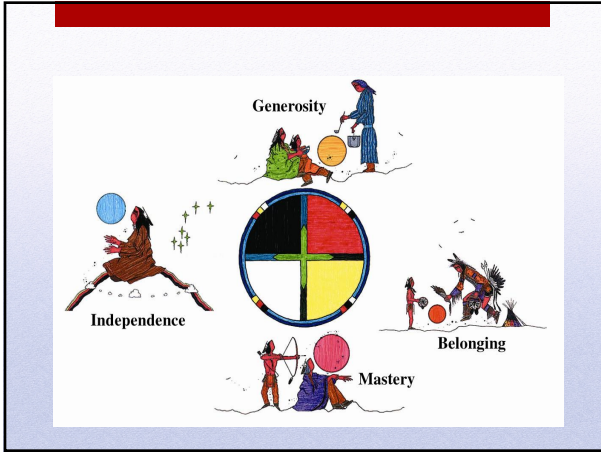
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