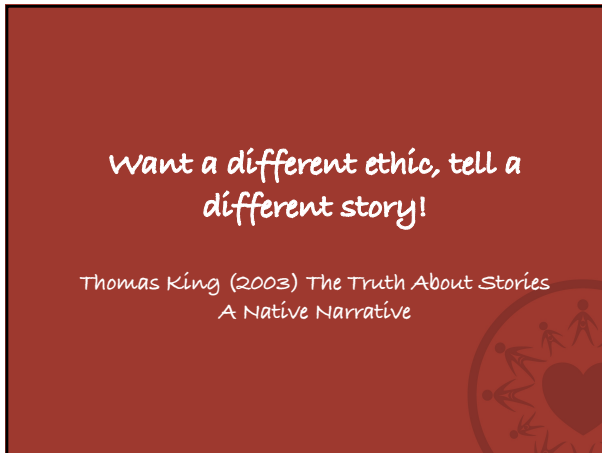




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2

Practices & Roles

- Sand Tray
- DBT
- FFT
- Play Therapy
- M.D.
- Psy.D.
- Art Therapy
- Ph.D.
- Counselor
- Clinical Mental Health Counseling
- Story Boarding
- Narrative therapy
- No- violent communication
- Object relations
- Parent child interaction
- Poetry therapy
- Positive psychology
- Process orientated psychology
- Sex therapy
- Somatic
- Adlerian Therapy
- Adventure Therapy
- Analytical psychology
- Animal assisted therapy
- Attack therapy
- Attached based psychotherapy
- Aversion therapy
- Behaviour modification
- Biofeedback
- Client centered
- Co-counseling
- Contemplative psychotherapy
- Cultural family therapy
- Dance therapy
- Drama therapy
- Dyadic developmental psychotherapy
- Depth psychology
- Ecological counselling
- Transpersonal
- Wilderness
- EMDR
- Existential therapy
- EFT
- Family Constellations
- Future Oriented therapy
- Gestalt Therapy
- Grief Counseling
- Holding therapy
- Humanistic psychology
- Hypnotherapy
- Internal Family Systems
- Journal therapy
- Logic based therapy
- Marriage counselling
- Mindfulness based stress reduction
- Metacognitive therapy
- Music therapy

Mental health practices are generally skill based, intended for trained experts, and may or may not be specific to the culture of the client

3

Relationships
Community
Land
Family

Traditional healing practices are distinct and culturally specific to the people who are practicing them and look to the family, community and ecology as being most naturally equipped to provide care in the context of relationship.

GATHERING OUR MEDICINE

4

Gathering Our Medicine Vision

Through Indigenous ways of knowing and being, the Gathering Our Medicine Kinship Program supports the journey of healing and strengthening relationship between Indigenous children, families and communities.

5

A deep abiding respect for relationship

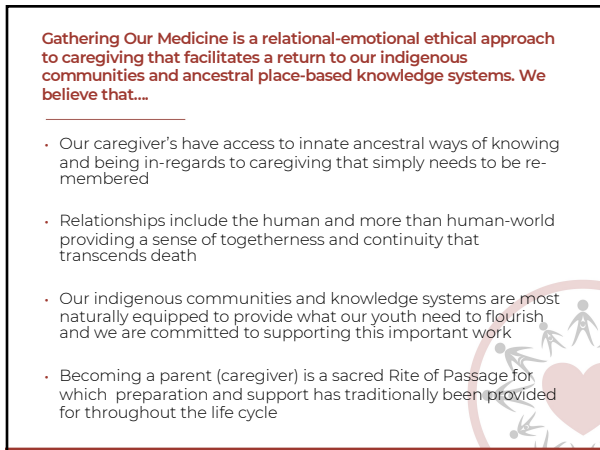
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9

Continued.....

- A kinship circle's role is to provide the conditions necessary for the child's true spirit to emerge spontaneously
- Youth thrive when their kinship circle welcomes all kinds of expression through the rituals that make up the youth's culture
- Development unfolds in stages not dictated by age but by readiness on the part of the youth. Each of these stages must be led by the kinship circle until the youth is fully developed
- When a youth is struggling, we look to the kinship circle, the land, the animals and the ancestors as the best, most natural medicine



10

Gathering Our Medicine
Program Overview

- Week 1** - A Warm Welcome and The Journey Ahead
- Week 2** - The Healing Power of Cultural Rituals
- Week 3** - Strengthening Relationships Through Gathering Rituals
- Week 4** - Nature's Plan for Growth
- Week 5** - Reducing Separation Through Continuity Rituals
- Week 6** - Recovering Resilience Through Grieving Rituals
- Week 7** - Ritualized Forms of Expression for Aggression & Anxiety Problems
- Week 8** - Bringing Together Our Kinship Circle Through Introduction Rituals
- Week 9** - Honouring Our Youth and Kinship Circle- Celebration Ceremony

*Indigenous
teaching focusses
as much on
learning with the
heart as on
learning with the
mind*
Gregory Cajete



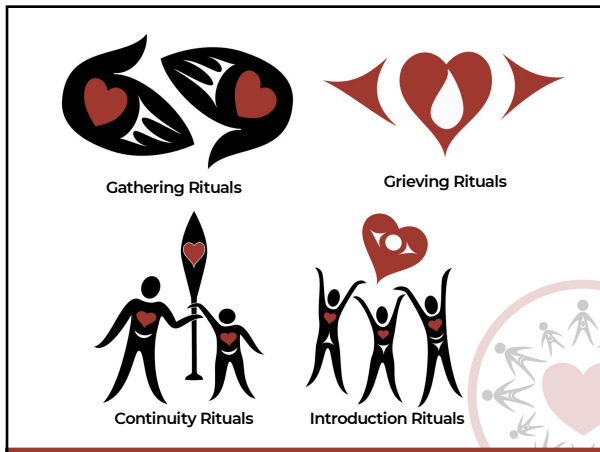
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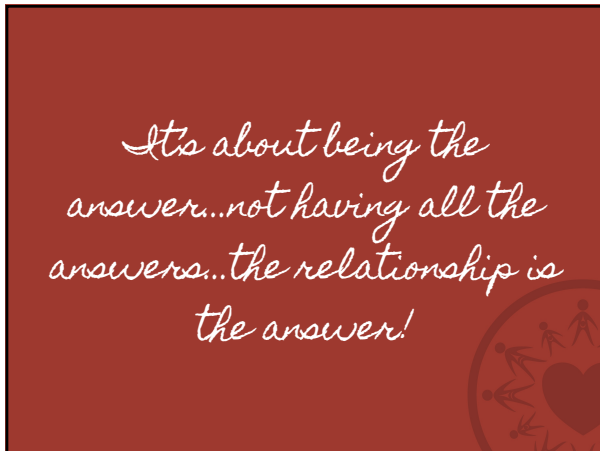
GATHERING OUR MEDICINE



12



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14





Each of these speakers, authors, and teachers...

- Have offered us insight into the past, the effects of that past on the present, and the need to step forward boldly and lightly...into the future...
- They have called out the hurt, the loss, and the need for renewal.
- They have stood firm in the face of massive storms and strong resistance to change and inclusion.
- They recognize(d) the true pathways to health, are where we find the courage to carry forward our bundles for change and reach out and support each other whenever necessary.

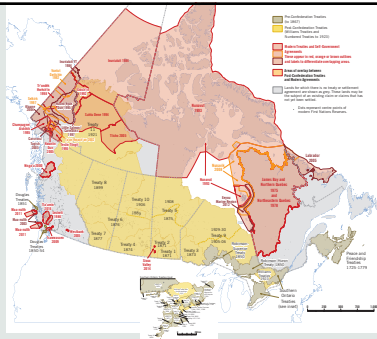


What can we find in story?

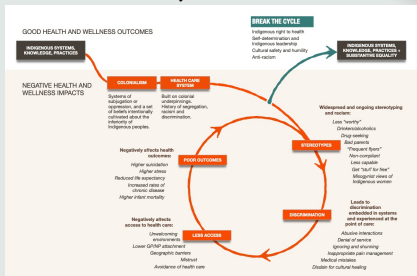
- In Ontario, Nanabush is the main character in many Ojibwe legends and is as old as the Ojibwe language itself. He was sent to teach the Anishinaabeg how to live. His mother was Anishinaabe-lwe and his father a spirit. Being half spirit he had amazing abilities. But being half human, he had the virtues and flaws that people have and he often **could not control his humanly wants and needs**.
- Nanabush could be selfish or generous; cowardly or brave; caring or spiteful; always curious and mischievous and **often his own worst enemy**.
- Sometimes he daringly saved the Anishinaabek, other times he caused them everlasting hardship. Nanabush walked all over Turtle Island and assumed many names and forms as he moved across nations.

Uncomfortable Truths?

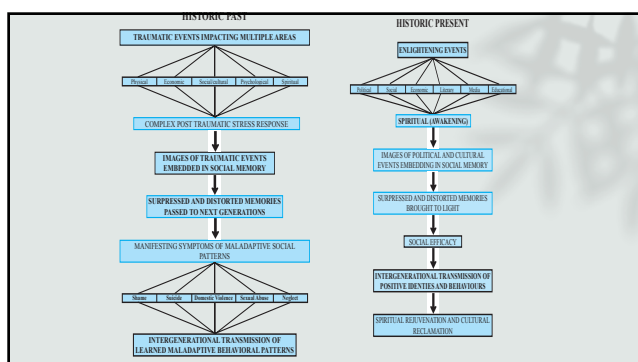
- Canada has had to navigate and participate in some uncomfortable truths about contact, history, ongoing contemporary Indigenous trauma and unresolved grief...**and so do we...**
- Massive losses of life directly after contact and continuing through multiple events including wars, more disease, relocation, the Indian Residential Schools intergenerational impacts, 60's scoop which continues today, the MMIW inquiry, low employment and graduation rates...
- Ongoing stereotypes, negative biases and beliefs (some internalized), and racism, classism, and child welfare...

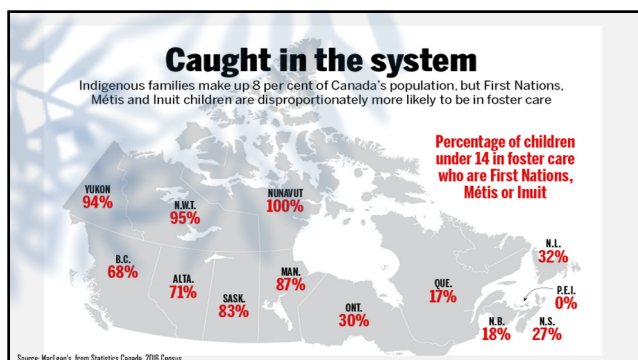


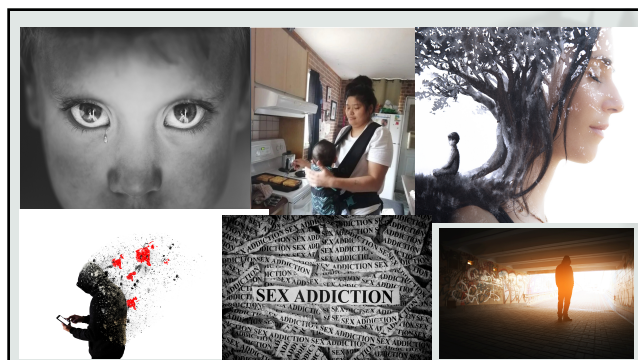
We know the (his)story now...









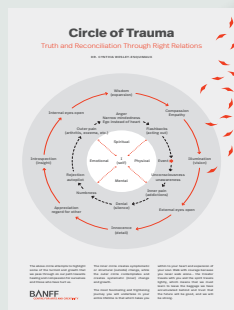


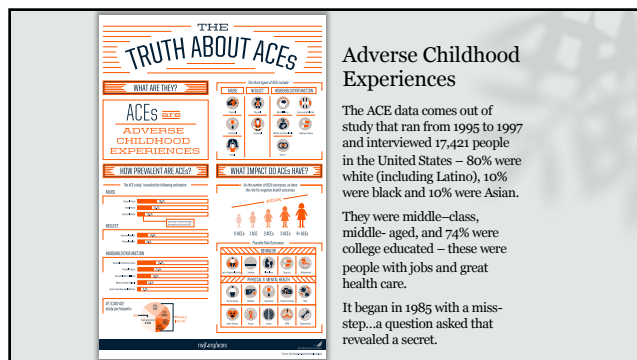
Principles of Cultural Safety

Cultural safety, put forward by Maori nurse, Irihapeti Ramsden, has four different principles:

- The **first one** aims to improve health status and well-being of New Zealanders because the concept originated in New Zealand;
- the **second one** improves the delivery of health services;
- The **third one** focuses on the differences among the people who are being treated and accepting those differences;
- The **fourth principle** focuses on understanding the power of health services and how health care impacts individuals and families.

In an era of truth and reconciliation honest expression (Internally and Externally) becomes an important vehicle for change.





Adverse Childhood Experiences

The ACE data comes out of study that ran from 1995 to 1997 and interviewed 17,421 people in the United States – 80% were white (including Latino), 10% were black and 10% were Asian.

They were middle-class, middle-aged, and 74% were college educated – these were people with jobs and great health care.

It began in 1985 with a miss-step...a question asked that revealed a secret.

ACE's /HTT Responses?

- Research has identified that people find available "fixes" that make them feel better.
- For the obese in the original research, eating soothed their anxiety, fear, anger or depression - it worked like alcohol or tobacco or methamphetamines.
- Not eating** increased their anxiety, depression, and fear to levels that were **intolerable** in ACEs study.
- Historic Trauma?**
- We are beginning to grasp that turning to drugs or other "fixes" is a **normal response to trauma**.
- Telling people who smoke or overeat or overwork that these are unhealthy responses, and they should stop doesn't sway or convince them when those approaches provide a **temporary, but gratifying** solution to the pain they are experiencing.

Ace's - Trauma

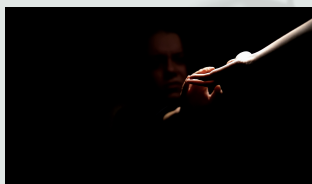
- The 1st Shocker:
- There was a direct link between **childhood trauma and adult onset of chronic disease**, as well as mental illness, doing time in prison, and work issues, such as absenteeism...
- The 2nd Shocker:
- About 2/3 of the adults in the study had experienced one or more types of adverse childhood experiences.
- Of those, **87% had experienced 2 or more types of trauma**.

ACE scores 1-4?

- This means those people with an alcoholic father, for example, were likely to also have experienced physical abuse or verbal abuse.
- In other words, ACEs usually didn't happen in isolation.
- The 3rd Shocker:
- More adverse childhood experiences resulted in a higher risk of medical, mental and social problems as an adult.
- There is an ACE scoring system – each ACE counts for one point – no ACEs – you have a zero!
- <https://developingchild.harvard.edu/media-coverage/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean/>

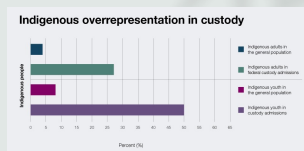
How are ACEs scored?

- If you were verbally abused thousands of times during your childhood, but no other type of childhood trauma occurred, this will count as ONE point in the ACE score.
- If you were verbally abused, lived with an alcoholic father, and a mentally ill mother your score is THREE
- Scores of 4 or more categories of ACEs had a 240% greater risk of hepatitis, were 390% more likely to have chronic obstructive pulmonary disease (emphysema, chronic bronchitis), and 240% higher risk of a sexually transmitted disease.



ACE Score of 4+

- They were twice as likely to be smokers, twelve times more likely to have attempted suicide, seven times more likely to be alcoholic, and 10 times more likely to have injected street drugs.
- People with high ACE scores are more likely to be violent, to have more marriages, more broken bones, more drug prescriptions, more depression, more auto-immune diseases, and more work absences.



Fight, Flight or Freeze, or Appease?

- Here's what we know, if you're in a forest and see a bear, a very efficient fight or flight system instantly floods your body with adrenaline and cortisol and **shuts off the thinking portion of your brain** that would stop to consider other options. This is very helpful if you're in a forest and you need to run from a bear.
- "The problem is when that bear comes home from the bar every night."
- If a bear threatens you every single day, your emergency response system is activated over and over and over again. You're always ready to fight or flee from the bear, but the part of your brain - the **prefrontal cortex** - that's called upon to diagram a sentence or do math **becomes stunted**, because, in brains, emergencies - such as fleeing bears - **take precedence over doing math**.

HTT – ACEs - Epi-genetics

- We are learning as we go forward, but more research and the direct application of new knowledge still has to happen.
- Remote communities are sometimes grappling with more intense effects of HTT and ACEs because southern communities have better access to services, education, etc.
- We are still teaching about Historic Trauma Transmission and we are trying to move towards newer research on ACEs – Adverse Childhood Experiences – which affect virtually everyone in some way – and understanding genetics, epi-genetics and the power of brain plasticity for healing.

Transformation?

- The trickster brings transformation - the trickster stirs our consciousness and our conscientiousness - so we can take positive action!
- Tradition, Transition, and Transformation are in our own hands.
- The health of well-being of our nations requires time and attention from inside the hoop, from our families, leadership, children...
- We have learned that change can only come from within...

Research demonstrates...

- What all this means is that we need to **prevent adverse childhood experiences** and, at the same time, **change our systems** - educational, criminal justice, healthcare, mental health, public health, workplace - so that we don't further traumatize someone who's already traumatized.
- We can't do one or the other and hope to make any progress.
- Whether we are talking Intergenerational Trauma transmission, contemporary trauma, or ACEs which affect virtually everyone, we have to address the effects on Indigenous people with empathy, courage, and deep consideration if we are to include more people in planning, community development and good health.

Music, dance, acting, story telling, or any kind of theatrics that gets people moving and feeling!



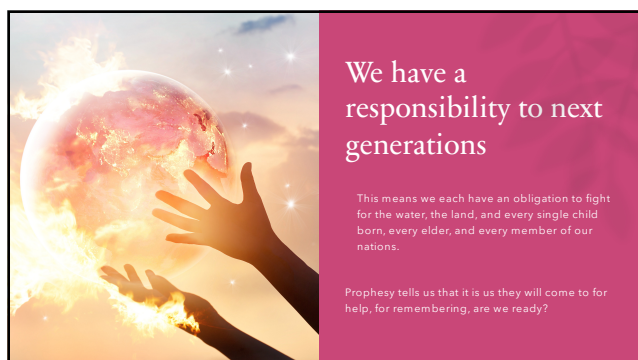
What is The Role of the Trickster in a Time of Change?

Civilization provides some stability and order in a chaotic and wild world. A healthy fear of the wild is not such a bad thing. But too much rejection of the wilderness can lead to a rejection of our own wildness, the source of our creativity. The Trickster dances at the edge between the clean and the dirty. He shakes us up, calling upon us to question those categories.



What are they looking for in us?

- Those stories the elders tell prompt us to step outside of our own pain and enter deeply into the experience of another.
- We find compassion through experience, but it takes experience for us to understand and fully embrace compassion.
- The stories seek to illuminate the “why” and encourage us to listen deeply to the wisdom inherent in traditional lifeways as we work to live fully into our responsibilities, build discipline, and take concrete and productive action...



We have a responsibility to next generations

This means we each have an obligation to fight for the water, the land, and every single child born, every elder, and every member of our nations.

Prophesy tells us that it is us they will come to for help, for remembering, are we ready?



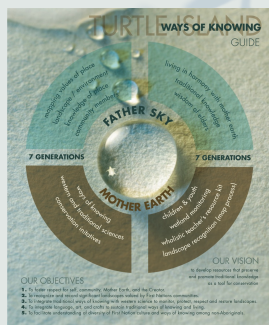


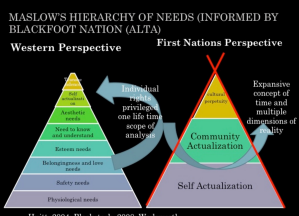




What does the conversation on “Wise Practices have to do with this?”

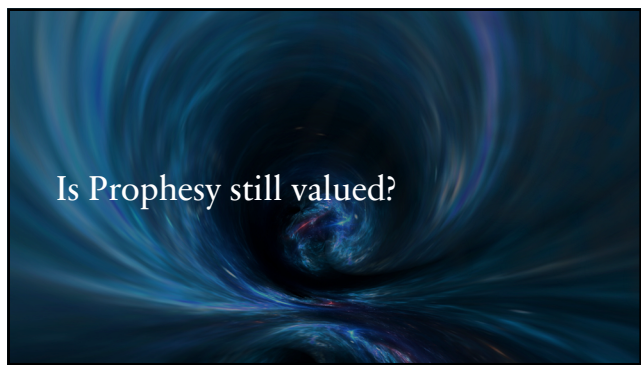
When humanity shifts to a wholistic worldview – they will promote harmony and collaboration – and face the need to take action for the entire planet, without exception...





Hunt, 2004; Blackstock, 2008; Wadsworth.
This slide shows basic differences between Western and First Nations perspectives, as presented by University of Alberta professor Cathy Blackstock at the 2014 conference of the National Indian Child Welfare Association.

The focus of our lives can be on lifting the collective and through that work lifting ourselves, our families, and our nations...



Prophecy is...a message from the past

- About the present, which will resonate into the future.
- Prophecy can be frightening, alarming, but supportive as well.
- How do we gauge the messages we receive with the present?
- What are the warnings that need to be heeded, ask yourself!
- When we are asked to lead the way back to the land, back to a restorative approach to life and next generations, will we be ready?
- Who will solve the health, wealth and capacity concerns if not us?

Where do we go from here?



Figure 1) Historic Trauma Transmission - Past

HISTORIC PAST

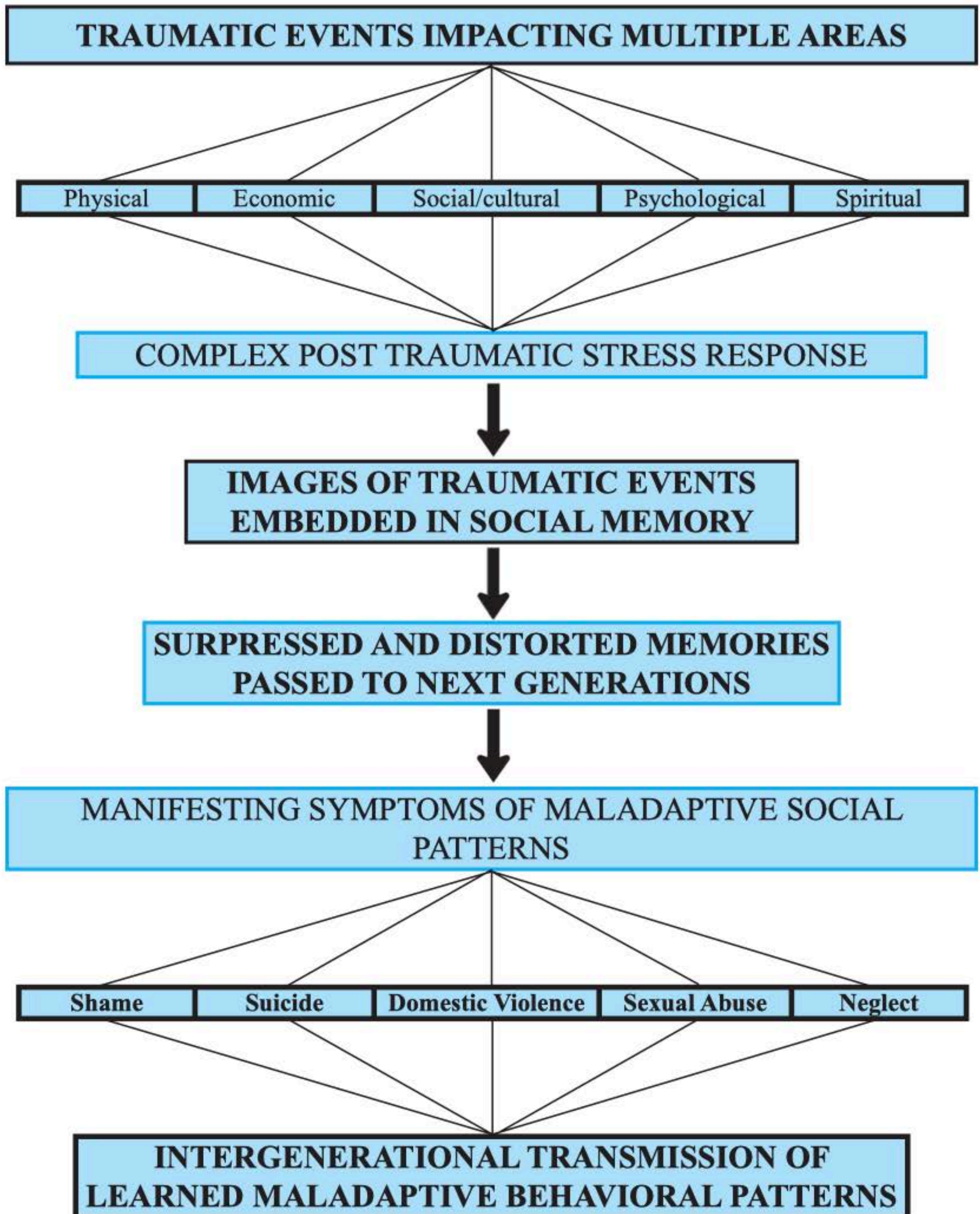
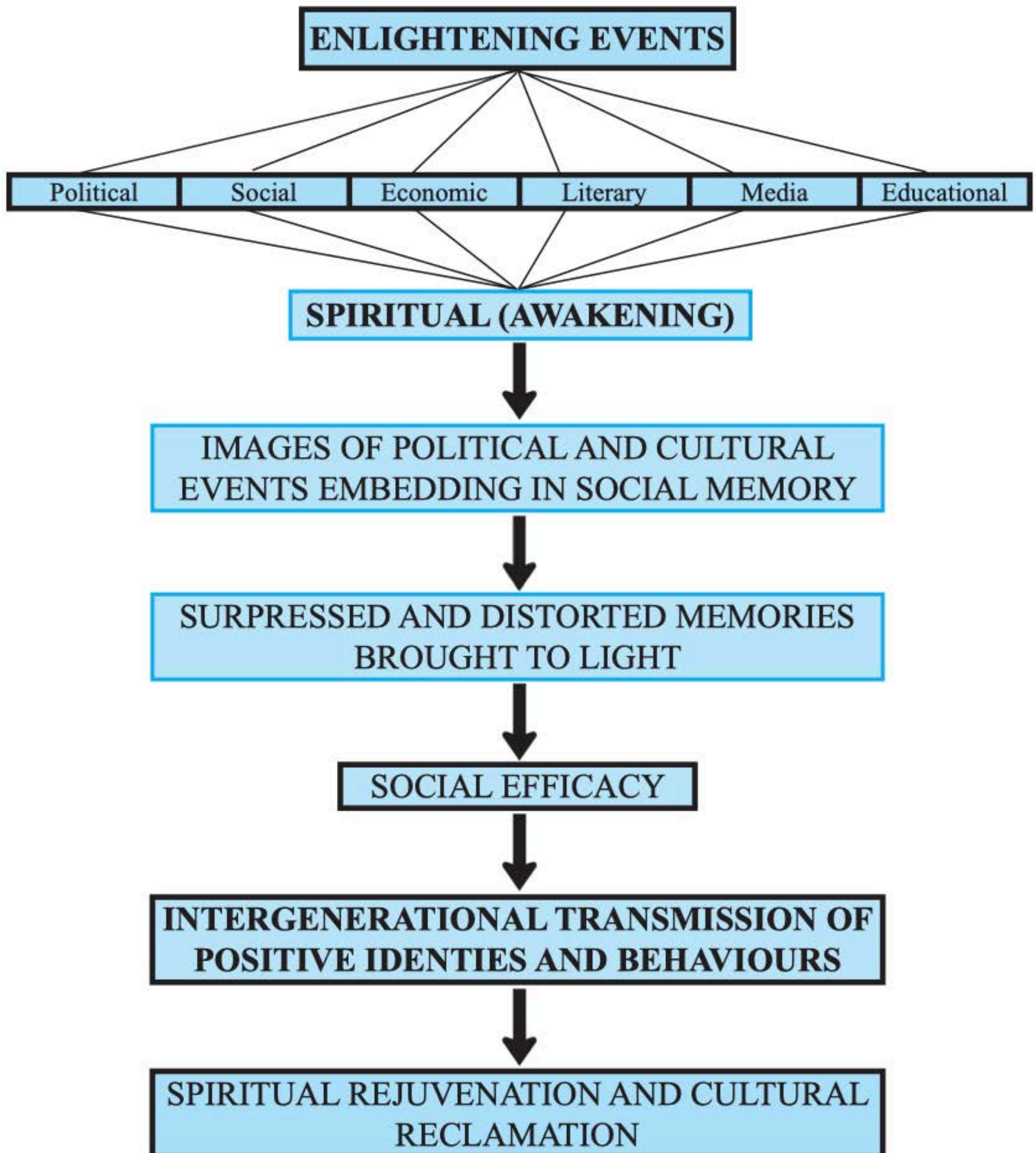
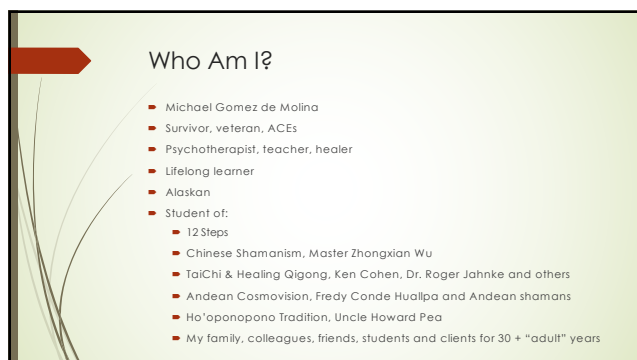


Figure 2) Historic Trauma Transmission - Present

HISTORIC PRESENT

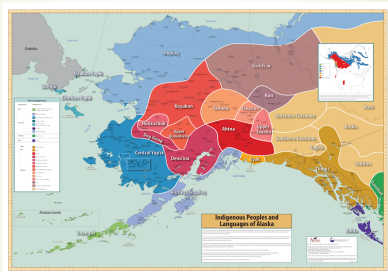








Indigenous Peoples & Languages



Objectives

Learn	Participants will learn healing modalities from several indigenous traditions that are now being accepted in the modern day as "best practice" in the healing process.
Be	Participants will be introduced to a variety of mind-body practices, including Energy Psychology, EFT Tapping, and the Core Transformation Process.
Gain	Participants will gain an understanding of how Poly-Vagal Theory (Porges) and Memory Reconsolidation Theory (Eckert) support traditional healing methods.

Two-Eyed Seeing

- Coined by Mi'kmaw Elder Albert Marshall of the Eskasoni First Nation, Fall 2004
- Etuaptmumk is the Mi'kmaw word for Two-Eyed Seeing.
- Refers to seeing with with one eye on the strengths of Indigenous knowledges and ways of knowing, and the the other eye on the strengths of Western knowledges and ways of knowing ... and learning to use both these eyes together, for the benefit of all.

“When the White Man remembers again who he is, we can sit together as equals and work out our differences.”

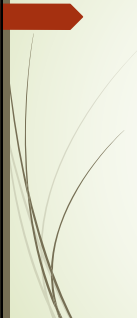
Taught by Apela Colorado (Gaul / Oneida)

Relational Identity

Knowing who you are
and where you come
from



What is Bias?

- Explicit Bias – conscious and purposeful. Something we are aware of and have control over.
- Implicit Bias - Unconscious by definition. Automatic and universal. We all have it!
- Examples of Bias in Practice
 - Confirmation Bias - "My side" Bias
 - Attribution Bias - Attributing reasons for my and other's actions. Judgments and opinions of why people do what they do.
 - Conformity Bias - when we model our behavior to fit the behavior of others rather than using our own judgement.
 - The Halo Effect - the tendency for positive (first) impressions of a person, company, or nation in one area to positively influence one's opinion or feelings in other areas.
 - The Horns Effect - causes one's perception of another to be unduly influenced by a single (first) negative impression.
 - Contrast Bias - Distorts our perception of someone when we compare it to someone else.

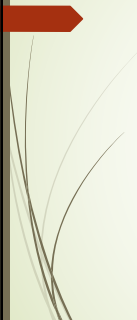


Pathways of Implicit Bias

- Just starting out in the field
- Feeling overwhelmed
- Feeling grumpy or in a bad mood
- Fight or Flight, Stress Response, Sympathetic Nervous System
- Split-second decision making, "Knee Jerk" responses
- "Multi-tasking", managing too much.





Reconciliation on a Personal Level




Ho'oponopono – Uncle Howard

- To set things right
- To put things in order
- Through prayer, discussion and forgiveness




Ho'oponopono – Uncle Howard

- To set things right
- To put things in order
- Through prayer, discussion and forgiveness
- Foundations
 - Get Honest
 - "Get callouses on your knees"
 - "Get your finger out of the pile". Withdraw the pointing, projecting and blaming others.
 - Take responsibility for our own actions.




Ho'oponopono – Uncle Howard

- To set things right
- To put things in order
- Through prayer, discussion and forgiveness
- "The 3 Pillars of Life" –
 - Love for the land, 'Āina
 - Love for family, 'Ōhana
 - Love for God, ke Akua



Nature as Healer



Energy Medicine / Chinese Medicine Tradition




"We have become alienated from the natural world because we have made the natural world an object that can be perceived as separate from our immediate experience."

"I am convinced that people who practice healing/therapy in our profession need to have a closer relationship with natural processes not defined presently in the field of Psychology."

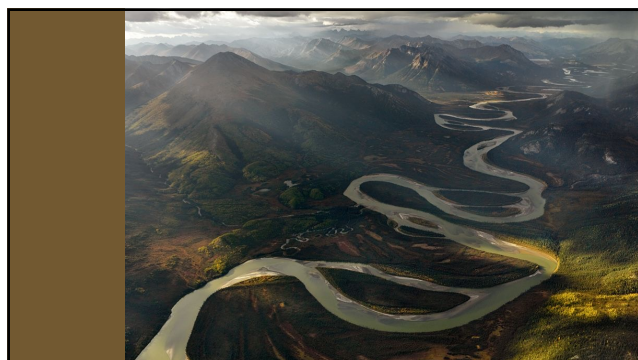
- Eduardo Duran, Healing the Soul Wound

Mt. Susitna, Alaska



- Mindfulness
- The 3 Levels of Awareness's
- Posture
- Breath
- Heart / Mind Intention
- (Sincere Pretending)



Balance

- There are six cardinal directions from which the life-world can be understood: the west, north, east, south, sky and earth. Jung's six psychological functions – thinking, feeling, intuition, sensation, introversion, and extraversion – can be represented in these cardinal points. The person who walks in balance is at the center of the six points. This is known as the seventh sacred direction.
- When working with the directions or types, the healer/therapist needs to first understand where the imbalance exists. Once this determination has been made, the healing/ceremony may be used to bring the client back to the center, or the seventh sacred direction.

Gathering Energy from the Six Directions – Chinese Energy Healing Tradition

Ruby red mist enters your heart from the South...


Dark blue mist fills your lower back from the North...

Brilliant white mist flows fills your Lungs from the West ...


Emerald green mist cleanses the Liver from the East...

A golden yellow mist from the center of the Earth and fills your body from the bottom of your feet like a bubbling well...


Silver white mist descends and enters your body from above saturating and absorbing into your Center Core...



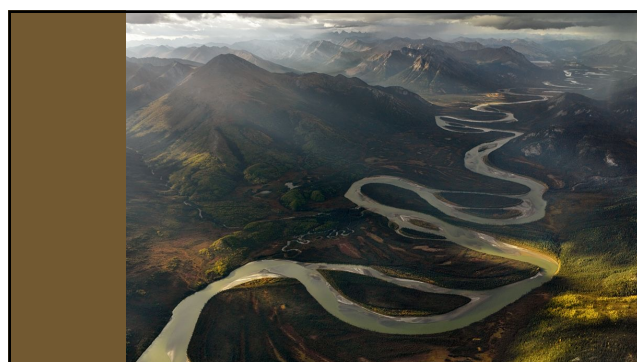
Nature-based Energy Exercises Mountains & Valleys



Mountains are powerful conduits of energy. They act as peak areas or collection points for the Earth's energy. The higher the mountain the more they're charged with electromagnetic potential. This includes a very high negative ion count in the air which cleanses the body.



The Earth's valleys are channels for earth energy, collecting and carrying energy throughout the natural terrain. As the valleys extend through the plains, hills and mountains, they generally flow toward the ocean. By standing at the floor of a valley, the energy can easily be absorbed into the body for a sense of grounding and purifying.





Nature-based Energy Exercises Oceans, Lakes & Streams



The Ocean cleanses and purifies the bodies energy. Guide your clients to disperse negative emotions into the ocean.



Lakes can be used to sedate active emotions sedate and balance active emotions and calm the body's spirit.



The energy of a Stream can be used to replenish and restore depleted energy, calm active emotions, balance energy, and calm the body's spirit.

Implicit Bias, Historical Trauma, Therapy & Healing

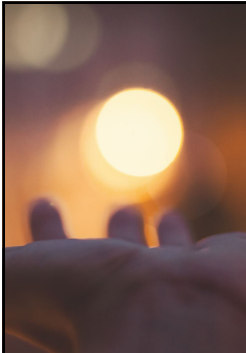
- The indigenous idea of historical trauma involves the understanding that the trauma occurred in the Soul or Spirit and is understood as **"Soul Wound"** ~Duran
- "Psychology" literally translates into "study of the soul."
- **The Greek root word psyche means Soul and therapeia means healer.**
- **To be a psychotherapist means to be a Soul Healer**

Becoming Conscious – Waking Up!

- Notice what's happening right here and right now. 5...3...1...
- Noticing your thoughts and not judging them. Returning to an "anchor" in the present moment.
- Noticing feelings and somatic experiences. Become aware of our internal labeling system; good, bad. Or "It is what it is..."
- Adopting mindfulness practices, cultural practices, rituals, meditation and/or prayer


What is Mindfulness?

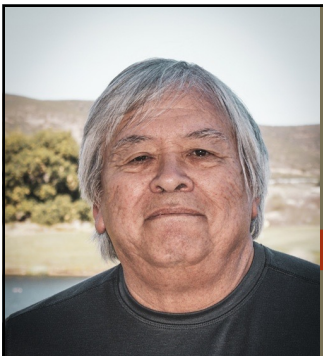
- Awareness
- Generosity - "Ayni" sacred reciprocity
- Gratitude - beginning and ending the day with the "attitude of gratitude"
- Acceptance - recognize things as they are
- Patience - being fully present in the here and now moment, not "there and then"
- Beginner's Mind - The "Empty Tea Cup"



So how to Heal the Soul?

Intermission






Jim Labelle, Sr.
(Inupiaq)

- ~Masters in Rural Studies
- ~Professor of Alaska Native Studies, currently College of Business and Public Policy, UAA
- ~Rural Affairs Coordinator in the Department of Corrections, 1990's
- ~Director, National Native American Boarding School Healing Coalition (NNABS)



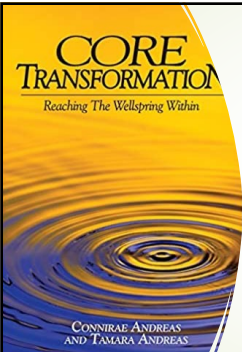
Jim's Interview



"The medicine is already within the pain and suffering. You just have to look deeply and quietly. Then you realize it has been there the whole time."
 – saying from Native American oral tradition

Can the pain be part of the Medicine?

- PS + RS = DS
- Problem State + Resource State = Desired State
- Oral Tradition as Narrative Therapy.
 - (PS) past trauma +
 - (RS) Indigenous Culture, Traditions & Energetic Interventions =
 - (RS) Community-Based Wellness
- Medicine for Self & Community
 - BOTH at the same time



CORE TRANSFORMATION

Reaching The Wellspring Within

CONNIRAE ANDREAS
AND TAMARA ANDREAS

Core Transformation –Andreas (1994)

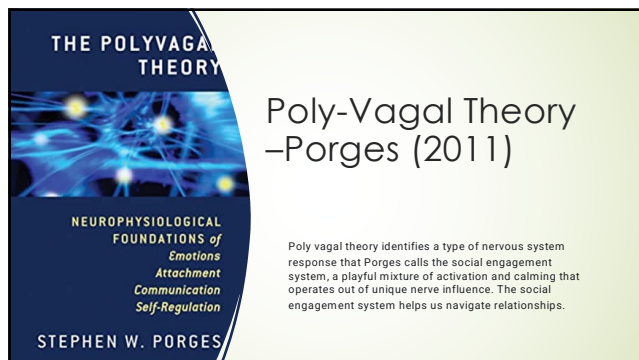
- Core Transformation is a unique approach in that it begins by naming a thought, feeling or behavior you would like to feel differently about. Through the process we explore possible "positive intentions", leading to the discovery of deeply desired "Core State" that lie within all of us.
- Core Transformation approaches unwanted behaviors gently, tenderly, and always with an "attitude of gratitude". This leaves us with profoundly deep experiences that some people consider "spiritual."

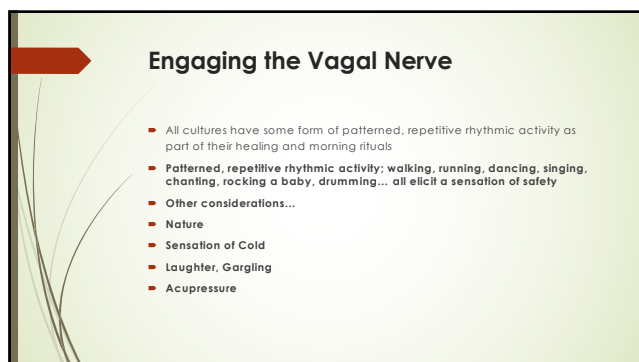
Core Transformation

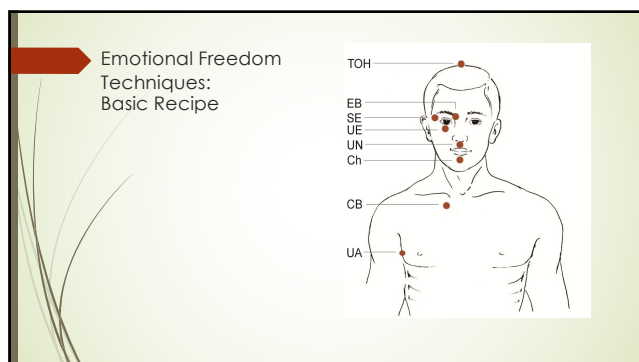
- 1. What thought, feeling or behavior do you want to change? It's a part of you...but it isn't YOU.
- 2. Where in your self do you sense this part lives?
- 3. Thank the part for being there... and ...ask the part, "What do you want?"
- 4. Notice the response and thank the part for its response.
- 5. Invite the part to breathe into what its like to already HAVE (x) fully and completely. Ask the part, "When you have (x), what do you want through having (x) that's even deeper, even more important?"
- 6. This can be repeated many times gaining more and more insightful responses, until one discovers the deeply desired Core State.
- Some are reported as "Peace, Love, Oneness, Connection, Wholeness or even sometimes "Okness."

" Most Native People believe that they are more than just the cognitions that flow endlessly through the realm of awareness, and it is in these "other" aspects of the personality where there may be a place in which therapy/healing needs to happen."
~Eduardo Duran

- The human spirit has been described as the "breath" or life force energy. Everything has spirit.
- When we think about physics, there are not any "things," only connections that exchange energy, which shows how we are all part of one "inseparable web of connections" (p. 253).
- While it is difficult to describe spirit in definitive ways, spirituality is generally understood to be a protective and spiritual practices help people achieve balance and harmony in their lives.
- Spiritual connectedness is the "unity of mind, body, and spirit"
 - ~Jessica Saniguay Ullrich, from "For the love of our children: an Indigenous connectedness framework" p. 5







The Bridge

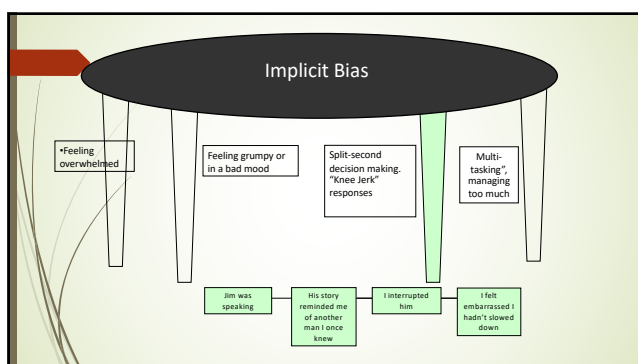
"Brain Balancing"

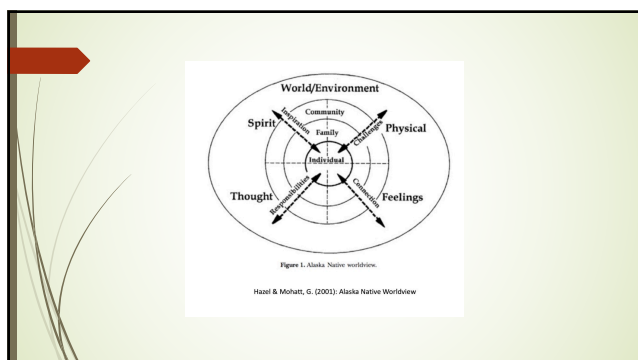
Lock It In With The 9-Gamut Procedure


The Bridge—The Bridge consists of a series of nine exercises, beginning and ending, all the while keeping the focus of focus a 100%. This whole sequence takes about 10-15 minutes.

1. Stand with feet apart.
2. Close your eyes.
3. Open your eyes and place your hands about shoulder level down to your right (do not touch your feet).
4. Close your eyes to your left.
5. Open your eyes to your left and place your hands about shoulder level down to your left (do not touch your feet).
6. Close your eyes to your right.
7. Open your eyes to your right and place your hands about shoulder level down to your right (do not touch your feet).
8. Close your eyes to your front.
9. Open your eyes to your front and place your hands about shoulder level down to your front (do not touch your feet).

Count 1,2,3,4,5

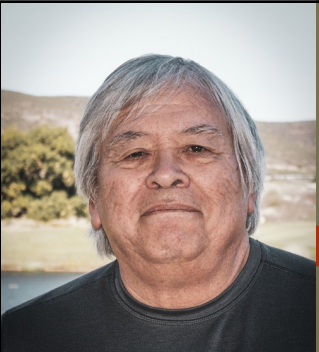







Where do we go from here?

- We are all healers. It is our birthright. The healing medicine lives within each of us. But it does not come for free. We must focus our hearts, our mind and our intention on it.
- Listen more often. Speak only true things
- Take a Radical Responsibility for ourselves and our own actions. Own our role, our biases. Take an active role in our own healing.
- Focus on the children and the children's children. Create opportunities for them to become aware of who THEY are and where THEY come from. Relational Identity
- Stay connected. Connect with the earth, connect with that which is above. Connect with ritual.
- Connect with the land, connect with your family and your community, connect with spirit.





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