

# Healing Through Spirit: Integrating Indigenous Healing Practices in Education and Mental Health

Insights and strategies for fostering healing and empowerment in communities.

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# Learning Objectives

- ▶ 1. Understand intergenerational trauma
- ▶ 2. Explore Indigenous spirituality
- ▶ 3. Apply cultural intelligence
- ▶ 4. Create trauma-responsive, culturally responsive environments

# Indigenous Cultures Defined



# Indigenous Cultures of the United States

- ▶ An inclusive exploration of Native American and Afro-Indigenous communities.

# Defining Indigenous Cultures

- Peoples and lifeways rooted in the land before European colonization.



# Federally Recognized Tribes

- ▶ Over 574 tribes acknowledged by the U.S. government.

USA.GOV



# Unrecognized and State-Recognized Tribes

- Maintaining identity without federal recognition.



# Afro-Indigenous Peoples

- ▶ Shared lineage and erasure through racial classification laws.





# Examples of U.S. Indigenous Groups

- ▶ • Navajo, Hopi, Pueblo
- ▶ • Cherokee, Choctaw, Creek
- ▶ • Wampanoag, Mohawk, Lenape
- ▶ • Yamasee, Washitaw Muurs, Black Seminoles

# Haliwa Saponi!



# Indigenous Cultures of Canada

- Exploring First Nations, Inuit, Métis, and Afro-Indigenous communities.



# Defining Indigenous Peoples in Canada

- ▶ First Nations, Inuit, Métis: Three legally recognized groups.

# Historical Legacy

- ▶ Colonization, residential schools, systemic discrimination.



# Contemporary Communities

- ▶ Land-based education, cultural resurgence, self-governance.

# Afro-Indigenous Identity in Canada

- ▶ Intersections of African descent and Indigenous heritage.

# Examples of Indigenous Nations

- ▶ • Cree, Mohawk, Haida
- ▶ • Inuit communities
- ▶ • Métis Nation
- ▶ • Afro-Indigenous families in Atlantic Canada

# Opening Circle

- ▶ Circle practice principles
- ▶ Cultural significance
- ▶ Participant introductions



# Opening Circle (Discussion)

- ▶ Facilitated questions
- ▶ Small group breakout
- ▶ Sharing insights



# Ground Rules

- ▶ Respect
- ▶ Confidentiality
- ▶ Cultural humility
- ▶ Active listening

# Ground Rules (Discussion)

- ▶ Facilitated questions
- ▶ Small group breakout
- ▶ Sharing insights

# Understanding Intergenerational Trauma

- ▶ Definition
- ▶ Historical context
- ▶ Colonization impacts

- **A**cknowledge and be **A**ware of trauma
- **C**reate growth from trauma
- **T**each neuroeducation and steps toward growth
- **I**ntergenerational factors
- **O**rganizations and systems re-traumatization
- **N**ow is the time to take **ACTION** to create growth from trauma



## Part I

ACT





A: Acknowledge  
and be Aware of  
Trauma



# ACE Questionnaire

While you were growing up, during your first 18 years of life:

Did you live with anyone who was depressed, mentally ill, or suicidal?

\_\_\_\_ Yes \_\_\_\_ No

Did you live with anyone who was a problem drinker or alcoholic?

\_\_\_\_ Yes \_\_\_\_ No

Did you live with anyone who used illegal street drugs or who abused prescription medications?

\_\_\_\_ Yes \_\_\_\_ No

Did you live with anyone who served time or was sentenced to serve time in a prison, jail, or other correctional facility?

\_\_\_\_ Yes \_\_\_\_ No

Were your parents separated or divorced?

\_\_\_\_ Yes \_\_\_\_ No

Did your parents or other adults in your home often or very often slap, hit, kick, punch or beat each other up?

\_\_\_\_ Yes \_\_\_\_ No

Did a parent or other adults in your home often or very often hit, beat, kick, or physically hurt you in any way? Ever hit you so hard that you had marks or were injured? (Do not include spanking.)

\_\_\_\_ Yes \_\_\_\_ No

Did a parent or adult in your home often or very often swear at you, insult you, or put you down?

\_\_\_\_ Yes \_\_\_\_ No

Did an adult or person at least five years older than you ever touch you sexually?

\_\_\_\_ Yes \_\_\_\_ No

Did an adult or person at least five years older than you ever try to make you touch their body sexually?

\_\_\_\_ Yes \_\_\_\_ No

Did an adult or person at least five years older than you ever force you to have sex?

\_\_\_\_ Yes \_\_\_\_ No

Now add up your "yes" answers. This is your ACE score

# ACE Questionnaire

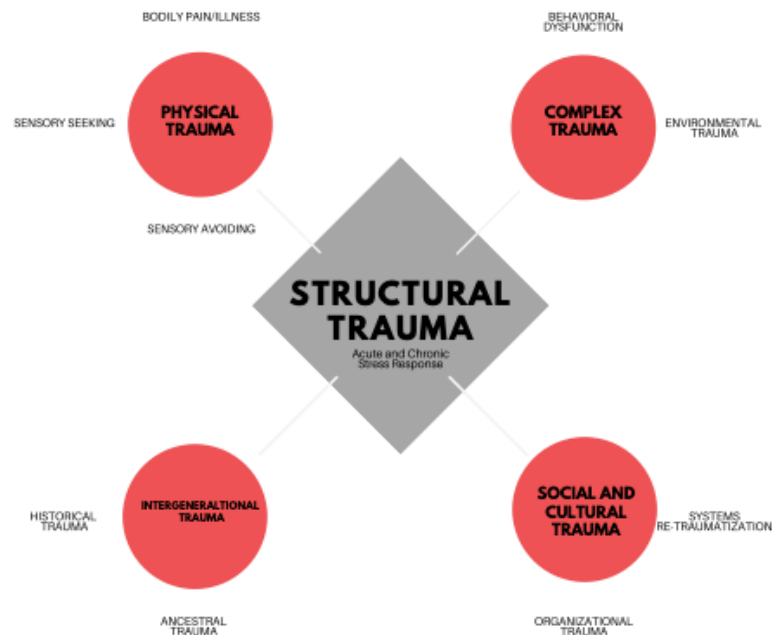
## ACTION- FROM- TRAUMA APPROACH

# THE FIVE DIMENSIONS OF TRAUMA MODEL

The condition of trauma is dynamic. An individual, population, or community can be exposed to various forms of trauma. Ultimately, the exposure and experience impacts neurological functioning. Hence, this model proposes that structural trauma (i.e., changes on the neurological level) occurs as a result of the other forms of trauma.

The more exposure to the various forms of trauma, the severity of structural trauma increases.

Each form of trauma has secondary conditions as revealed in the model. Acknowledgment of the complexity provides a platform for addressing the needs of the individual, population, or community.



### ***Practitioner Readiness for Trauma Care Checklist***

As a provider, I am able to:

- ☐ Tailor trauma assessments and interventions in a way that considers diversity in socioeconomic, organizational, community, population, and intersecting cultural identities
- ☐ Employ a biopsychosocial approach to care that considers the complex interactions of cognitive, biological, psychological, and social factors
- ☐ Understand the impact of traumatic experiences across the lifespan and between family members (e.g., pediatric providers have knowledge of the impact of trauma on the adult caregiver)
- ☐ Acknowledge short-term and long-term effects of trauma (e.g., comorbidities, housing-related issues) and person-environment interactions related to trauma (e.g., running away from home and being assaulted)
- ☐ Perform shared decision making with clients and focus on strength, resilience, and areas for growth
- ☐ Provide a sense of autonomy, safety, and security with an awareness of how trauma impacts an individual's and organization's sense of trust
- ☐ Understand trauma reactions and their implications for assessment and treatment (e.g., able to alter plans in the presence of avoidance behaviors or triggers)
- ☐ Acknowledge how society, organizations, and systems can result in the possibility of re-traumatization



Respect and Empathy Language	Gratitude and Growth Statements
<b>Children</b>	
<ul style="list-style-type: none"> <li>◦ "What do you need?"</li> <li>◦ "Do you need a break?"</li> <li>◦ "How can I help?"</li> <li>◦ "All done? Or do you need more?"</li> <li>◦ "I want to help you."</li> <li>◦ "What you experienced is not okay. What support do you need?"</li> </ul>	<ul style="list-style-type: none"> <li>◦ "Thank you!"</li> <li>◦ "I like your hard work!"</li> <li>◦ "Wow! Look at how you grew today by finishing your work!"</li> <li>◦ "You have grown so much!"</li> </ul>
<b>Adolescents, Adults, and Older Adults</b>	
<ul style="list-style-type: none"> <li>◦ "That is really challenging, and I see you are upset. Can I suggest some strategies to assist with your anxiety?"</li> <li>◦ "Would it be okay for us to discuss how that made you feel?"</li> <li>◦ "While it may not have been the best choice, your response matches how you felt."</li> <li>◦ "How can I help you grow from here?"</li> <li>◦ "Did that make you feel uncomfortable? That was not my intent."</li> <li>◦ "I see that may not have been the best way to phrase that. What I meant was..."</li> </ul>	<ul style="list-style-type: none"> <li>◦ "That was brave of you."</li> <li>◦ "Your sharing shows your strength."</li> <li>◦ "Look at all you have done since and despite of..."</li> <li>◦ "That is tough to talk about. I appreciate your openness and trust."</li> </ul>

**Table 4.** ACTION Language

# Categories of Trauma

Expected

Unexpected

Isolated

Pervasive

Intentional

Unintentional

Direct

Indirect

C: Create  
Growth

# Setting the Stage

- ☐ Creating a Growth Contract and Needs Plan
- ☐ Grounding Activities and Practitioner Check-Ins
- ☐ The Sensory Connection
- ☐ Contextual Sensory Investigation
- ☐ ACTION Creating Growth Tools
- ☐ Case Scenario

## IN-SESSION ACTIVITY

# MINDFUL FINGER COUNTDOWN

**Age Range:** Children

**Objective:** To reorient to the present moment with touch and mindful counting

**Directions:** Have the child hold up their hand with their fingers separated. As you demonstrate the movements, ask them to imitate you. Take your thumb and second finger, and touch the pads together. With each breath, you will have the child touch the pads of the remaining fingers as described in the script below.

**Provider Script:** State out loud "four." Take a deep, purposeful breath and have the child do the same. Move to your next finger, touching the pads of your thumb and third finger. State out loud "three." Again, take a deep, purposeful breath and have the child do the same. Continue with the remaining fingers, breathing in between and having the child imitate. Count down to one, repeating the process if needed.

# **ACTION Need Assessment Worksheet**

PROVIDER WORKSHEET

## ACTION CREATING GROWTH: WHAT I NEED PLAN

**Age Range:** Children

**Objective:** To develop a method to communicate needs that supports the client's progress toward growth

**Directions:** Following a screening or assessment, it is crucial to have a plan to provide safety, set boundaries, and develop autonomy. Use this checklist to identify sensorimotor activities, mindfulness practices, or other methods that best support the child's arousal and that facilitate their participation in required tasks, treatment sessions, and engagement with others. Work with caregivers, and the child as appropriate, to develop these activities. Highlight a way to communicate needs through specified statements or nonverbal options. (Gestures are especially useful for young children.) This should be a starting point for continued strategizing to expand methods of communication.

Desired Action	Key Words, Phrases, or Strategies
End a task	<input type="checkbox"/> Say "Stop please" <input type="checkbox"/> Use pictures with a stop sign <input type="checkbox"/> Signal with gestures
Share needs	<input type="checkbox"/> Say "I need..." or "I want..." <input type="checkbox"/> Say "Give me" <input type="checkbox"/> Use pictures of desired items to select <input type="checkbox"/> Signal with gestures
Express feelings	<input type="checkbox"/> Use "I feel" statements <input type="checkbox"/> Use pictures of emotions <input type="checkbox"/> Signal with gestures

# Breathwork



Disclaimer



Connection to the nervous system



Diaphragmatic Breathing



Rhythmic Breathing and the Insula Cortex





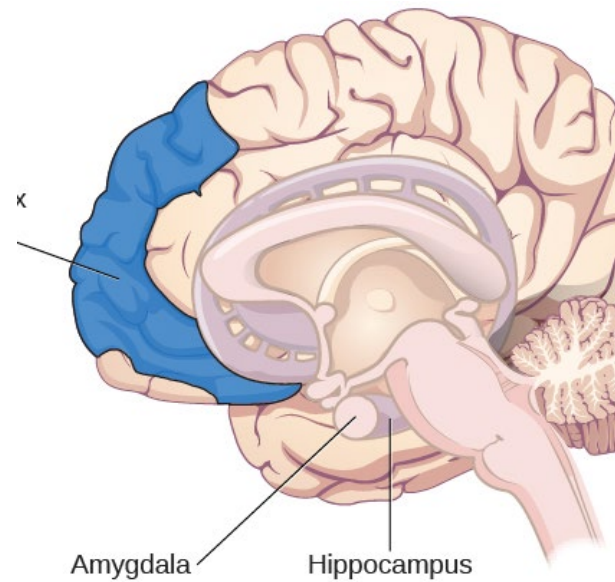
T: Teaching Neuro!

# Teaching Younger Children About Their Brain

- ▶ There is a part of our brain that is really smart and playful, kind of like a small dog.
- ▶ Sometimes, things happen that make that part of our brain angry, mad, sad, or afraid. It has trouble listening, playing, or learning. We do not feel like ourselves. That little dog starts to get really loud and active.
- ▶ That part of your brain tries to get happy and will run around, bark, or jump—whatever it takes to get happy! It loves feeling good!
- ▶ Like having a small dog as a pet, you have control. Not only can you train that part of your brain to feel good, but you can feel good too! You have a leash and other training tools we will share.

# Intellectual Reactions

- ▶ Front Part of the Brain  
versus Reptilian brain
- ▶ Challenges with:
  - ▶ Concentration
  - ▶ Problem Solving
  - ▶ Remembering



# Addressing the Impact on Memory

## IN-SESSION WORKSHEET

### ACTIVITIES OF DAILY LIVING: MEMORY ACTIVITIES

**Age Range:** All

**Objective:** To improve working memory, assist in planning to prepare for necessary tasks, and decrease daily stress

**Directions:** Identify an activity of importance that may be causing the client challenges. For example, perhaps they are struggling to arrive to work on time or to maintain appointments, which is leading to additional dysfunction and stress. Discuss the needed steps to complete that particular activity, and write down each step in sequential order. As a follow-up activity, write the steps out of order and have your client place them in the correct sequence. Here is a sample memory activity for getting to their therapy appointments on time, followed by blank spaces for you to use with your client.

PROVIDER WORKSHEET

# ACTION BIO SIGNS CHART

Client Name: \_\_\_\_\_

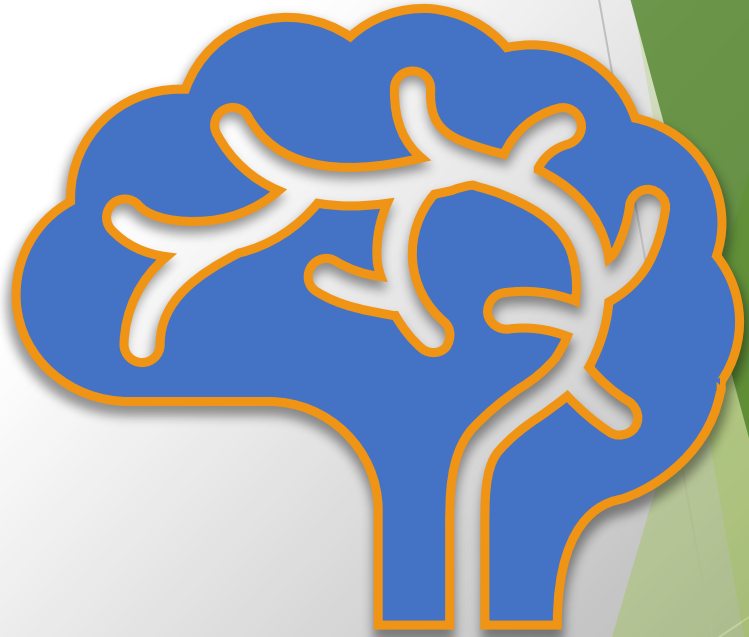
Date of Birth: \_\_\_\_\_

**Directions:** Use this chart to detect physiological responses to stimulation to the body. Monitor pre- and post-differences in the client's heart rate, respiration, and skin temperature following an activity or sensory stimulation.

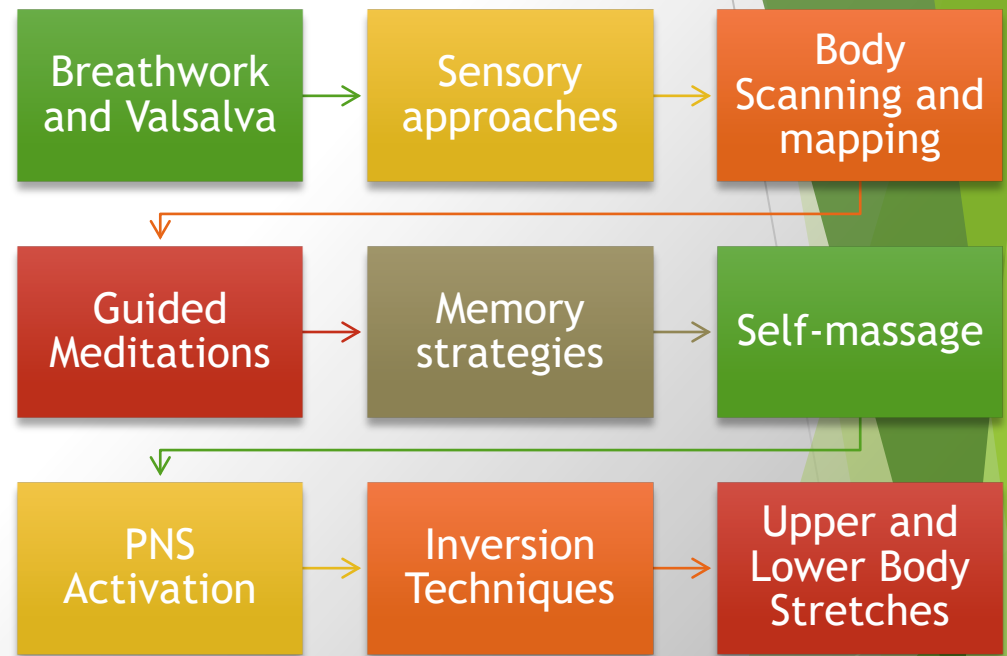
Date	Pre-Breathing Rate (per 60 seconds)	Post-Breathing Rate (per 60 seconds)	Pre-Heart Rate (per 60 seconds)	Post-Heart Rate (per 60 seconds)	Pre-Skin Appearance and Feel	Post-Skin Appearance and Feel

Counteracting  
Fear and Anxiety:

Parasympathetic  
Nervous System



# ACTION from Trauma Interventions



### ***Shiatsu Self-Massage***

While sitting down, instruct the client to use their thumbs to provide pressure to the soles of the feet, moving in a circular manner. Then have them use their thumbs to provide a pressure massage to each toe on their feet. Instruct them to apply pressure and to massage the webbed spaces of their hands. Next, have them apply pressure to their palms, using their thumb and working down to the wrist area, continuing with gentle pressure. Then have them use their opposite hand to pull the other hand backward to stretch the wrist area. Lastly, invite them to massage their scalp using their fingertips. (Note to provider: If performing self-massage on the feet, ensure the client is comfortable with removing their shoes.)

# Activity



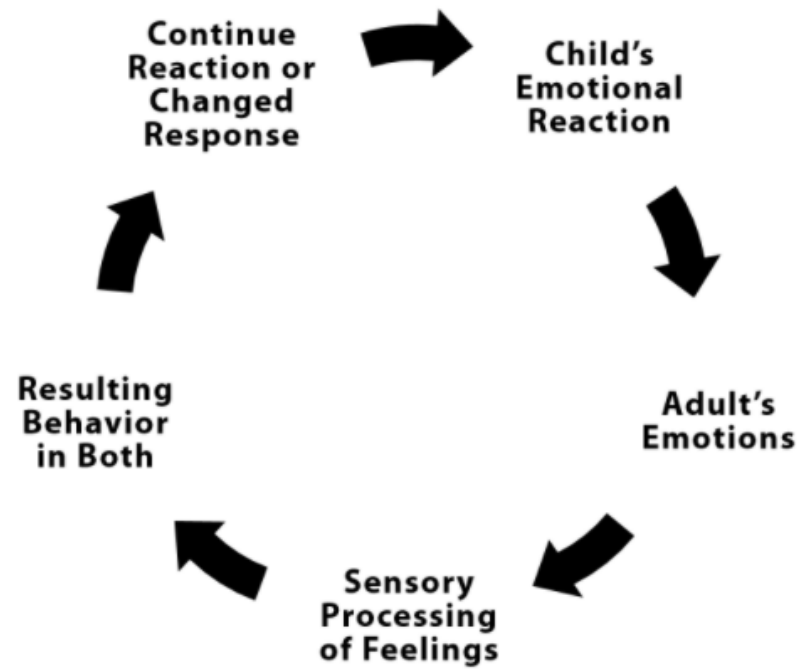
# Aromatherapy

Essential Oil	Potential Uses
Sweet orange	Improves mood, increases alertness, and assists with digestion
Lemon	Improves mood and digestive issues
Sandalwood	Has a calming effect and increases focus
Bergamot	Reduces stress and improves dermatological conditions
Rose	Decreases anxiety and enhances mood
Lavender	Decreases stress and has a calming effect
Chamomile	Improves mood and enhances positive emotions
Peppermint	Increases energy levels and improves nausea
Ginger root	Improves appetite and boosts immunity
Mandarin	Decreases anxiety and improves dermatological conditions
Ylang-ylang	Decreases nausea and improves dermatological conditions
Tea tree	Boosts immunity and improves dermatological conditions
Jasmine	Improves mood

2: ION

# INTERGENERATIONAL FACTORS

Intergenerational trauma, this type of trauma affects generations of a specific group of people and does not require directly experiencing a traumatic event. The hearing of stories, learned behaviors, and subsequent rules that emerge all feed into the well-being of generations that follow. Indeed, there are stories within our history riddled with trauma. Survivors carry that trauma not only in their minds but in their bodies. The cells in their body hold onto the trauma and serve as a history book to be shared with offspring.



**Figure 13.** Reciprocal Regulation (Gibbs, 2017b)

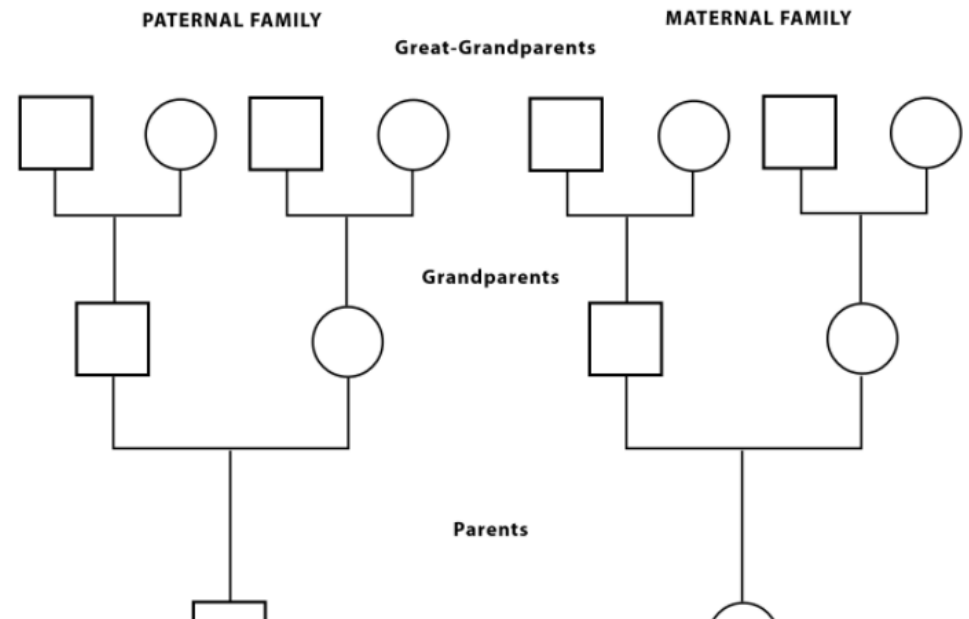
- ☐ Provide skin-to-skin contact during the first days and months of life.
- ☐ Perform a caregiver-provided massage, which has been shown to not only calm the infant but to decrease parental stress and anxiety. Addressing reciprocal regulation prior to such techniques is vital.
- ☐ Participate in shared experiences, such as reading to the child.
- ☐ Ensure consistent play with the child at least once daily.
- ☐ Feed the child based on their needs rather than doing so at scheduled mealtimes.

## Early Intervention

Recognize Risk factors!

# Review Family History: Genogram

## GENOGRAM TEMPLATE



# ORGANIZATIONS AND SYSTEMS

## RE-TRAUMATIZATION

Nikki Harley

<b>Emotional Reactions</b>	Temporary feelings of shock, fear, grief, anger, resentment, guilt, shame, helplessness, hopelessness, emotional numbness
<b>Cognitive Reactions</b>	Confusion, disorientation, indecisiveness, worry, shortened attention span, difficulty concentrating, memory loss, unwanted memories, self-blame
<b>Physical Reactions</b>	Tension, fatigue, edginess, difficulty sleeping, bodily aches or pain, startling easily, racing heartbeat, nausea, change in appetite, change in sex drive
<b>Interpersonal Reactions</b>	Feelings of distrust or irritability toward others; conflict, withdrawal, or isolation; feeling rejected or abandoned; being distant, judgmental, or overcontrolling of others

**Table 9.** Symptoms of Organizational Trauma During a Crisis (Young, Ford, Ruzek, Friedman, & Gusman, 1998)

## Collective Trauma



# Creating Safe Spaces

1. Routinely screen for trauma exposure and related symptoms
2. Use culturally appropriate evidence-based assessment and treatment
3. Make resources available to children, families, and providers on trauma exposure, impact, and treatment
4. Engage in efforts to strengthen the resilience and protective factors of children and families impacted by and vulnerable to trauma
5. Address parent and caregiver trauma and its impacts on the family system
6. Emphasize continuity of care and collaboration across systems
7. Maintain an environment of care for staff that addresses, minimizes, and treats secondary traumatic stress and that increases staff resilience (National Child Traumatic Stress Network, 2016)

# Sanctuary Space

<b>Breathwork</b>	Breathwork is a general term used to describe any type of therapy that utilizes breathing exercises to improve mental, physical, and spiritual health.
<b>Yoga or mindful movement</b>	The gentle movement associated with yoga helps develop body awareness and reduces over-reactivity to internal sensations. These practices recalibrate the threat detection system from the top down and bottom up, giving individuals with trauma control of their healing.
<b>Mindfulness</b>	Mindfulness activities can mitigate symptoms of PTSD by increasing activity in the prefrontal cortex and hippocampus and toning the amygdala. At its core, mindfulness is simply the basic human ability to be present. A simple mindfulness exercise involves the use of a stethoscope to center on the beauty of our heartbeat. For those who struggle with formal meditation or mindfulness practices, you can simply incorporate mindful awareness into your daily routines.
<b>Gentle music</b>	While music cannot cure PTSD, it has demonstrated positive results in helping to alleviate secondary symptoms of trauma, such as depression and insomnia (Blanaru et al., 2012).
<b>Diet and exercise</b>	Good nutrition and physical activity are important parts of leading a healthy and balanced lifestyle, which can dramatically assist in maintaining overall health and well-being.
<b>Regular sleep</b>	Lack of sleep can lead to insulin resistance, cardiovascular disease, mood swings, poor immune function, hormonal imbalances, and lowered life expectancy. Therefore, get on a regular sleep-wake schedule, and keep a journal by your bedside to capture any last-minute thoughts for the day. You can also perform light stretching or yoga before bed to prepare the body for sleep.

**Table 13.** Practical Ways for Practitioners to Re-Center

# NOW is the time to take ACTION

- ❑ **Communication:** We must change our language and personal biases. Instead of neglecting our previous training, we must expand our view. Statements such as “He should be able to...” or “She just does not want to listen and chooses not to” must exit our vocabulary. Replace that language with statements of empathy, respect, gratitude, and growth.
- ❑ **Person first:** We must focus on the person first—not the trauma that happened to them. Individuals are resilient and have strengths that supersede trauma. Therefore, include strengths-based and evidence-based strategies in your work. While we have presented a multitude of activities in this book, make sure that your treatment plans are person- and family-centered as well.
- ❑ **Advocacy:** Attending expensive workshops and trainings is a beginning, not an ending. Reading this book is a start. The real work is in advocacy at every level. Advocate for your clients by acknowledging their unique needs and by aligning resources that fit those needs. Educate those who work with individuals with trauma. Advocate for resources to decrease the financial and social impacts of trauma. Establish mentorship programs and training for primary care, childcare, and eldercare providers.
- ❑ **Avoid re-traumatization:** Employ the use of de-escalation techniques versus the use of physical restraints. Many of the challenges individuals present with occur when they do not feel validated. Start by acknowledging their perspective and by recognizing the trauma lens of protection through which they view the world. Listen to what they have to say! Avoid making assumptions and judgments. Ask for and provide clarification by repeating and rephrasing statements. Apologize for any misunderstandings or misinterpretations. Provide choices rather than dictating rules.
- ❑ **Assess your knowledge of trauma:** Be aware of your personal experiences. As you work with clients, check in to see your level of acute stress. Utilize some of the techniques provided here to keep your mind-body connection healthy.
- ❑ **Establish a team:** Develop trauma stewardship, and establish a team of champions under a unified vision. Identify key individuals to be advocates for the family or client. Seek

buy-in, and provide mentorship for team members (Fette, Lambdin-Pattavina, & Weaver, 2019).

- ❑ **Promote physical activity:** Performing gross motor activities, such as sports, can improve positive outcomes and behaviors. Support the development of structured activities and access to such programs (Cahill, Egan, & Seber, 2020).
- ❑ **Address organizational trauma:** Complete organizational assessments for trauma-informed care. Develop a mission statement that includes inclusivity; cultural sensitivity and values around safety; trustworthiness and transparency; peer support and mutual self-help; collaboration and mutuality; empowerment, voice, and choice; and cultural, historical, and gender issues.
- ❑ **Incorporate a reflective practice:** With any clinical practice, it is necessary to incorporate a reflective practice on the services you provide. Be sure to revisit the events of therapy sessions by maintaining proper notes. Revisit your own thoughts and feelings during the session. Analyze what seemed to work and what did not. Consider other activities and approaches you could have taken to assist in revising treatment plans. In addition, revisit the Practitioner Readiness for Trauma Care Checklist from chapter 1 to make sure you are best supporting your clients' needs.

**Now is the time for you to call others to ACTION!**

# Understanding Intergenerational Trauma (Discussion)

- ▶ Facilitated questions
- ▶ Small group breakout
- ▶ Sharing insights

# Mechanisms of Trauma Transmission

- ▶ Psychological
- ▶ Cultural
- ▶ Social pathways

# Mechanisms of Trauma Transmission (Discussion)

- ▶ Facilitated questions
- ▶ Small group breakout
- ▶ Sharing insights

# Impacts on Identity

- ▶ Loss of language
- ▶ Disconnection from traditions
- ▶ Stigma and internalized oppression



# Impacts on Identity (Discussion)

- ▶ Facilitated questions
- ▶ Small group breakout
- ▶ Sharing insights

# Mental Health Implications

- ▶ High rates of PTSD, depression
- ▶ Suicide and substance use trends

# Mental Health Implications (Discussion)

- ▶ Facilitated questions
- ▶ Small group breakout
- ▶ Sharing insights

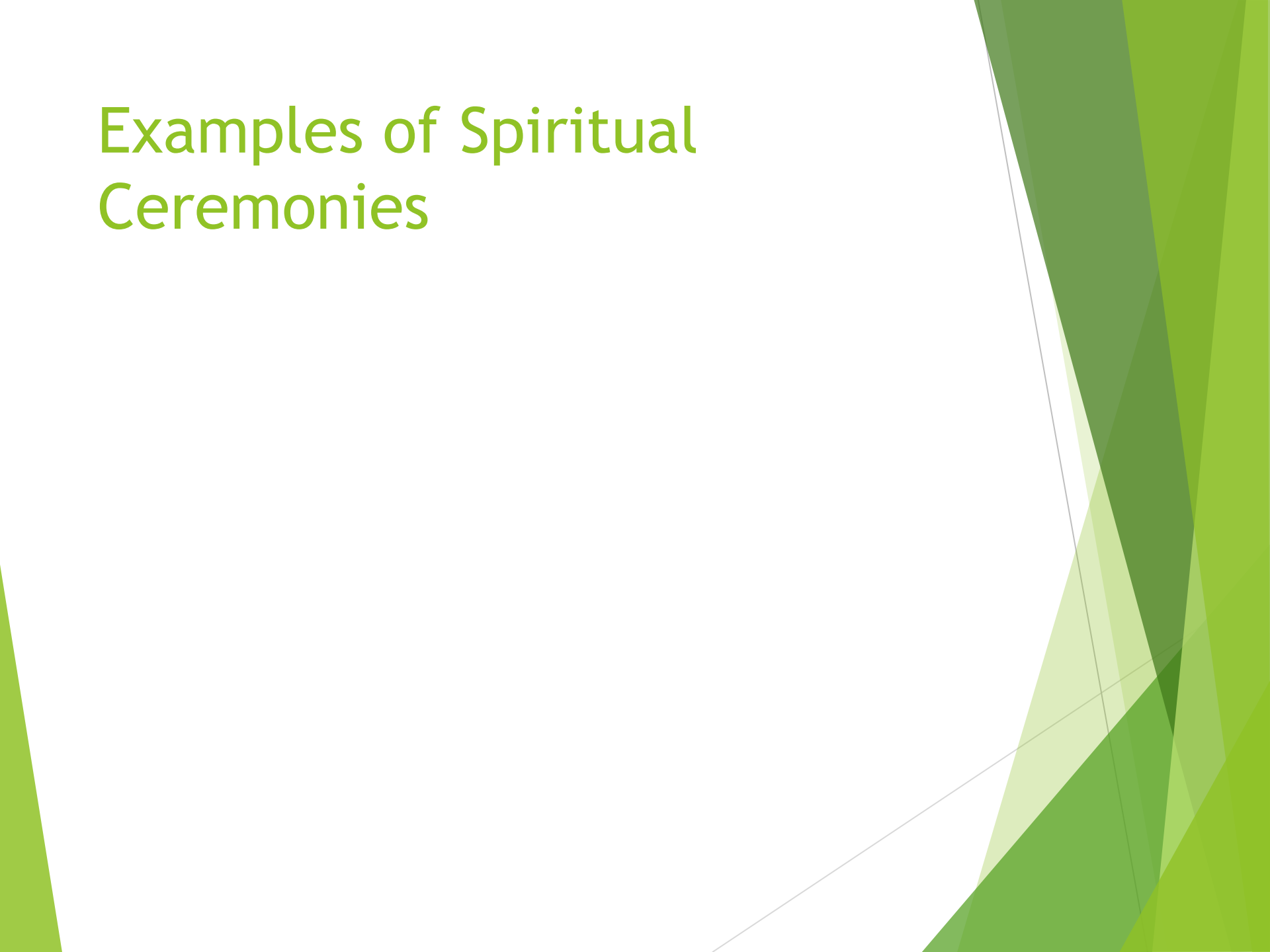
# Spirituality in Indigenous Healing

- ▶ Role of ceremony and ritual
- ▶ Belief systems
- ▶ Holistic worldviews

# Spirituality in Indigenous Healing (Discussion)

- ▶ Facilitated questions
- ▶ Small group breakout
- ▶ Sharing insights

# Examples of Spiritual Ceremonies



# Examples of Spiritual Ceremonies (Discussion)

- ▶ Facilitated questions
- ▶ Small group breakout
- ▶ Sharing insights

# Healing Through Connection

- ▶ Connection to land
- ▶ Ancestors
- ▶ Community



# Healing Through Connection (Discussion)

- ▶ Facilitated questions
- ▶ Small group breakout
- ▶ Sharing insights

# Storytelling Traditions

- ▶ Transmission of knowledge
- ▶ Oral history
- ▶ Cultural resilience

# Storytelling Traditions (Discussion)

- ▶ Facilitated questions
- ▶ Small group breakout
- ▶ Sharing insights

# Techniques for Storytelling

- ▶ Story circles
- ▶ Digital storytelling
- ▶ Student-led narratives

# Techniques for Storytelling (Discussion)

- ▶ Facilitated questions
- ▶ Small group breakout
- ▶ Sharing insights

# Trauma-Responsive Care

- ▶ Core principles
- ▶ Safety and empowerment
- ▶ Trust and collaboration

# Trauma-Responsive Care (Discussion)

- ▶ Facilitated questions
- ▶ Small group breakout
- ▶ Sharing insights

# Aligning TRC with Culture

- ▶ Adaptation of models
- ▶ Use of traditional concepts



# Aligning TRC with Culture (Discussion)

- ▶ Facilitated questions
- ▶ Small group breakout
- ▶ Sharing insights

# Opening Reflection

- ▶ Review of Day 1
- ▶ Circle sharing

# Opening Reflection (Activity)

- ▶ Interactive exercises
- ▶ Role plays
- ▶ Peer feedback

# Education & Healing Practices

- ▶ Classroom integration
- ▶ Mental health support
- ▶ Role of school counselors

# Education & Healing Practices (Activity)

- ▶ Interactive exercises
- ▶ Role plays
- ▶ Peer feedback

# Working with Elders

- ▶ Protocols
- ▶ Building trust
- ▶ Inviting collaboration

# Working with Elders (Activity)

- ▶ Interactive exercises
- ▶ Role plays
- ▶ Peer feedback

# Tools for Culturally Intelligent Plans

- ▶ Lesson plans
- ▶ Community events
- ▶ Curriculum redesign



# Tools for Cultural Intelligent Plans (Activity)

- ▶ Interactive exercises
- ▶ Role plays
- ▶ Peer feedback

# Cultural Intelligence vs. Competency

- ▶ Self-awareness
- ▶ Contextual knowledge
- ▶ Dynamic learning

# Cultural Intelligence vs. Competency (Activity)

- ▶ Interactive exercises
- ▶ Role plays
- ▶ Peer feedback

# Blending Traditions and Therapy

- ▶ CBT and mindfulness with ceremonies
- ▶ Examples of integrative models

# Blending Traditions and Therapy (Activity)

- ▶ Interactive exercises
- ▶ Role plays
- ▶ Peer feedback

# Community-Based Healing

- ▶ Feasts
- ▶ Wellness circles
- ▶ Land-based education

# Community-Based Healing (Activity)

- ▶ Interactive exercises
- ▶ Role plays
- ▶ Peer feedback

# Youth Empowerment

- ▶ Mentorship programs
- ▶ Language recovery
- ▶ Cultural arts



# Youth Empowerment (Activity)

- ▶ Interactive exercises
- ▶ Role plays
- ▶ Peer feedback

# Designing Youth Programs

- ▶ Co-creation with youth
- ▶ Funding models
- ▶ Cultural sustainability

# Designing Youth Programs (Activity)

- ▶ Interactive exercises
- ▶ Role plays
- ▶ Peer feedback

# Sustainable Healing Models

- ▶ Train-the-trainer
- ▶ Capacity building
- ▶ Evaluation methods

# Sustainable Healing Models (Activity)

- ▶ Interactive exercises
- ▶ Role plays
- ▶ Peer feedback

# Collaborative Partnerships

- ▶ Indigenous and non-Indigenous allies
- ▶ Shared leadership

# Collaborative Partnerships (Activity)

- ▶ Interactive exercises
- ▶ Role plays
- ▶ Peer feedback

# Accessing Resources

- ▶ Grants
- ▶ Toolkits
- ▶ Networks for support



# Accessing Resources (Activity)

- ▶ Interactive exercises
- ▶ Role plays
- ▶ Peer feedback

# Closing Circle

- ▶ Final reflections
- ▶ Commitments to action

# Closing Circle (Activity)

- ▶ Interactive exercises
- ▶ Role plays
- ▶ Peer feedback

# Next Steps

- ▶ Personal planning
- ▶ Program development
- ▶ Ongoing education

# Next Steps (Activity)

- ▶ Interactive exercises
- ▶ Role plays
- ▶ Peer feedback

# Case Study: School-Based Healing

- ▶ Real-world implementation
- ▶ Outcomes and lessons learned

# Case Study: Community-Led Ceremonies

- ▶ Models of success
- ▶ Elder testimonials

# Reflection Prompts

- ▶ Journaling questions
- ▶ Personal applications



# Group Discussion Questions

- ▶ Key issues and solutions
- ▶ Strategy sessions

# DAY 1 INSIGHTS



## GROUP REFLECTION

Engage participants to share their thoughts on their reasoning for attending.



## INSIGHTS ON HEALING

Discuss key strategies regarding healing in community settings.



## EMPOWERMENT STRATEGIES

Explore strategies that promote empowerment within the community.



## PERSONAL STORIES

Encourage sharing of personal stories to deepen understanding and connection.



## COLLABORATIVE LEARNING

Highlight the importance of learning together as a community.



## ACTIONABLE TAKEAWAYS

Identify actionable steps that participants can take moving forward.

# INTEGRATING INDIGENOUS HEALING



## APPRECIATING INDIGENOUS PRACTICES

Incorporate Indigenous spiritual practices into educational and therapeutic environments for holistic healing for indigenous communities.



## COLLABORATIVE HEALING APPROACHES

Work closely with community leaders and Elders to create a supportive healing environment that respects traditions.



## CULTURAL HUMILITY TRAINING

Train educators and mental health professionals to understand and respect Indigenous cultures, enhancing service effectiveness.



## BRIDGING TRADITIONAL AND MODERN METHODS

Exploring the origin of modern methods and therapeutic practices for comprehensive mental health care.

# STRATEGIES FOR HEALING COMMUNITY



## TRADITIONAL HEALING

Utilize communal ceremony and sanctuary space in both individual and group therapy settings to promote emotional and spiritual well-being.



## COMMUNITY RESILIENCE

Build community resilience through collective healing practices like communal feasts, group ceremonies, and wellness circles to strengthen bonds.



## INTEGRATIVE APPROACH

Explore connections to Western therapeutic methods, such as mindfulness and cognitive behavioral therapy, for a holistic approach.



## COLLECTIVE WELLNESS

Engage in collective wellness activities that foster connection, support, and healing within the community, enhancing overall health.

# EMPOWERING FUTURE GENERATIONS



## RESTORING BALANCE

Reconnecting with cultural practices and language is essential for personal and collective healing, fostering a sense of balance within communities.



## YOUTH INVOLVEMENT

Engaging youth in healing processes enhances their mentorship, leadership skills, and commitment to cultural preservation within their communities.



## CULTURALLY RELEVANT PROGRAMS

Creating programs that are culturally relevant for youth, families, and communities ensures that healing processes are accessible and resonate with their experiences.



## CULTURAL PRESERVATION

Empowering youth to participate in cultural preservation helps strengthen their identity and promotes intergenerational knowledge transfer.

# SUSTAINABLE HEALING STRATEGIES



## COMMUNITY-DRIVEN HEALING

Develop long-term healing programs that are rooted in community involvement and culturally relevant practices.



## INTEGRATING WISDOM

Blend Indigenous wisdom with modern therapeutic methods for a holistic approach to healing for Indigenous communities.



## COLLABORATIVE PARTNERSHIPS

Foster collaboration between non-Indigenous and Indigenous professionals to enhance healing support and resources.



## ONGOING SUPPORT NETWORKS

Create resources and networks for continuous education and support in healing practices.



# REFLECTIONS & COMMITMENTS

## REFLECTIONS ON HEALING

Participants reflect on personal journeys and insights gained during the session.

## COMMITMENTS TO CHANGE

Each participant shares a specific commitment to apply their learning moving forward.

## KEY TAKEAWAYS

Summarizing the most impactful lessons learned during the workshop.

## COMMUNITY ENGAGEMENT

Discussion on ways to engage community members in healing practices.

## SUPPORT NETWORKS

Importance of building support networks for continued empowerment.

## COLLABORATIVE GOALS

Setting collaborative goals for community initiatives based on learnings.

## FEEDBACK FOR IMPROVEMENT

Participants provide feedback on the workshop for future enhancements.

## NEXT STEPS

Outline of next steps for community action and follow-up meetings.

# EMPOWERING HEALING IN COMMUNITIES



## KEY TAKEAWAYS

Reflect on the main insights gained from the session to enhance practice.



## COMMITMENTS TO ACTION

Identify specific actions to implement healing strategies in the community.



## COMMUNITY ENGAGEMENT

Discuss how to actively involve community members in healing processes.



## SHARED LEARNING

Encourage participants to share their experiences and learnings.



## EMPOWERMENT STRATEGIES

Highlight the importance of empowering individuals through shared knowledge.



## SUPPORT SYSTEMS

Establish support systems that foster healing and empowerment within the community.



## CONTINUOUS REFLECTION

Promote ongoing reflection to adapt and improve community practices.



# RESOURCES FOR INDIGENOUS HEALING

## BOOKS ON INDIGENOUS HEALING

Explore key texts for deepening understanding of Indigenous healing.

## DOCUMENTARIES AND FILMS

Watch documentaries that explore Indigenous healing and empowerment.

## COMMUNITY ORGANIZATIONS

Connect with local organizations focused on Indigenous empowerment.



## WORKSHOPS AND TRAINING

Participate in community workshops for hands-on learning and practice.

## ONLINE COURSES

Access various online platforms offering courses on Indigenous practices.

# BUILDING COMMUNITY RESILIENCE



## COMMUNAL FEASTS

Sharing meals fosters connections and strengthens relationships within the community.



## GROUP CEREMONIES

Participating in rituals promotes healing and unity, reinforcing shared values.



## COLLECTIVE HEALING

Engaging in shared healing practices enhances emotional support and resilience.



## STRENGTHENING BONDS

Regular communal activities build trust and solidarity among community members.



## CULTURAL TRADITION

Reviving traditional practices helps maintain cultural identity while fostering resilience.



## EMPOWERMENT THROUGH ENGAGEMENT

Active participation in communal events empowers individuals and fosters a sense of belonging.

# INTEGRATING HEALING APPROACHES

## CULTURAL RESPECT AND SENSITIVITY

Integrating Indigenous healing requires understanding and respecting cultural beliefs. This ensures that practices are beneficial and not harmful to the community.

## PERSONALIZED HEALING PLANS

By blending approaches, clinicians can develop personalized healing plans that cater to individual needs, respecting cultural backgrounds and personal preferences.

## EVIDENCE-BASED PRACTICES

Incorporating evidence-based therapies from Western methods with Indigenous practices can enhance treatment efficacy, providing a broader range of options for individuals.



## HOLISTIC PERSPECTIVE ON HEALTH

Both Indigenous practices and Western methods can offer a holistic view of health, addressing not just the mind but also the body and spirit, promoting overall well-being.

## COMMUNITY INVOLVEMENT

Engaging the community in the healing process is crucial. Traditional practices often involve community participation, strengthening social bonds and support networks.

# EMPOWERING YOUTH IN HEALING



## MENTORSHIP AS A HEALING TOOL

Youth can act as mentors, guiding peers through challenges and fostering resilience. This peer support enhances community bonds and encourages personal growth.



## LEADERSHIP OPPORTUNITIES

Engaging youth in leadership roles empowers them to take charge of community healing initiatives, fostering a sense of responsibility and ownership.



## CULTURAL PRESERVATION INITIATIVES

Youth involvement in cultural preservation helps maintain traditions and practices that are vital for community identity and continuity, promoting healing through heritage.



## INNOVATIVE SOLUTIONS FROM YOUTH

Young people often bring fresh perspectives and innovative solutions to healing processes, addressing community issues in unique and effective ways.

# COLLABORATIVE PARTNERSHIPS IN HEALING

## UNDERSTANDING CULTURAL DIFFERENCES

Recognizing and respecting the diverse cultural backgrounds of Indigenous and non-Indigenous communities is crucial for effective collaboration. This understanding fosters trust and open communication.

## CONTINUOUS LEARNING AND ADAPTATION

Both Indigenous and non-Indigenous professionals should commit to ongoing education and adaptation to improve their collaborative efforts, ensuring they remain relevant and effective in supporting community healing.

## LEVERAGING STRENGTHS

Each group brings unique strengths and expertise to the table. Collaborating allows for the integration of diverse skills and resources, enhancing the effectiveness of community healing initiatives.



## BUILDING TRUST THROUGH DIALOGUE

Engaging in open and honest dialogue allows both Indigenous and non-Indigenous professionals to share their experiences and expectations, creating a foundation of trust essential for collaboration.

## SHARED GOALS AND OBJECTIVES

Identifying mutual goals helps align the efforts of both Indigenous and non-Indigenous professionals, ensuring that all parties work towards common outcomes that benefit the community.

# CULTURAL COMPETENCY IN HEALING

Cultural Understanding

Integration of Healing Practices

Building Trust

Community Engagement

Respect for Traditional Knowledge



# CULTURAL RECONNECTION FOR HEALING

## **1 CULTURAL PRACTICES RECONNECTING**

Engaging with traditional customs can restore a sense of identity and purpose, fostering personal growth and community cohesion.

## **2 LANGUAGE AS HEALING TOOL**

Reviving native languages can strengthen bonds within communities, enhancing communication and cultural understanding.

## **3 COLLECTIVE HEALING STRATEGIES**

Participating in shared cultural experiences promotes collective healing, empowering individuals and communities alike.

## **4 PERSONAL GROWTH THROUGH TRADITION**

Individual engagement with cultural heritage encourages self-discovery and resilience, contributing to overall well-being.

# CULTURAL PROGRAMS FOR HEALING

## CULTURAL RELEVANCE



Creating programs that resonate with the community's unique cultural background fosters engagement and participation.

## EMPOWERMENT THROUGH ENGAGEMENT



Involving youth and families in these programs empowers them, providing a sense of ownership and belonging.

## HEALING THROUGH CONNECTION



Culturally relevant programs promote healing by nurturing connections among community members, reducing isolation.

## BUILDING RESILIENCE



These programs help build resilience in individuals and communities, equipping them to face challenges effectively.



# INTEGRATING HEALING PRACTICES

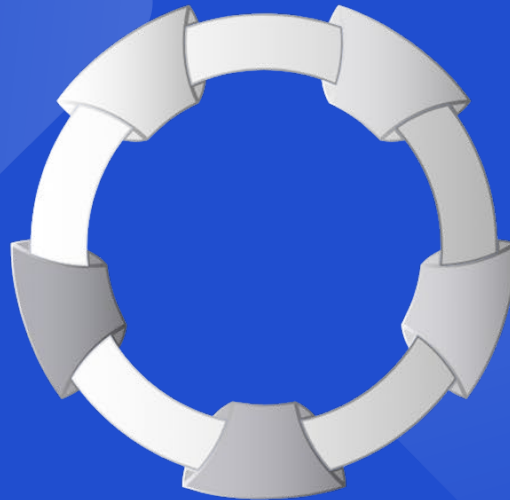
Embrace Indigenous Knowledge

Community Involvement

Evaluation and Adaptation

Holistic Approaches

Sustainable Practices



# BENEFITS OF COMMUNAL PRACTICES

## STRENGTHENING BONDS



Communal practices like feasts foster connections among community members, enhancing social ties and support systems.

## CULTURAL PRESERVATION



Ceremonies serve as a means to preserve traditions, ensuring cultural heritage is passed down and celebrated within the community.

## EMOTIONAL SUPPORT



Participating in communal events provides emotional nourishment, helping individuals cope with stress and adversity together.

## COLLECTIVE RESILIENCE



By engaging in communal practices, communities build resilience, allowing them to face challenges more effectively as a united group.

# FINAL REFLECTIONS ON HEALING



## COLLECTIVE HEALING IS CRUCIAL

Discussing how collective healing fosters stronger community bonds.



## DIVERSE PRACTICES MATTER

Recognizing the importance of diverse healing practices in community settings.



## CREATING SAFE SPACES

Emphasizing the importance of creating safe spaces for open dialogue.



## FEEDBACK LOOP IMPORTANCE

Encouraging a feedback loop to refine and improve healing practices.



## EMPOWERMENT THROUGH SHARING

Sharing experiences promotes empowerment and understanding among participants.



## ONGOING SUPPORT MECHANISMS

Highlighting the need for continuous support systems post-discussion.



## BUILDING TRUST IS ESSENTIAL

Trust among participants enhances the effectiveness of healing practices.



## FUTURE COLLABORATION OPPORTUNITIES

Exploring future opportunities for collaboration in healing initiatives.



## COMMITMENTS TO ACTION

### **MAKE A PERSONAL COMMITMENT**

Identify specific actions you can take to apply what you've learned in your community and daily life.

### **SHARE YOUR JOURNEY**

Communicate your personal experiences and commitments with others to inspire collective action.

### **SET MEASURABLE GOALS**

Establish clear, achievable goals for your commitments to track your progress effectively.

### **EVALUATE YOUR IMPACT**

Regularly assess the effectiveness of your actions in promoting healing and empowerment within your community.

### **ENGAGE WITH YOUR COMMUNITY**

Consider how you can leverage your skills and knowledge to support community healing initiatives.

### **REFLECT ON YOUR VALUES**

Align your commitments with your core values to ensure authenticity in your actions.

### **SUPPORT EACH OTHER**

Create a network of support among participants to hold each other accountable for your commitments.

### **STAY INFORMED AND ADAPTABLE**

Continuously seek knowledge and be open to adjusting your commitments based on new learnings.

# INTEGRATING HEALING PRACTICES

1

## **COMMUNITY HEALING IS ESSENTIAL FOR RESILIENCE.**

Engaging the community fosters a supportive environment for healing and empowerment.

2

## **INTEGRATING INDIGENOUS PRACTICES ENHANCES OUTCOMES.**

Incorporating traditional methods can lead to more effective healing strategies.

3

## **CULTURAL AWARENESS PROMOTES INCLUSIVITY.**

Understanding diverse backgrounds is key to creating an effective healing process.

4

## **HEALING INITIATIVES SHOULD BE COLLABORATIVE.**

Collaboration among community members strengthens support networks and resources.

5

## **EMPOWERMENT THROUGH EDUCATION IS VITAL.**

Educating community members about healing practices fosters independence and strength.

6

## **SUSTAINABILITY IS CRUCIAL FOR LONG-TERM SUCCESS.**

Developing sustainable practices ensures ongoing support and resources for healing.

7

## **RESPECT FOR TRADITIONS IS FUNDAMENTAL.**

Honoring Indigenous traditions enhances trust and engagement within the community.

8

## **MEASURING SUCCESS LEADS TO IMPROVEMENT.**

Regular assessment of healing strategies helps refine and enhance community practices.

# COMMUNITY HEALING INNOVATIONS

## ■ CULTURAL INTEGRATION IN HEALING

Future practices will increasingly blend cultural traditions with modern therapeutic techniques to enhance community engagement.

## ■ FOCUS ON COMMUNITY EMPOWERMENT

Empowering communities to take charge of their own healing processes fosters self-sufficiency and resilience.

## ■ UTILIZATION OF HOLISTIC APPROACHES

Future directions will emphasize holistic health, addressing emotional, physical, and spiritual needs in healing practices.

## ■ COLLABORATIVE NETWORKS DEVELOPMENT

Establishing partnerships among various practitioners and organizations will strengthen community ties and amplify healing efforts.



COMMUNITY ACTION

# EMPOWERING OUR COMMUNITY: TAKE ACTION

Discover how you can contribute to community healing efforts and support initiatives that promote empowerment and resilience.

# Participant Sharing

- ▶ Open mic
- ▶ Panel-style sharing



# Acknowledgements

- ▶ Tribal nations
- ▶ Elders and advisors
- ▶ Funding support

# Thank You and Closing

- ▶ Contact info
- ▶ Resource links
- ▶ Continuing the journey

VARLEISHA D. LYONS  
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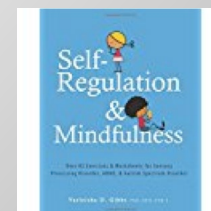
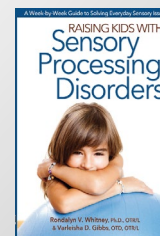
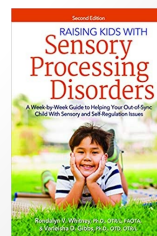
# Thank You!

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