

## Healing through Tradition: Reclaiming Culture, Identity, and Spirituality

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### Day 1 – Understanding Trauma & Spirituality

- **Welcome & Land Acknowledgment:** Acknowledge Syilx/Okanagan Nation; opening words honoring land and ancestors.
- **Workshop Purpose & Guidelines:** Shared agreements for cultural safety and trust.
- **Defining Trauma & Intergenerational Trauma:** Impact of boarding schools, forced assimilation, family separation.
- **Historical Roots:** Context on colonization, treaties, loss of land and language.

- **Impact on Identity, Culture, Well-Being:** Link to mental health, substance misuse, community healing needs.

- **Neuroscience: ACE Study, Brain & Stress: ACE Study findings, toxic stress, hippocampus/amygdala effects.**

- **Polyvagal Theory: Safety, connection, co-regulation through cultural activities.**

- **Indigenous Spiritual Practices: Sweat lodges, ceremonies, rituals for resilience.**

- **Storytelling: Elders' stories preserving language and healing identity.**

## **Day 2 – Trauma-Responsive Care & Community Empowerment**

- **Morning Reflection:** Guided mindfulness or gratitude practice to start the day grounded.

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- **Trauma Treatment in ACTION:** Using Dr. Lyons’ principles to build safety and trust. Example: Safe rooms in schools, trauma-informed staff.

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- **Integrating Indigenous Healing:** Partnerships with elders, integrating ceremonies into care plans.

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- **Culturally Responsive Care:** Signs in Indigenous languages, cultural liaisons in clinics.

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- **Communal Healing Practices:** Feasts, wellness circles, community grief ceremonies.

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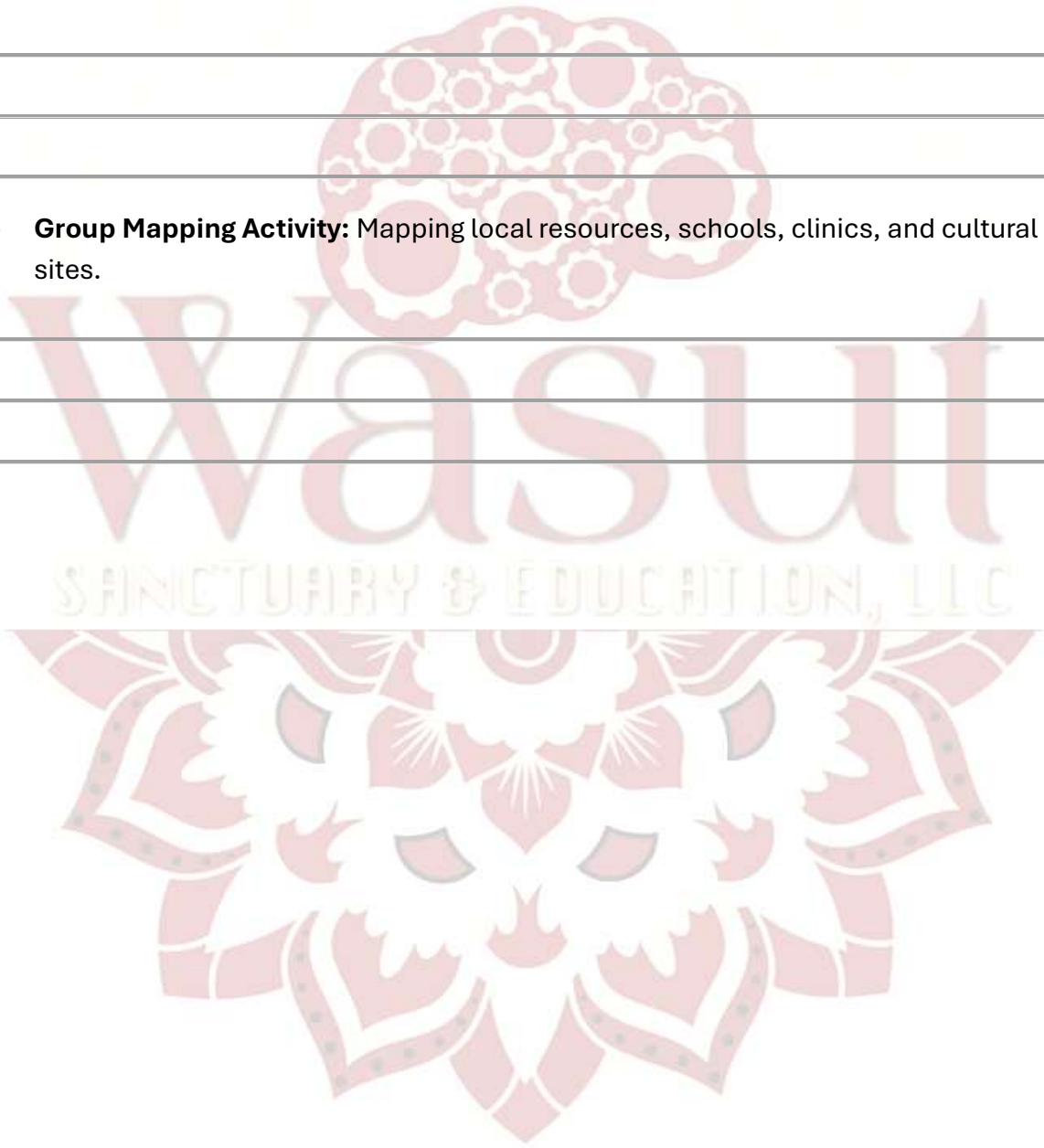
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- **Reclaiming Language & Identity:** Youth language programs, culture camps.

- **Youth Mentorship & Leadership:** Elder-youth storytelling projects. Example: Youth digital storytelling.

- **Group Mapping Activity:** Mapping local resources, schools, clinics, and cultural sites.



### ✦ Day 3 – Guided Practices & Cultural Revitalization

- **Mindfulness & Meditation:** Nature walks, 5-senses grounding, outdoor reflection.

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- **Nature & Land Connection:** Rivers, sacred sites, land-based ceremonies.

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- **Sociology Insights:** Environmental racism, redlining, policy trauma.

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- **Resilience Stories:** Case examples: Haliwa-Saponi powwow revitalization.

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- **Story Circle Method:** Each person shares, group reflects back. Builds trust.

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- **Spiritual Rituals & Ancestral Wisdom:** Pipe ceremonies, naming ceremonies, vision quests.

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- **Designing Mentorship Plans:** Youth councils, youth teaching elders tech for cultural storytelling.

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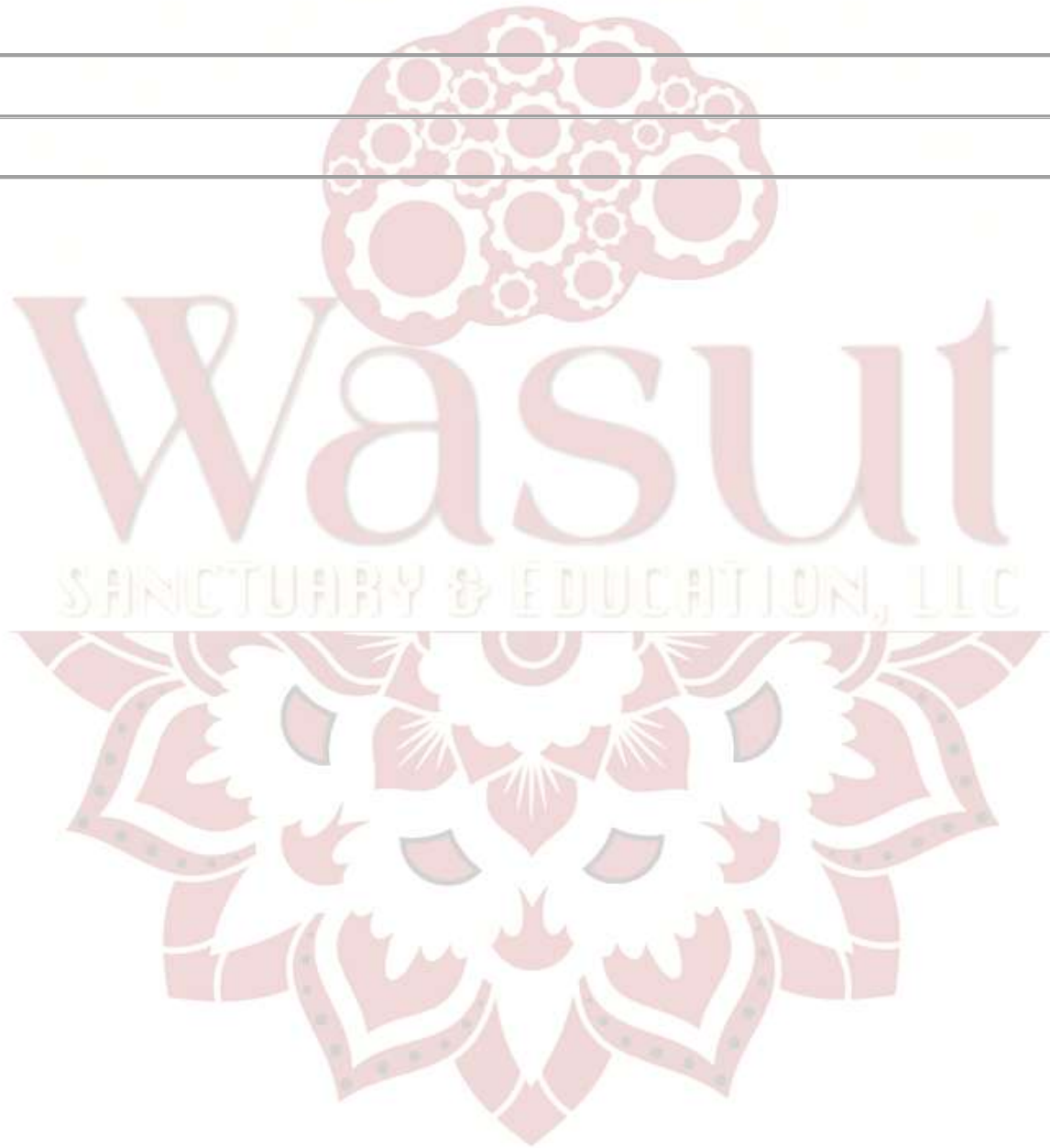
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- **Discussion & Sharing:** Group breakouts, personal journaling.

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## Day 4 – Collaboration, Action & Celebration

- **Opening Circle:** Gratitude circle, intention setting.

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- **Applying Lessons:** Bringing knowledge back to community.

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- **Collaborative Project Design:** Design storytelling festivals, language days.

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- **Indigenous Leadership:** Supporting youth-led cultural teams.

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- **Commitment Circle:** Speaking commitments, passing a talking stick.

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- **Communal Healing Celebration:** Feast, songs, drumming.

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- **Next Steps:** Staying connected, forming support circles.

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**Additional space for notes:**

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