



Creating Culturally Aware Practices in School Environments

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Learning Objectives

Participants will be able to:

1. Identify three culturally safe ways of working with Native American Communities
1. Understand ways to culturally tailor trauma informed practices with Native Americans
1. Better explain the diversity of contemporary Native American populations

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Indigenous Knowledge is Personal

Relies on every person's integrity and perceptiveness. There is no one person who has the "truth"

Who is your family? How do we see the **beauty** in other perspectives?



Source: Castellano, M. B. (2000). Updating Aboriginal traditions of knowledge. In G. J. S. Dei, B. L. Hall, & D. G. Rosenburg (Eds.), *Indigenous knowledges in global contexts*. Toronto, Ontario, Canada: University of Toronto Press.

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Indian Country?

- 7 Mil. Identify as American Indian/ Alaska Native (AI/AN)
- 570 Federally Recognized Tribal Nations
- Majority AI reside off Reservations
- Treaties: Federal obligation, government provides health care for recognized tribes



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California Indian Country

- 2020 Census- 630,000 AIs
- 74% Increase over 10 years
- 1.4 Million Mixed, 94.9% increase
- 110 Federally Recognized Tribes
- Pan-Indian Movement, Diverse
- **Strong Cultural Revitalization. Identity.**

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THE [POST]COLONIAL PREDICAMENT

- On one hand, *urgent community needs...*
 - Multi-Stressed Communities
 - Documented disparities in mental health status, **Historical Trauma, Colonial Disorders**
- On the other hand, *incongruent clinical services*
 - “Brainwash me forever so I can be like a Whiteman”

Gone, J. P. (2010). Psychotherapy and traditional healing for American Indians: Exploring the prospects for therapeutic integration. *The Counseling Psychologist*, 38(2), 166-235.

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Native American Mental Health



Integrating counseling interventions w/ Native Traditions

Strategies:

1. Increase access to traditional treatment models for AIs
2. Use Psychotherapeutic Techniques aligned w/ Native Traditions
3. To ensure cultural competence and **connection w/ Native wisdom**, integrate traditional healing methods w/ these forms for psychotherapy

LaFromboise, Trimble, & Mohatt, 1990

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Reflections: Culturally Responsive Care

- **Responsible without blaming.** Unconditional Care, Solidarity
- Less dependent and more interdependent
- Enculturation- knowing one’s history, stories, cultural teachings
- **Special Ingredients-** making relatives, “what it takes to connect in a good way.” Lived Experience, Purpose, Meaning, Identity.

MATTERING- FEELING VALUED ADDING VALUE

Strongest Determinants of Wellness: quality of relationships, health of land/environment, access to resources for living life well

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**Re-imagining:
Native Mental
Health**

How do we promote Native American thriving in the 21st Century?

K'winya'nya:n-ma'awhiniw "the human way"- demonstrated through values such as honor, respect, humility, discipline, generosity, and "having a good heart." "Proud of who you are."

Hupa Giftedness- "someone who cares and loves the people."

From Rights to Responsibilities

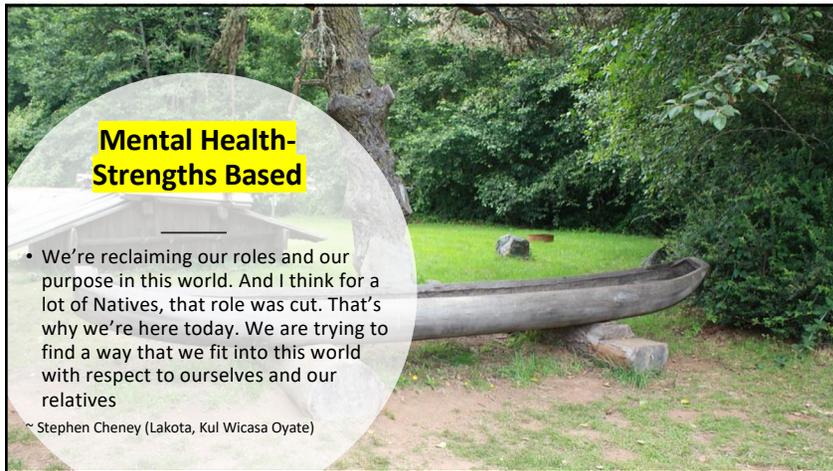
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Accompaniment

... the choice is between accompanying or not accompanying the oppressed majorities.... This is not a question of whether to abandon psychology; it is a question of whether psychological knowledge will be placed in the service of constructing a society where the welfare of the few is not built on the wretchedness of the many, where the fulfillment of some does not require that others be deprived, where the interests of the minority do not demand the dehumanization of all ~ Ignacio Martin Baro (1994, p. 46)

If you come here to help me, you are wasting your time. If you come because your liberation is bound up with mine, then let us work together ~ Aboriginal Activist Group, Queensland, Australia, 1970s

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**Mental Health-
Strengths Based**

- We're reclaiming our roles and our purpose in this world. And I think for a lot of Natives, that role was cut. That's why we're here today. We are trying to find a way that we fit into this world with respect to ourselves and our relatives

~ Stephen Cheney (Lakota, Kul Wicasa Oyate)

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