Trauma in Native American Youth

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Virgil Moorehead Jr, is a Licensed Clinical Psychologist and the Executive Director at Two Feathers Native American Family Services in McKinleyville, CA. An enrolled member of the Big Lagoon Rancheria (Yurok/Tolowa) and graduate of University of California at Davis (BA), Dr. Moorehead received his Doctorate of Psychology in Clinical Psychology from the Wright Institute in Berkeley, CA in 2015. During his graduate work, he completed a doctoral internship at the University Michigan, Ann Arbor and Post-Doctoral Fellowship at Stanford University. While serving as a Staff Psychologist at Stanford University, Dr. Moorehead received the 19th Annual Anne Medicine Mentorship award for his work with Stanford Native undergraduate and graduate students.
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Objectives

At the end of this presentation, participants will be able to:

• Recognize and manage trauma in Native American and Alaska Native youth and families.

• List three practical therapeutic interventions working with youth presenting clinically with trauma.

• Acquire new knowledge in understanding trauma within a Native American cultural context.
Psychocentric Approach
- Within Individual Mind
- Individual Development
- PTSD

Systems /Structural Approach
- Colonial Oppression
- Economic inequalities
  Loss of political autonomy, traditions
Making “Trauma” Relevant in work with AIs in Mental Health

Developmental Trauma/ Relational Trauma

- Multiple, prolonged adverse events, often in childhood relationships
- Physical abuse, emotional neglect & maltreatment

Van Der Kolk, 2014
Effects of Relational Trauma

- Impaired Trust, Impaired Learning
- Emotional Numbing
- Emotional Dysregulation
- Voicelessness, Damaged Self-Worth
- Difficulties with MENTALIZING
- Pain-Based Behavior
Relational Trauma & AI Culture

Honor Based Cultures
- Move us toward our Sacredness

Shame
- Our gifts taken
- Losses

Bigfoot, 2021
Interventions

1. Return to Cultures of Respect, Honor

2. Mattering: Belonging & Agency

3. Expand: Healing Trauma Model
Presenter Contact Information

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