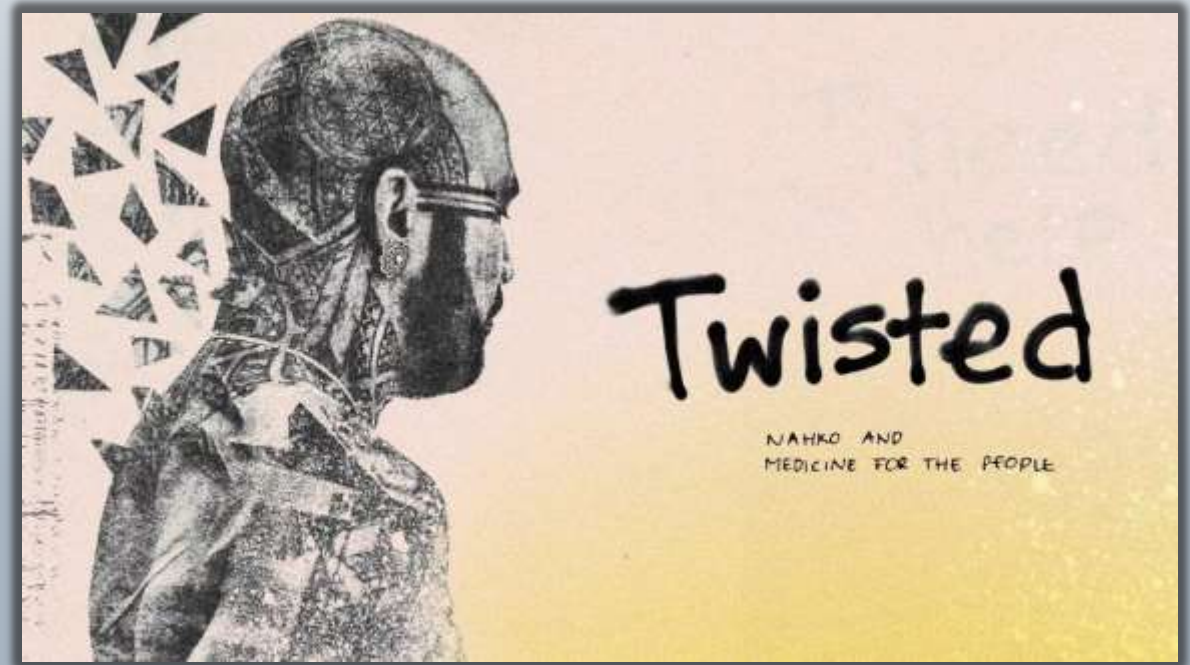


Welcome
to
**Reclaiming Native
Psychological Brilliance
Behavioral Health ECHO
Series**

*While we are Gathering . . . enjoy this Native
music video which we will start at 5 minutes
before the hour.*



Twisted - Nahko And Medicine For The People

Director: Eddie Kopp

Executive Producer: Jameson W. Yingling

Assistant Producer: Carla Turi

Cameras: Eddie Kopp / Will Kubley / Lisa Hamilton

Audio: Alex Casement of Sugarshack

Recording Studio Editor: Justin Kaczmarek

Colorist: Justin Kaczmarek

This Music Video was shot in the Mi'kmaq Community of Eskasoni

First Nation, on Goat Island.







**RECLAIMING
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PSYCHOLOGICAL
BRILLIANCE**



Audience Participation Tips

- We are building a community! Please introduce yourself in the Chat (select Everyone) and let your fellow participants know your name, Tribal Nation affiliation if applicable, job title, and organization.
- Everyone will be muted until the Participant Reflections portion of the hour. During that segment, use the Raise my Hand icon on zoom, and the host will unmute you to offer your reflection.
- You will receive a link to the recording and presentation by the end of the week.



Disclosures

This activity is jointly provided by **United South and Eastern Tribes** and **Cardea Services**

Cardea Services is approved as a provider of nursing continuing professional development by the Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the California Medical Association (CMA) through the joint providership of Cardea and **United South and Eastern Tribes**. Cardea is accredited by the CMA to provide continuing medical education for physicians.

Cardea designates this live web-based training for a maximum of **1 AMA PRA Category 1 Credit(s)™**, Physicians should claim credit commensurate with the extent of their participation in the activity.



Continuing Education Information

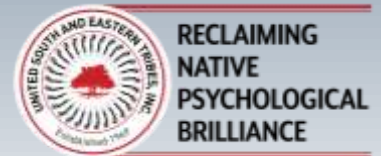
COMPLETING THIS ACTIVITY

Upon successful completion of this activity 1 contact hour will be awarded

Successful completion of this continuing education activity includes the following:

- Attending the entire CE activity;
- **Completing the online evaluation (available at the conclusion of the meeting in the chat);**
- Submitting an online CE request.

Your certificate will be sent via email. If you have any questions about this CE activity, contact Paige O'Sullivan at posullivan@cardeaservices.org or (206) 729-4773



Disclosures

There are no relevant financial relationships with ineligible companies for those involved with the ability to control the content of this activity.



Welcome to All My Relations

"Mitakuye Oyasin"... We are all Related in the Sioux Language.



Bernice Youpee-Jordan, MPH
Citizen of the Fort Peck Sioux Nation
Public Health Program Manager
Tribal Health Program Support
United South and Eastern Tribes, Inc.

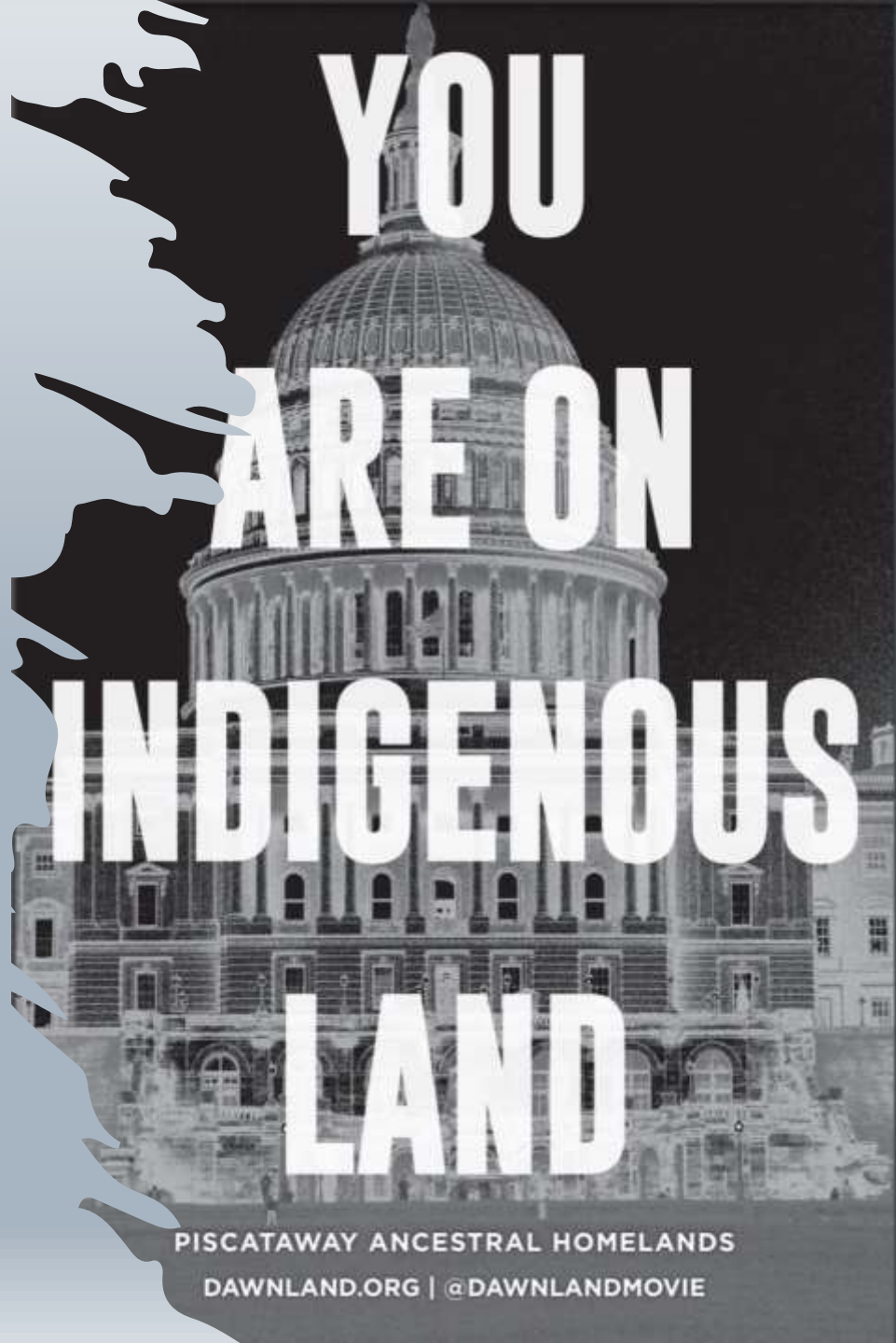


To learn and acknowledge what Tribal Nation land you and your organization are standing on, go to

<https://native-land.ca/>

or text your zip code or city to

(907) 312-5085.



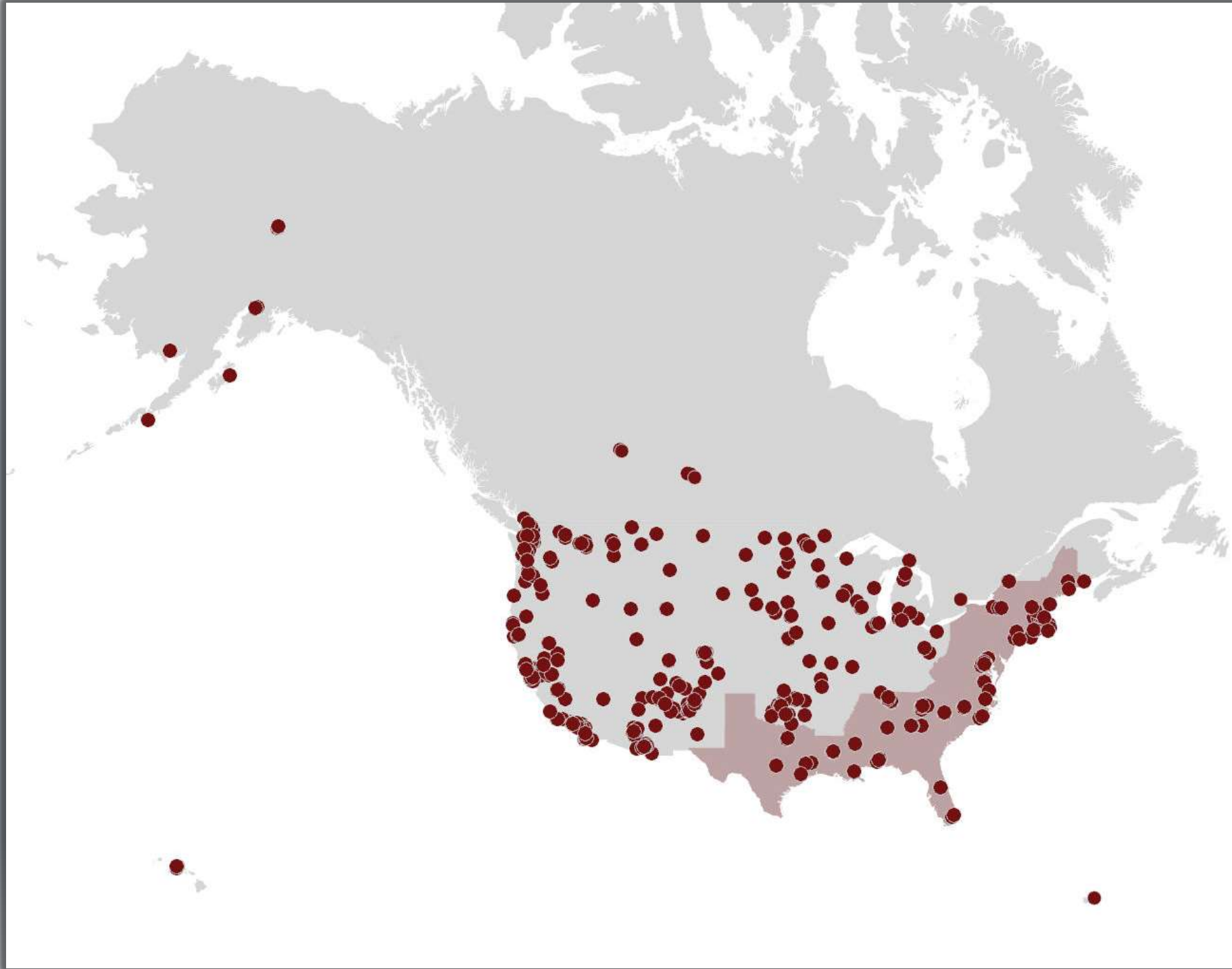
PISCATAWAY ANCESTRAL HOMELANDS

DAWNLAND.ORG | @DAWNLANDMOVIE

**We are
reconnecting
our Indigenous
community!**

*Thank you for being a part
of reclaiming our
collective stories.*

Data is gathered from
registration data





**RECLAIMING
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Our Past Sessions



Holly Echo-Hawk, MSc

January 2022 Session: **Introduction to the Reclaiming series**

February 2022 Session: **Nurturing psychological brilliance and resilience in Native young adults**

March 2022 Session: **Impact of western world view on Indigenous Behavioral Health**

April 2022 Session: **Native Help-Declining and Help-Seeking**



Native Trauma Layers and Post-Traumatic Growth Potential

➤ Complexity of Native Trauma Layers

- Does trauma exposure lead to Post Traumatic Stress Disorder (PTSD), or Post Traumatic Growth (PTG)?

➤ Post-Traumatic Growth (PTG): positive change experienced as a result of struggle with trauma

➤ Post-Hurricane Katrina study: Children and Post-Traumatic Growth

- Positive and negative rumination linked to Post-Traumatic Growth





Dolores Subia BigFoot, PhD Professor, Department of Pediatrics Section of Developmental & Behavioral Pediatrics



SUSAN R. SCHMIDT, PH.D. Center on Child Abuse and Neglect Section on Developmental and Behavioral Pediatrics Department of Pediatrics





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Native Trauma Treatment: Lessons Learned from Honoring Children – Mending the Circle

May 24, 2022

Dolores Subia BigFoot, PhD

Susan Schmidt, PhD

University of Oklahoma Health Sciences Center



Trauma May Create Personal Imbalance



Trauma can create disharmony in one or more personal dimensions and impact functioning across multiple areas of life.





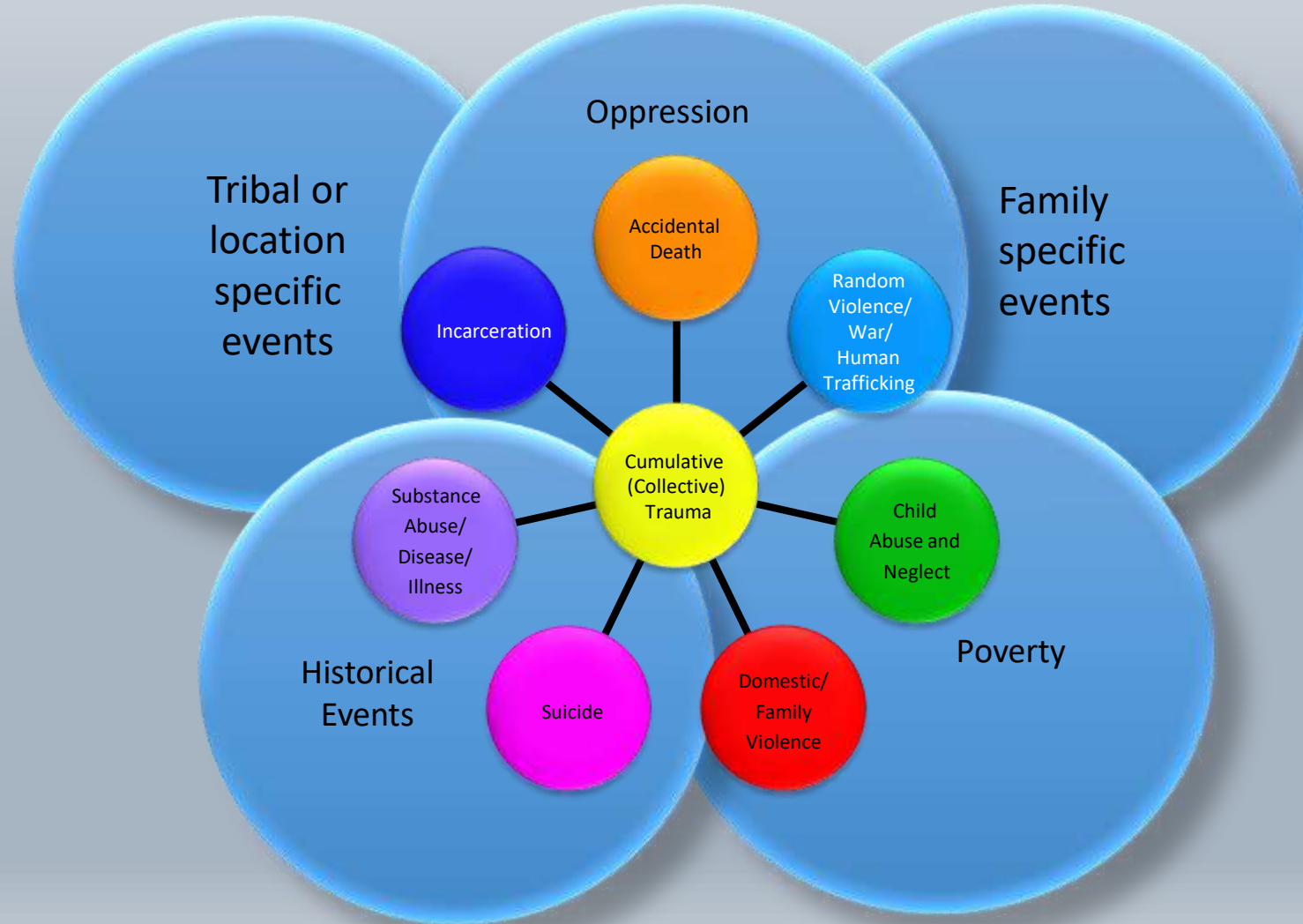
Native Trauma Types

- Cultural trauma:
 - is an attack on the fabric of a society, affecting the essence of the community and its members
- Historical trauma:
 - cumulative exposure of traumatic events that affect an individual and continues to affect subsequent generations
- Intergenerational trauma:
 - occurs when trauma is not resolved, subsequently internalized, and passed from one generation to the next



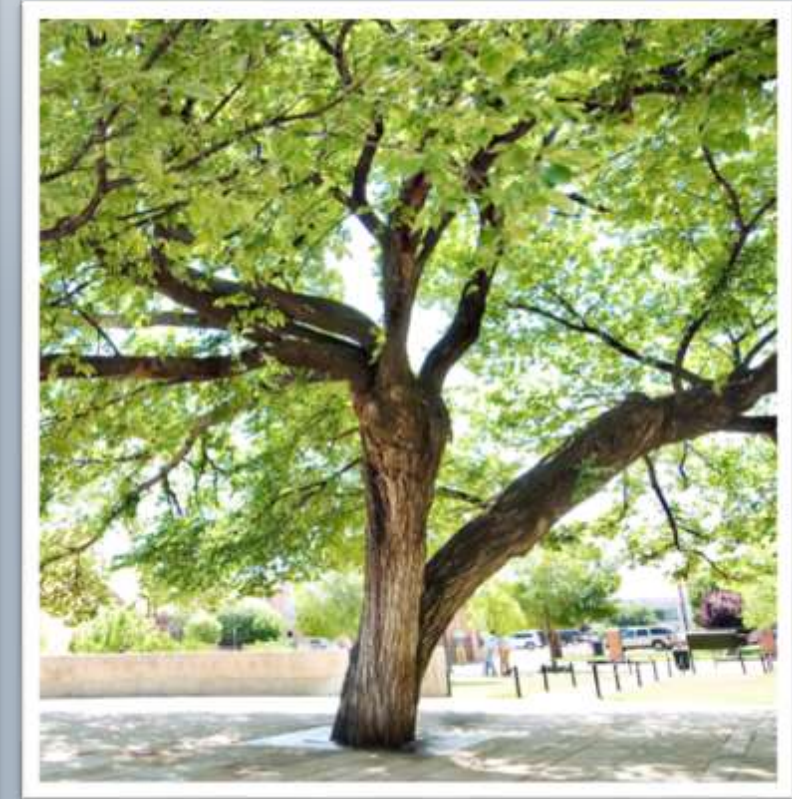


Trauma in Indian Country





Posttraumatic Growth



5 Forms of Posttraumatic Growth

(Tedeschi & Calhoun, 1995)



❖ New possibilities

“I have a chance to do things I couldn’t”

“I have new ideas about how I want things to be.”

❖ Relating to others

“I feel closer to people.”

“I learned how nice/helpful people can be”

❖ Personal strength

“I can handle big problems better”

“I can deal with more.”

❖ Appreciation for life

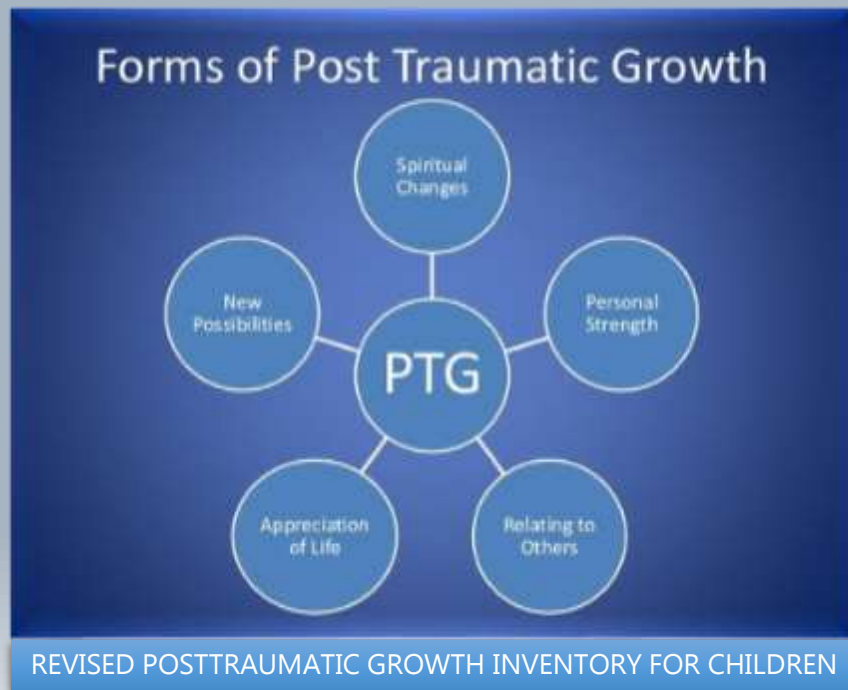
“I appreciate/enjoy each day more”

“I know what is important to me.”

❖ Spiritual change

“My faith/belief in God is stronger”

“I understand how God works better.”



Native Approach to Trauma Treatment: Ties to Culture





Understandings from American Indian/Alaska Native Knowledge and EBP

- Recognition that individuals are in the center of the circle of care
- Awareness of the needs of individual
- Awareness of trauma reactions
- Awareness of trauma triggers and reminders
- Understanding of the relationship between trauma and the flight-fight-freeze response
- Awareness that traumatized individuals who are hypervigilant may appear antsy, cautious, searching, use avoidance, or act in other ways that may present as suspicious or hiding something
- Awareness that trauma reminders & triggers may activate emotional and physiological dysregulation
- Recognition of the importance of predictability, consistency, and maintaining expectations
- Understanding that the experience of trauma distorts relationship-building skills and the capacity to effectively manage the give-and-take of relationships
- Respect that certain coping methods may have worked well in prior situations and the importance of re-evaluating their usefulness and safety.





Old Wisdom: Addressing Trauma in Indian Country

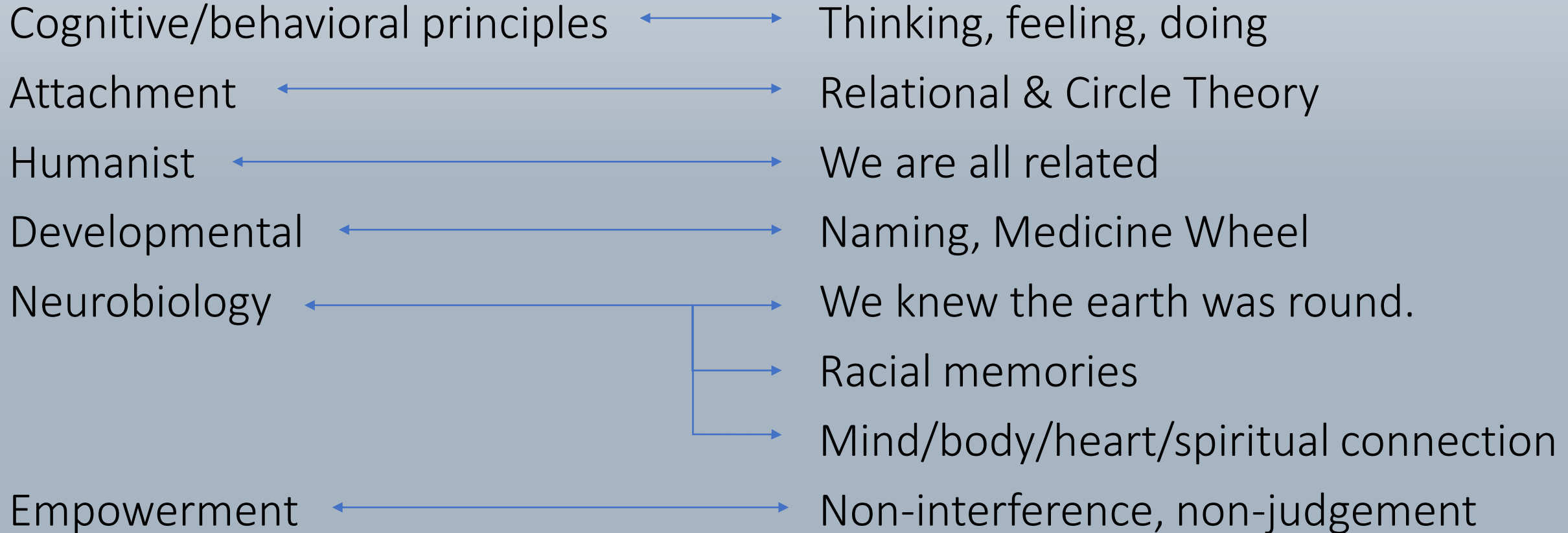
- We are reclaiming our old wisdom and traditional healing ways that have been lost or misplaced.
- Addressing trauma is not new to Indian Country.
- As Indigenous people we have always participated in ceremony to either prepare for an event or following an event in order to renew, recognize, acknowledge, purify, transition, and stabilize.

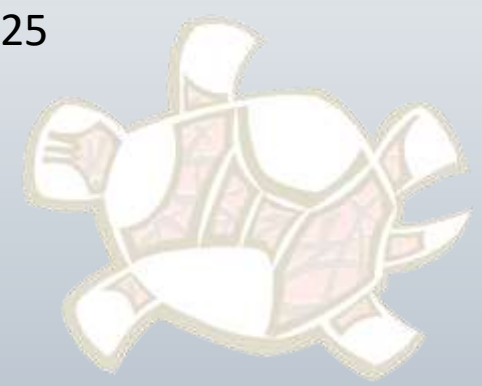


Evidence Based Practice



Practice Based Evidence

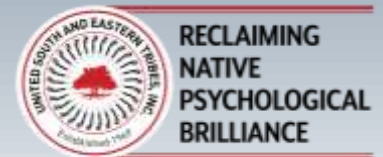




Practices that teach Sacredness: Practice Based Evidence



- Teach that wellness is spiritual, emotional, mental, physical, and relational balance and that these are all interconnected aspects of ourselves.
- Help the individual to draw upon traditional healing practices to assist moving forward toward spiritual balance.
- Help instill an enthusiasm for life, a sense of hope, and a willingness to meet new challenges.
- Increase sense of self-identity, self-worth, self knowledge.





Facilitating Posttraumatic Growth through TF-CBT

TF-CBT treats:

- Children & youth ages 3-18
- PTSD, depression, anxiety, and behavioral symptoms secondary to trauma
- All types of traumas & youth with multiple traumas
- In 12-24 sessions on average

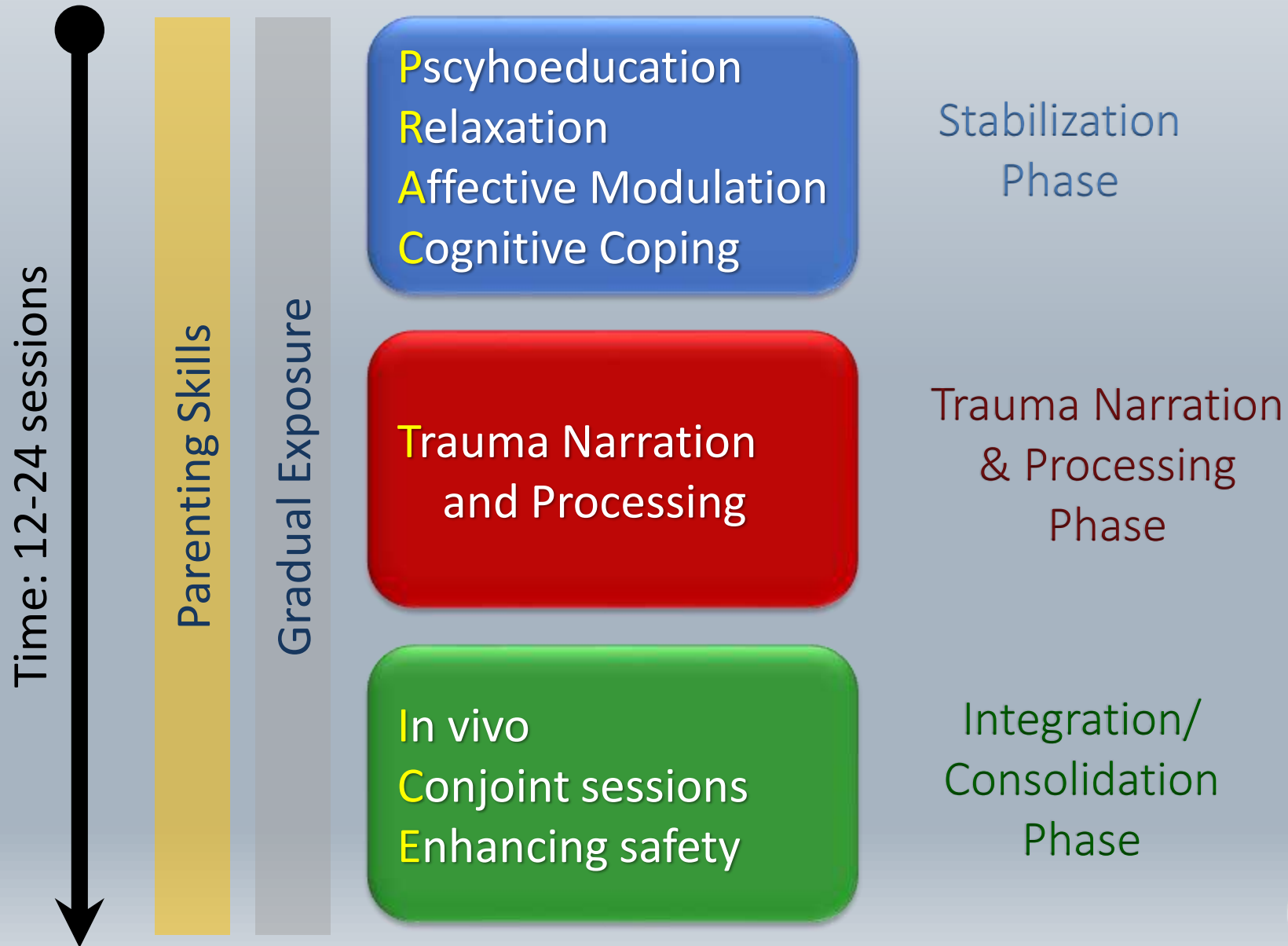


Most effective with active caregiver involvement.

Can be conducted in varied treatment settings.



TF-CBT Model





TF-CBT supports Posttraumatic Growth through:

- Helping youth and caregivers recognize:
 - ❖ They are not alone.
 - ❖ Others have endured and healed from similar experiences.
- Enhancing caregiver/youth relationship
- Addressing problematic beliefs/behavior impacting capacity to develop and maintain healthy relationships
- Supporting the development of active coping skills





Example: Cognitive Coping



- Consider using the instruction given when entering a lodge or ceremony to leave bad thoughts at the door and enter in a good way.
- Use imagery to send away unhelpful thoughts (stories of places and animals; smudging)





TF-CBT supports Posttraumatic Growth through:



- Creating a safe therapeutic environment for families to address and navigate spiritual impacts of trauma
- Collaborating with important helpers and healers to support families experiencing spiritual impacts related to trauma
- Helping youth and families bring in and celebrate the little and big joys of life
- Guiding personal and family values clarification and goals setting



Figure 3. Healing Practices Worksheet

American Indian/Alaska Native Healing Practices

Activity/Object/Item	Use/Purpose	Meaningfulness Value/Belief
<p>Singing a good-bye song after a family member has passed away</p>	<p>To help family members say good-bye to the deceased family member</p> <p>To recognize that the family member's spirit is on a new journey</p>	<p>Gives permission for the spirit to journey onward</p> <p>To acknowledge that this is a transition period for everyone</p> <p>To give permission to mourn</p> <p>To provide a supportive structure for mourning</p> <p>Serves as a reminder of the loved one when sung again in the future</p>

HC-MC Invites
Traditional Practices
into TF-CBT Treatment
to Support Healing and
Wellness





Storytelling as Teacher:

The Healing Benefits of Storytelling in TF-CBT

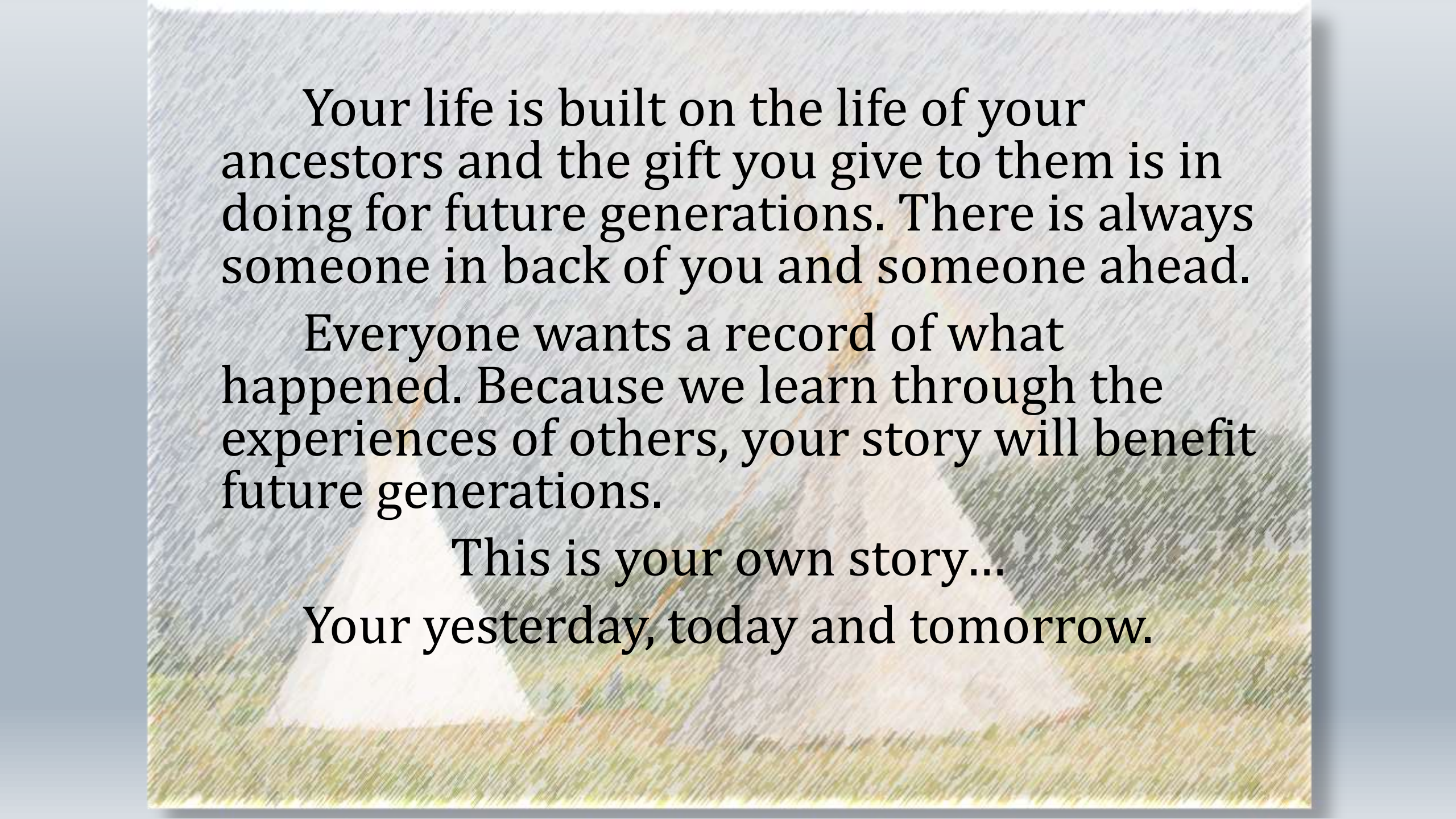
How to restructure the life narrative in a way that accommodates the event is a part of the cognitive challenge of trauma leading to growth.

(Calhoun & Tedeschi, 2006)

A life story supporting Posttraumatic Growth Includes:

- A coherent narrative with the trauma as a catalyst/turning point
- Appreciation of life paradoxes
 - ❖ Loss and gain
 - ❖ Support and individual strength
 - ❖ Grief and gratitude
 - ❖ Vulnerability and strength
- Enhanced acceptance of the “grays” of life





Your life is built on the life of your ancestors and the gift you give to them is in doing for future generations. There is always someone in back of you and someone ahead.

Everyone wants a record of what happened. Because we learn through the experiences of others, your story will benefit future generations.

This is your own story...

Your yesterday, today and tomorrow.



Contact Information



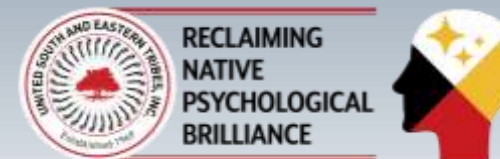
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Reflections



Facilitator: Livia Davis, MSW
C4 Innovations, Chief Learning Officer
Vice President, Recovery and Behavioral Health

What is the story that you tell yourself to support growth after trauma?



Summary Remarks



Ken Kraybill, MSW

C4 Innovations, Senior Trainer
Motivational Interviewing, Trauma-Informed
Clinical Supervision. Ken sees himself as a
non-Native clinical guest in this Native
space.



Holly Echo-Hawk, MSc

Senior Behavioral Health Advisor
Reclaiming Native Psychological Brilliance



CEU Information

Don't forget to complete your survey!

<https://survey.alchemer.com/s3/6801170/Reclaiming-Native-Psychological-Brilliance-Learner-Evaluation-April-26>

Follow-up questions?

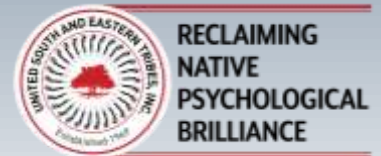
- Bernice Youpee-Jordan at bjordan@usetinc.org
- Bryan Hendrix at bhendrix@usetinc.org



See you in June – Same time on the 4th Tuesday

June 28, 2022 Topic:

***Assessment and Diagnosis
through an Indigenous Lens***



Thank you for Participating
in the
**Reclaiming Native
Psychological Brilliance
Behavioral Health ECHO
Series**

*While we are Depart . . . enjoy this Native
music video.*



Joanne Shenandoah - To Those Who Dream

Composed by Joanne Shenandoah and Floyd Westerman, the song appears in the 1991 album, "Loving Ways". Here, the traditional Native American chants, blues, folk and country are blended.



