



INDIAN + COUNTRY

ECHO

LEADING THE WAY ➡➡➡

Healing our Families through Connection

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*Growing the Ability to Deliver Quality Healthcare to
American Indian and Alaska Native People.*

Objectives

- I. Participants will increase understanding of ancestral impact on caregiving**
- II. Participants will be able to describe one new intervention for use in their healing work**



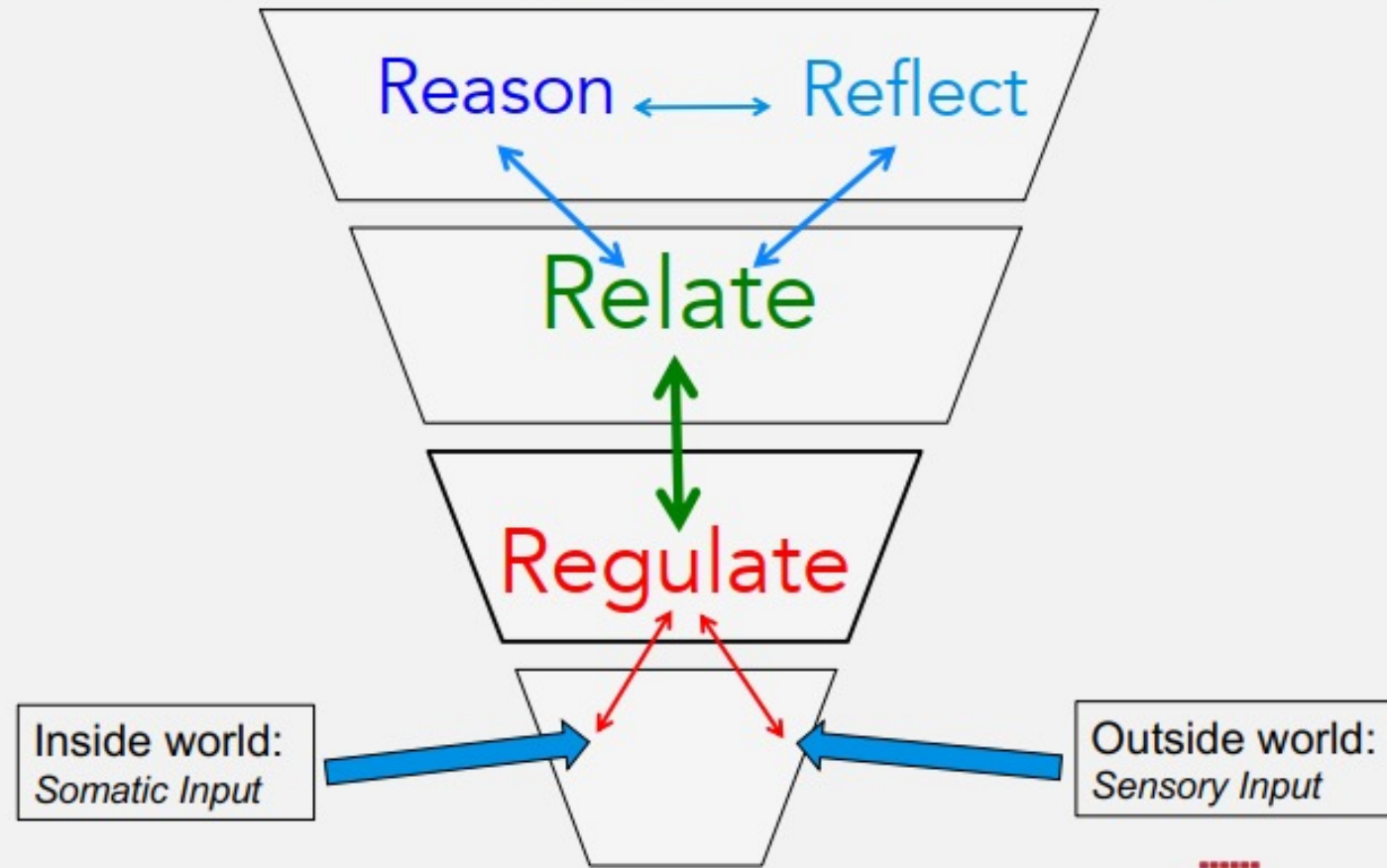
Stress Response Continuum

Hyperarousal Continuum	Rest (M > F: A > C)	Vigilance	Resistance	Defiance	Aggression
Dissociative Continuum	Rest (F > M: C > A)	Avoidance	Compliance	Dissociation	Fainting
Primary secondary Brain Areas	NEOCORTEX <i>Subcortex</i>	SUBCORTEX <i>Limbic</i>	• LIMBIC <i>Midbrain</i>	MIDBRAIN <i>Brainstem</i>	BRAINSTEM <i>Autonomic</i>
Cognition	Abstract	Concrete	Emotional	Reactive	Reflexive
Mental State	CALM	ALERT	ALARM	FEAR	TERROR

A Look Back at Regulation



Sequential Engagement & Processing



Keeping our Children in Mind

All of early development – cognitive, motor, language, communication, growth- occurs within social and emotional development, and within the system of caregiving relationships. *


0-3 Conference 2021

National Scientific Council on the Developing Child Working Paper #1, 2004

The Neurobehavioral and social- Emotional Develop of Infants and Young – Dr. Ed Tronick, 2007

Coping in Young Chidden Early Intervention Practices to Enhance Adapt Behavior and Resilience, Drs. S. Zeitin and G. Williamson, 1994

In the Circle Way: Teaching of the Spirit



Know that You are Sacred
Know that you are Honored
Know that you are Prayed for
Know that Others had offerings on your behalf
Know that you are Not Alone
Know that you were Known before you came to this place
Know that you have Choices
Know that you have a Name
Know that many know your Name
Know that when you reach, You are also reaching toward Others

Dr. Dolores Bigfoot, 2021



Cultural Considerations

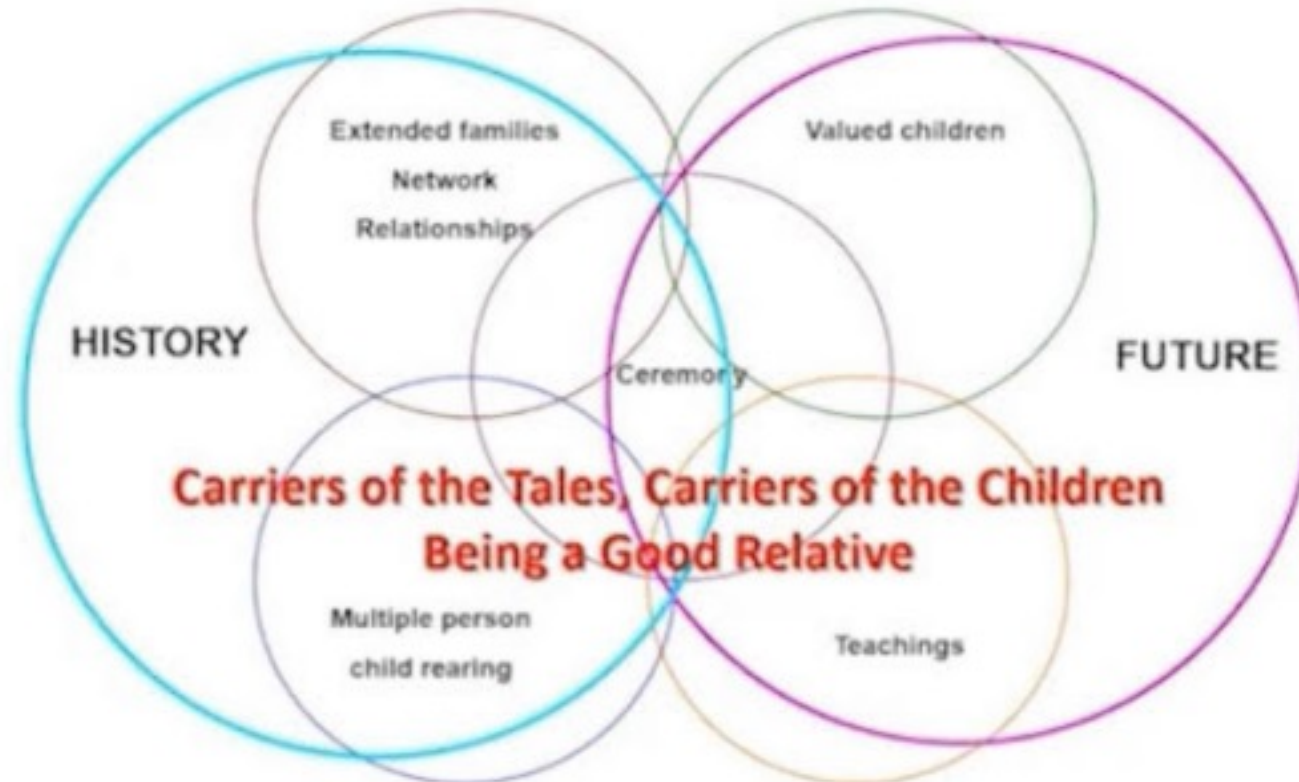
Wellness

Sacred Tree: Four Worlds
International Institute.
<https://www.fwii.net/profiles/blogs/the-story-of-the-sacred-tree-1>

Circle Theories



Circle Theories



Ancestors Hold the Basket



Sam English, Ojibwe Artist

- **Ghosts** (Frieberg, 1975) and **Angels in the nursery** (Lieberman, 2005)
- **Concepts** – Our own relational/ancestral traumas and relational/ancestral buffers enter our relationship with our children- repressed/dissociated/disowned affect
- **What we bring into our parental journey**
 - Gifts and burdens
 - Known and unknown

More on the work of Dr. Selma Fraiberg and Dr. Alicia Lieberman

[Fraiberg-Ghosts-in-Nursery.pdf copy \(upenn.edu\)](#)

<https://chhs.fresnostate.edu/ccci/documents/Angels.in.the.Nursery.pdf>

Ancestors Hold the Basket

What might be the
Ghosts and Angels
holding this tribal
little member?



Reflective Functioning- Keeping the Child in Mind

Parental Reflective Functioning

- A caregiver's capacity to specifically reflect upon their child's emotional internal experience
- Intentions, feelings, thoughts, desires and beliefs- make meaning of others to anticipate the relationship
- Relating to the mental states of both parties and the behaviors associated, moment to moment reciprocity
- Crucial in development of secure attachment and robust development.

More the work of Dr. Arietta Slade

https://medicine.yale.edu/profile/arietta_slade/

What We Believe About Children

Inherently Bad

- Focus attention on bad behaviors
- Remind child about bad behavior
- Distrustful in Intent
- Attribute behaviors as manipulation
- Need for caution
- Anticipate always bad outcomes
- Resentful about children not grateful and appreciative

Inherently Good

- Focus attention on learning
- No anger toward child for making mistake
- Recognize curiosity
- Make explanation about cause and effect
- Anticipate good outcomes
- Support creativity and imagination
- Have stories about child
- Model kindness and respect
- Listen to child

Cultural Meaning Making

Space for curiosity

- What meaning do we make when a new tribal member is born
- How do we invite that spirit into being
- How do they come to know belonging to tribe and place/land
- Who is promised to be there on this child's journey
- Wishes and hopes, holding curiosity about what might get in the way

Create and support the baby's origin story

- Creates connectivity, a felt sense of safety in family, tribal members, land as medicine



Indigenous Reflections-

“We knew the how before the why”

- Ceremony, ritual and protocol - All hold the baby
 - Native worldview on the value of children
 - Baby baskets
- Beliefs about Pregnancy and birth
- Breastfeeding
- Baby basket/cradle board
- Naming Ceremony
- Co-sleeping
- Baby’s first laugh
- Traditional language lullabies
- Intergenerational Non-nuclear family structure
- Ceremonies connecting child to place
- Exceptional children see self reflected back
- Day to day activities that exemplify the 6 Rs



Connectivity –

Support for Relational and Cultural Co-regulation

Our task as helpers

- Support the search for safety, security that allows for sacred connectedness
- Neurocept when the state is changing- others and ours
- Co/self-regulate to Calm/Alert states
- Support the reach for cultural activities and tribal relations – Relational, Relevant, Repetitive, Rewarding, Rhythmic, Respectful

CONNECTION & BELONGING

WE ARE LONELY

There is a loneliness epidemic. Loneliness & social isolation can be as damaging to health as smoking 15 cigarettes a day. Especially true among youth and elders. Made worse by covid pandemic and the rise of social media.

COMMUNITY = SURVIVANCE

Humans are social creatures and Native people often experience our sense of self, connection to the sacred, and sense of meaning through communal activity. Community is about possibility.

BELONGING IS HEALING

A sense of belonging is essential to our well-being. It helps with depression, anxiety, and creating a strong sense of self. Belonging restore



Connectivity

- Ancestral: What is being passed on
- Cultural: Why is it being passed on
- Community: How is it being passed on



Hold the Basket Well - Tend and Restore Relationships

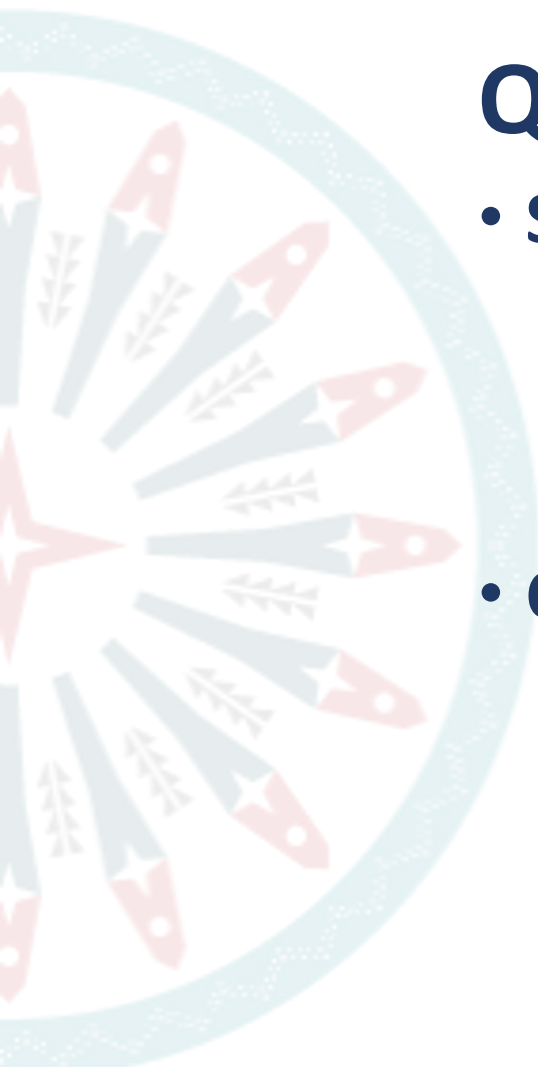
Quick start skills

- **Serve and Return**

- Notice and share attention- **The serve, Return the serve, Give it a name, Take turns, Practice endings and beginnings**
 - Center for the Developing Child –Harvard

- **Co-regulation**

- General and Cultural therapeutics moments each day (Prayer, Meditation, Nature time)
- Bruce Perry 6 Rs -- **Relational, Relevant, Rhythmic, Repetitive, Rewarding, Respectful**



Hold the Basket Well - Tend and Restore Relationships

Further training in IECMH

- Minding the Baby
- Home visiting programs- Family Spirit program
- CPP – Child Parent Psychotherapy
- Brazelton Touchpoints – Provider level
- Traditional Consultation and Nature Therapy



As a parent I can...

- Greet my child each morning by name
- Have one family sit-down meal each day
- Read to my child each day
- Let my child hear me pray each day

Dr. Dolores Bigfoot, 2021



Culture is Medicine

Encourage clients to participate in Indigenous healing practices and cultural traditions to support their overall health and wellness.

Incorporating Traditional Indigenous Knowledge in treatment settings and interventions that are grounded in Indigenous knowledge



Resources

More on Serve and Return

<https://developingchild.harvard.edu/science/key-concepts/serve-and-return/>

More on Family Sprit program

<https://www.jhsph.edu/research/affiliated-programs/family-spirit/>

More on Minding the Baby

<https://medicine.yale.edu/childstudy/education/practitioner/mtb/>

More on CPP

<https://childparentpsychotherapy.com/>

More on Brazelton Touchpoints

<https://www.brazeltontouchpoints.org/>

