



Ethics in transformation of Trauma

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Emergence

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Health Frameworks

Indigenous Health and Healing

- Ancestors have instructions for health
- Interrelationships with nature
- Mutual respect with relationship with gifted medicines
- Illness arise **from imbalance within** relationships
- Space, Place and Community oriented healing
- Spirituality and focus on past and future ancestors are key

Western Medicine Framework for healing

- Ancestors have diseases that they passed onto you
- Distinction between mind, body spirit, nature
- Isolate healing compounds void of context
- Avoid Placebo effect/ objective reactions
- Illness arises from micro agents
- Land has no place or relationship in healing



What is trauma?

Physical, emotionally harmful/life-threatening disruption of mental, physical, socio-emotional, spiritual wellbeing

Colonial Historical Trauma

- *Historical trauma (HT) is cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma experiences; the historical trauma response (HTR) is the constellation of features in reaction to this trauma- Braveheart, 2003*
 - **Disrupted connection to mother earth and ceremony and wise practices**
- (Brave Heart, 2011)

Research

- Ancestors were researchers for thousands of years

Indigenous Cultures and Perspectives

- We honor the experiences of our ancestors while considering the health of future generations, seeking to balance our relationships with the natural world and with one another.

Community

- We build, maintain, and honor vibrant relationships with values of respect, honesty, integrity, transparency, humility, collaboration and sharing. We acknowledge story as a foundation of our work: the telling, retelling and untelling of stories with and about communities.

Health

- Drawing from many Indigenous views on wellness, we recognize a comprehensive and holistic view of health as a state of balance for mind, body and spiritual wellbeing in all that we do.

Indigenous Colonial Trauma: A matter of policy

Genocidal Attacks

- Massacres
- Warfare
- Biological warfare/Small pox blankets
- Illegal sterilization



Removal

- Massacres
- Illegal healing practices until 1978
- Starvation as tactic



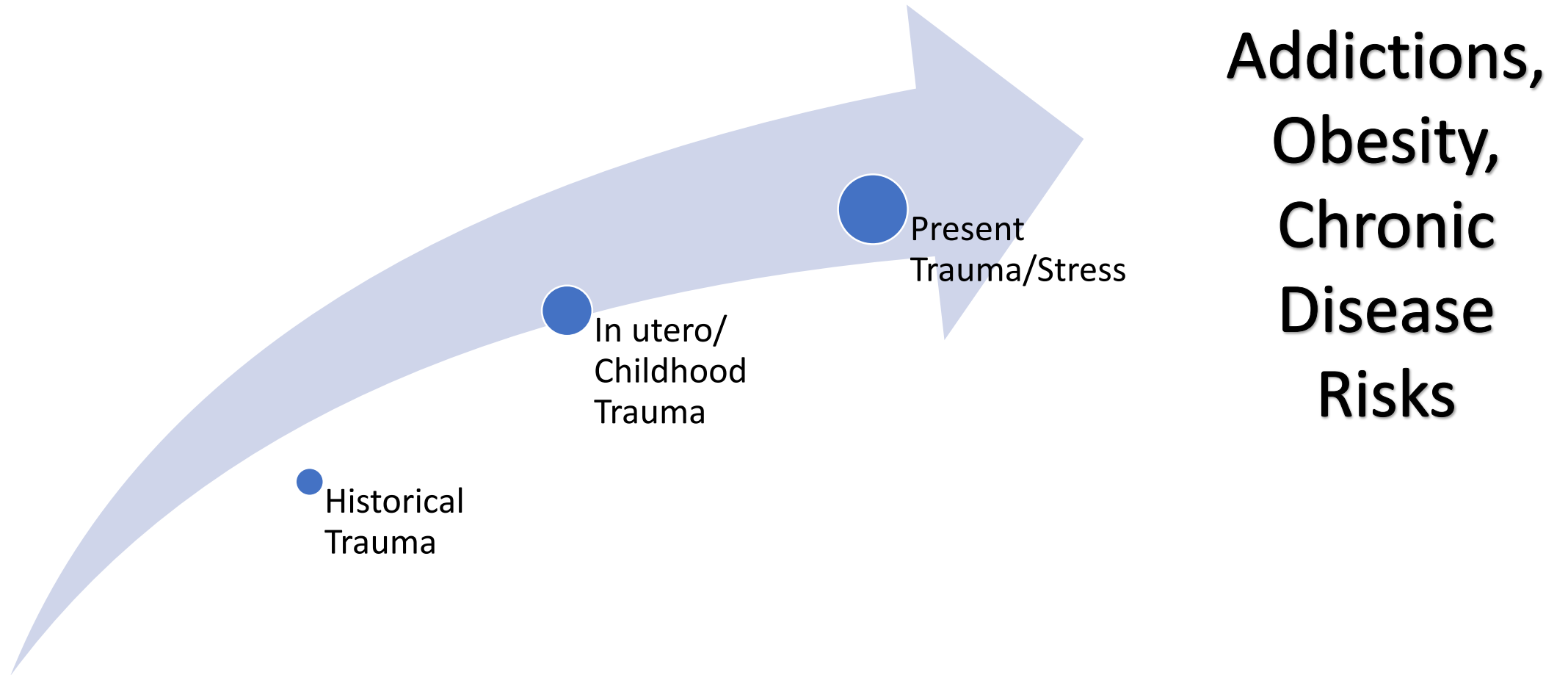
Assimilation Policies

- Boarding Schools
- **Land/Food Trauma**
 - Nutrition experiment
 - Gardening/animal husbandry

OI and relationship to Research

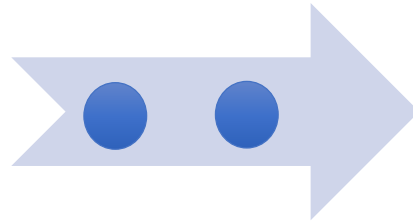
- Colonization can take an insidious role that purposely interrupts our original instructions
 - - passed to us from our creator and instructed through our relationships with the land, water, air and spirits,
 - which can be most evident in attacks on our mother and motherhood.

Intergenerational Trauma and Epigenetic Effects



Why Reclamation and Revitalization matter?

**Historical
trauma** **Present
Trauma**



Transforming Trauma

Oh Chash!

To identify reclaiming, revitalizing and reinventing approaches occurring to transform trauma into love drawing from

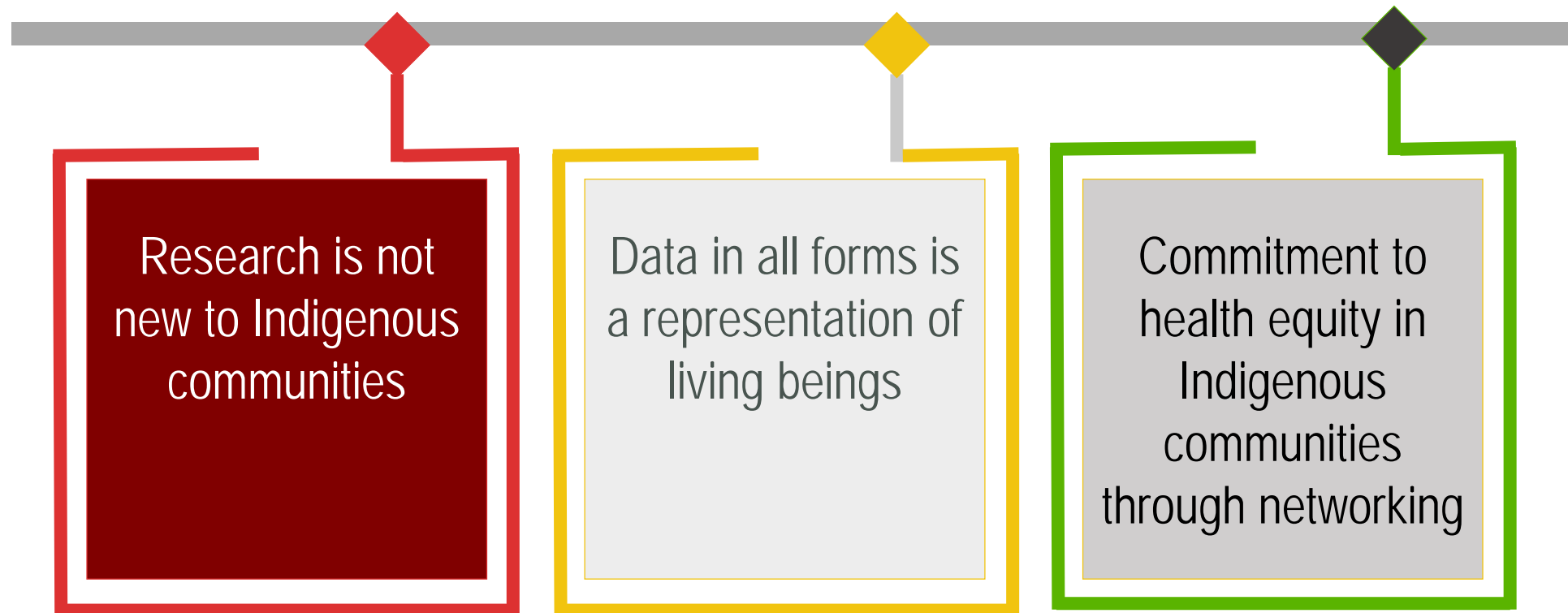
- ancestral practices/love
- land-based healing

Reclaiming to Indigenize health?

- While **indigenizing** is building up from our Indigenous knowledge, worldviews, and practices,
- **decolonizing** is simultaneously dismantling internalized colonization that permeates everyday living and infiltrates thought ways and practices.
- This includes decolonizing the mind, body, spirit, and heart (e.g., thoughts, behaviors, feelings) while concurrently revitalizing healthy cultural traditions and creating new traditions to thrive.
- **Indigenous communities MUST be in control**

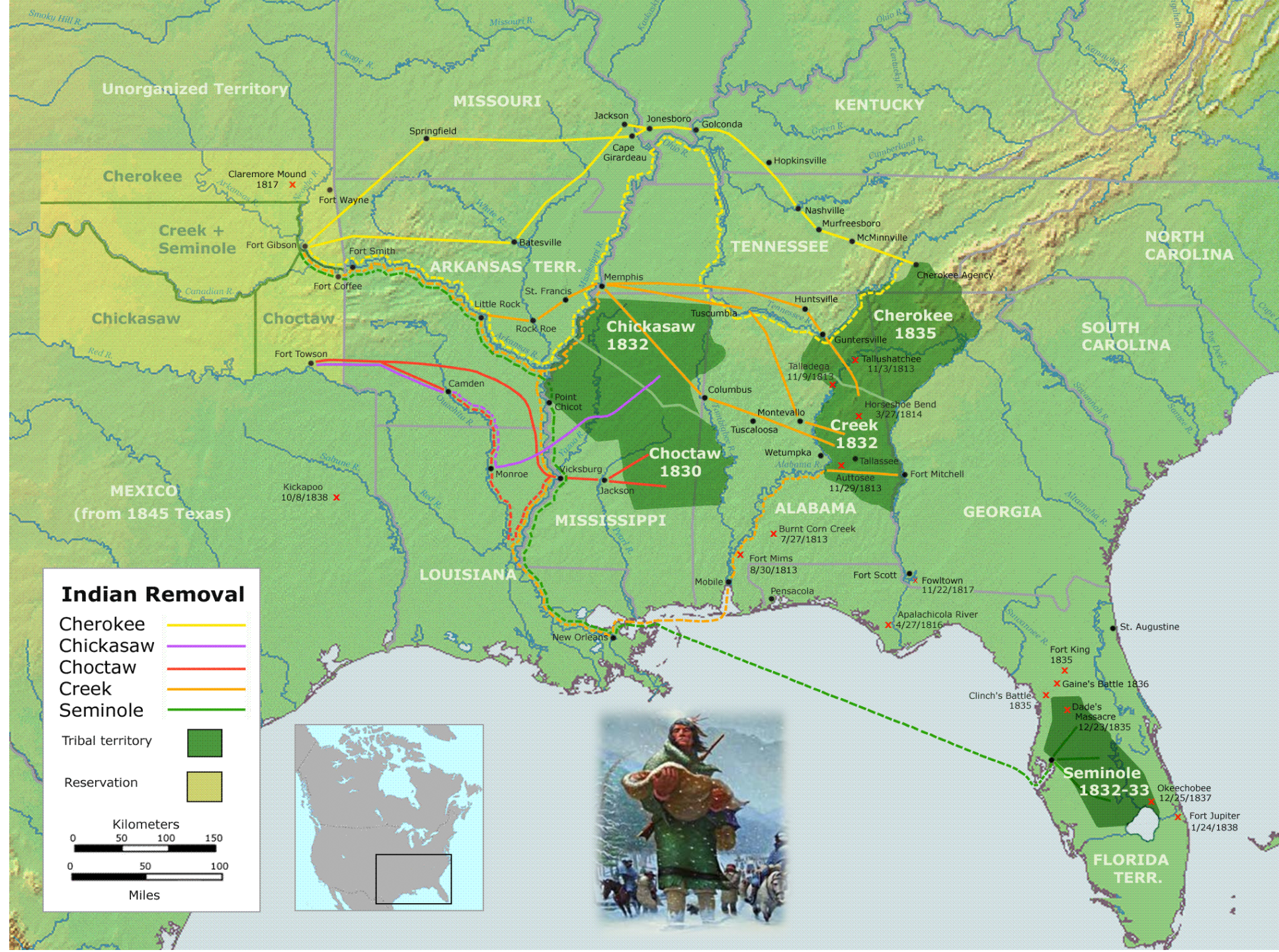
(Walters, Johnson-Jennings et al., 2018)

Approach




Yappalli Ancestral Routes

- The *Treaty of Dancing Rabbit Creek*, which led to Choctaw removal (1831-1833), stipulated that Choctaws must move and could only remain in Mississippi if they relinquished their sovereignty as a People.
- Oklahoma Choctaws are the descendants of those who refused this proposal and were willing to risk death (thousands perished) to remain as a People.
- Those who survived the journey had a vision for future generations



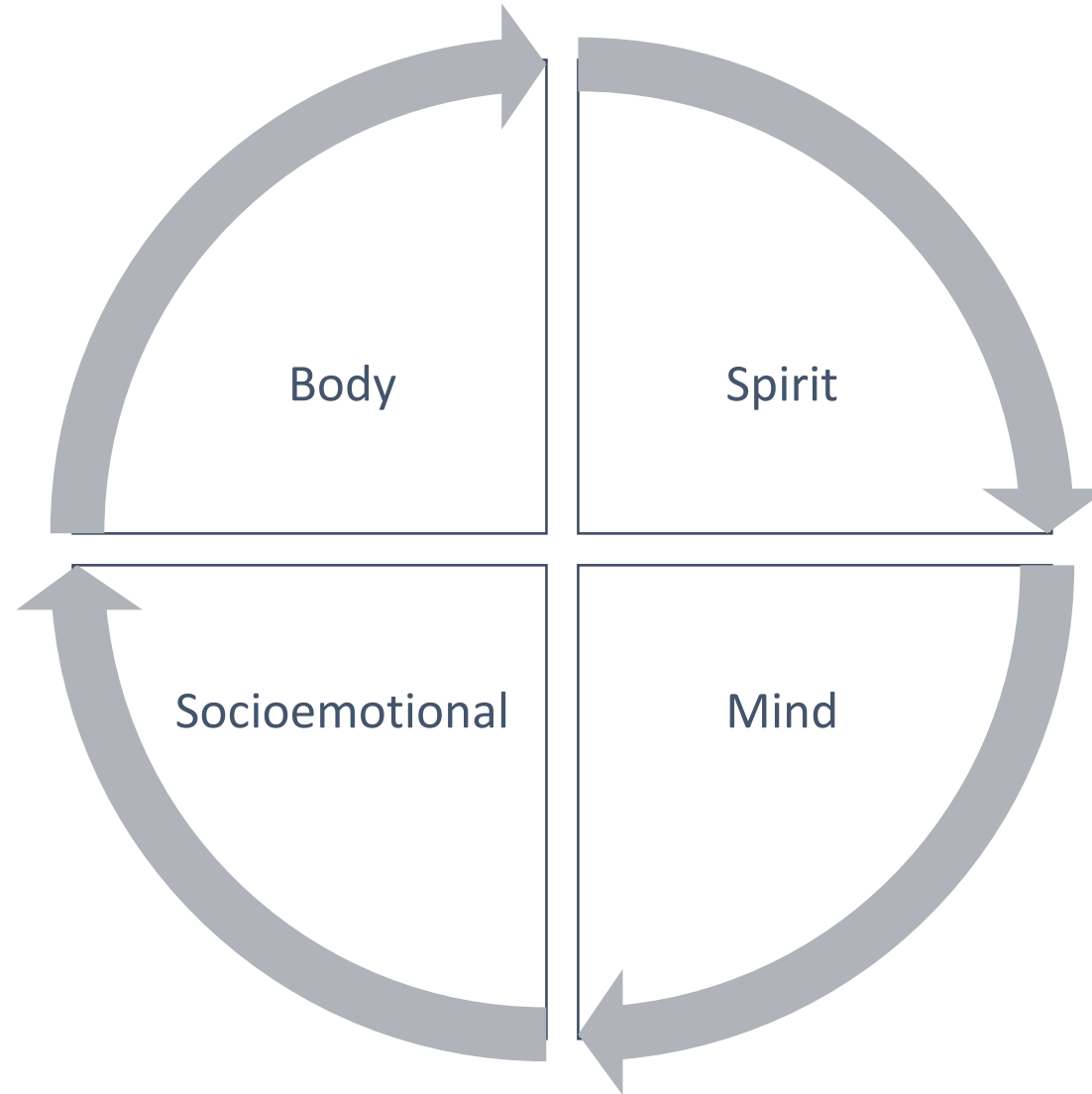
Choctaw RECLAIMING: Following the path of our ancestors

- Focus on land-based healing
- Focus on original instructions/hollo
- Returning to original relationships with earth



Flow to the ancestors
through land and water

Relational Restoration



Cultural continuity is important



- Professor Linda Tuhiwai Smith, at the 'Don't you try and heal us, because that's just another [colonial] version of wanting to save us'

Complexity of “helping” vs
creating space

A large orange circle is positioned on the left side of the slide, containing the text 'Indigenist Research' in white.

Indigenist Research

- “Indigenous methodologies tend to approach cultural protocols, values and behaviors as an integral part of methodology” (Smith, 2001, p. 15)
- Community members are partners
- Indigenous worldviews are front and center
- Research practices as part of wider projects of decolonization

Cajete

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(1) *traditional knowledge* which is handed down and based on stories and experiences of a people over time;

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(2) *empirical knowledge* that is gained through careful observation and practice over time;

3

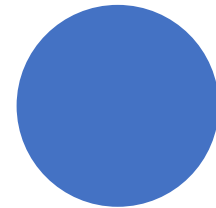
(3) *revealed knowledge* which is gained through vision, ritual, and ceremony; and, dreams

4

(4) *contemporary knowledge* gained through contemporary experience and problem solving.

- Community engagement/Partners
 - Storytelling
 - Interviewing
 - Sharing Circles
 - Quantitative Surveys

Indigenist methodologies



Good way

- *From an Indigenous worldview, research done “in a good way” is a sacred endeavor that illuminates the connections between the spiritual and physical world. – Flicker, 2015, pg.1149*



Yokake! Thank
you

Questions?