Cultural Resilience: 
*Pisatsikamotaan*
Finding Hope from the Inside Out

Dr. Iris HeavyRunner PrettyPaint
What is Cultural Resilience?

Something you are born with…

The ability to bounce back…

The ability to overcome obstacles…

Like a rubber band..

Like a basketball you put under water…
Foundations of Resilience

- **Sense of Purpose**
  - Spiritual Connectedness
  - Optimism
  - Goals

- **Autonomy**
  - Sense of Identity
  - Self-Awareness
  - Adaptive Distancing
  - Task Mastery

- **Social Competence**
  - Cultural Flexibility
  - Sense of Humor
  - Caring

- **Problem-Solving**
  - Planning
  - Critical Thinking
  - Help Seeking
It's Impossible to...

- RETURN from where you have not been
- SHARE experiences you have not had
- TEACH what you don’t know
- GIVE what you don’t live
- LEAD where you don’t go
### Survey Research

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Many Points of Healing
The Courage to Listen

“The most practical thing we can achieve in any kind of work is insight into what is happening inside of us as we do our work”
Advocacy Qualities

- Communication
- Commitment to Results
- Organization
- Planning
- Leadership

- Strategic Insight
- Decisiveness
- Budget
- Work Direction and Oversight
Strength from Within: Rekindling Tribal Traditions to Assist Victims of Crime