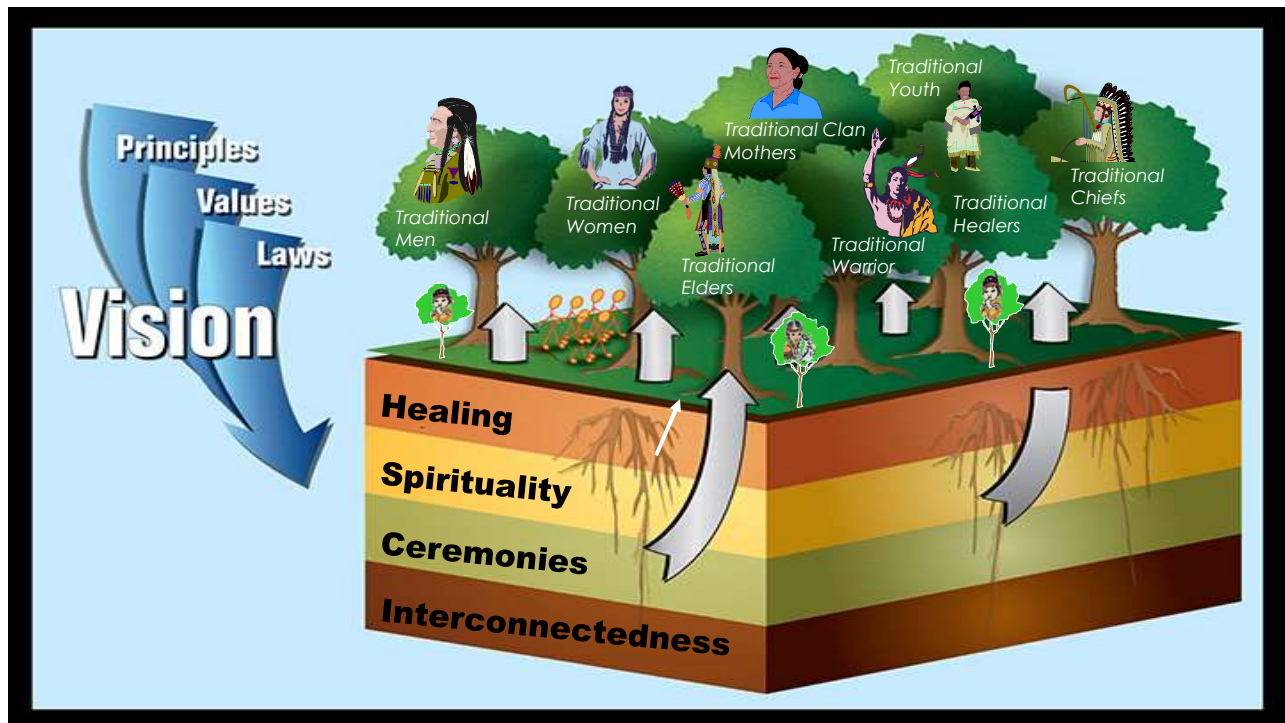




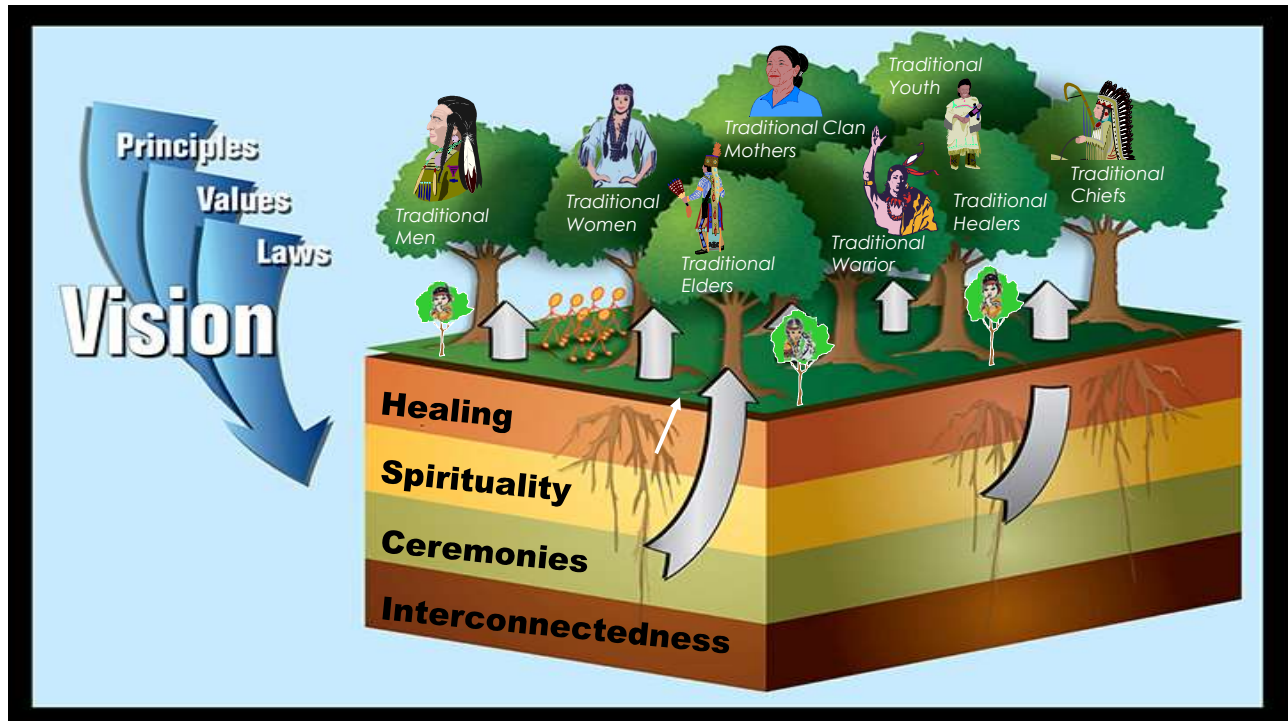
A LONG TIME AGO.....

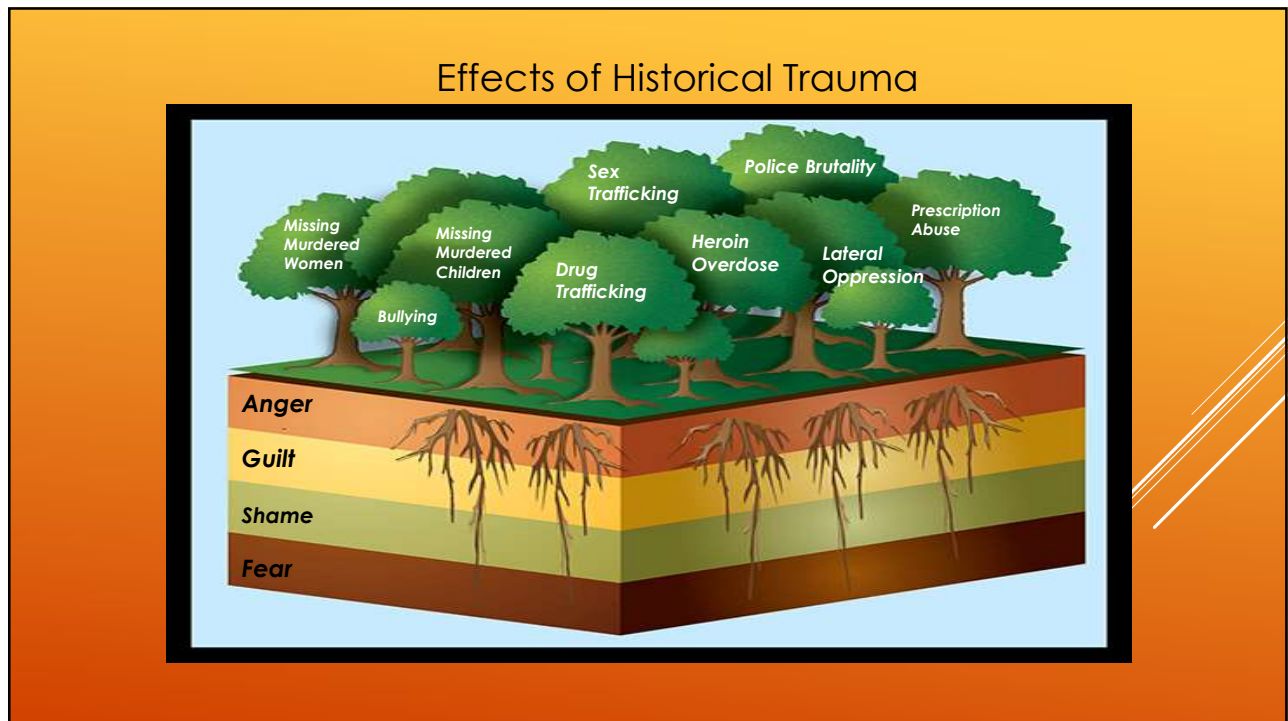
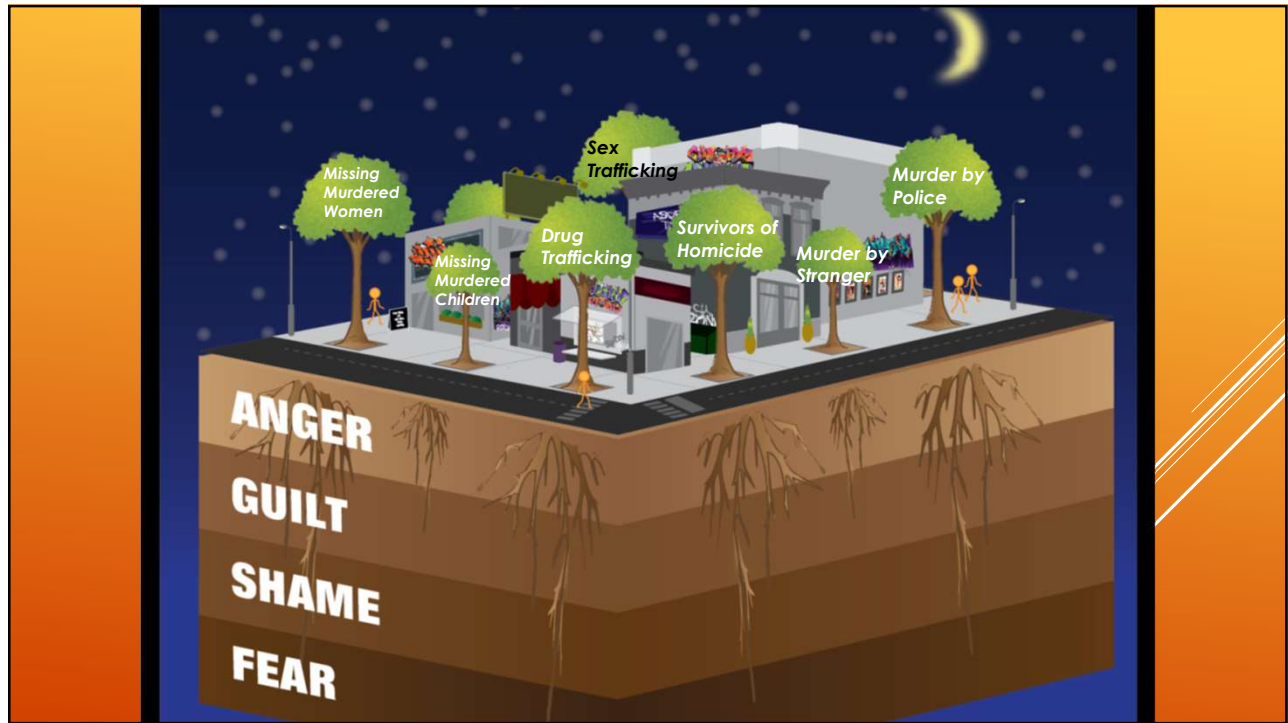
▶ Before you were born.....
when our ancestors lived....

WE.....

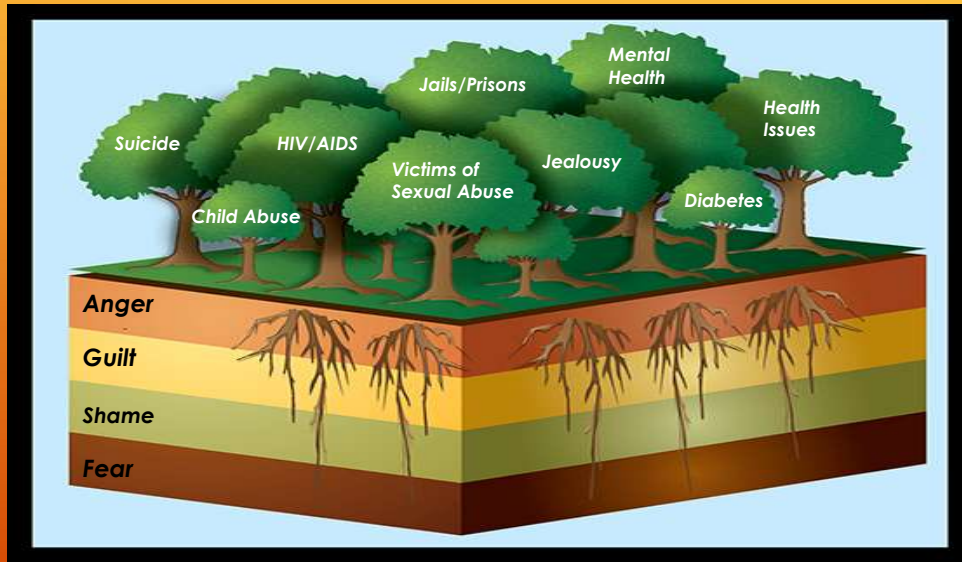


THEN.....
Something
Happened
To us.....

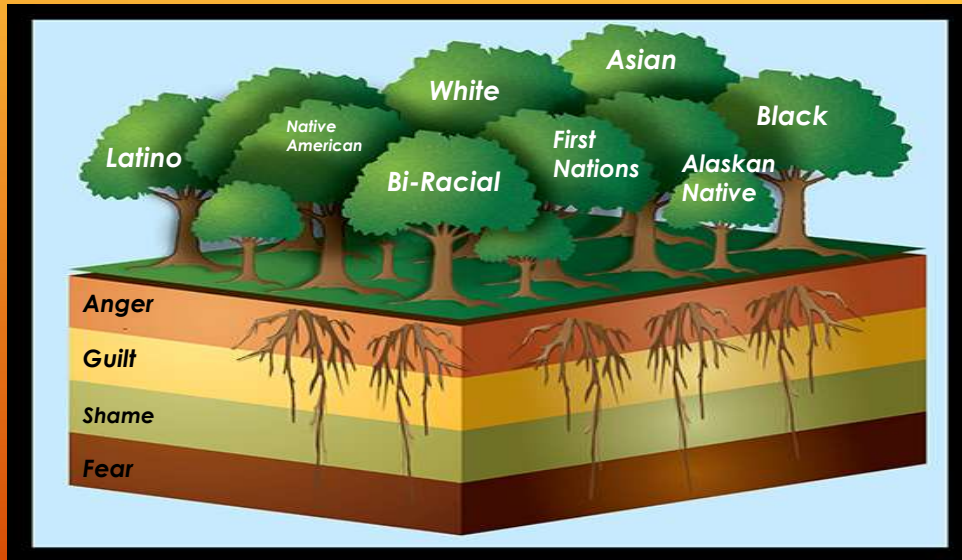


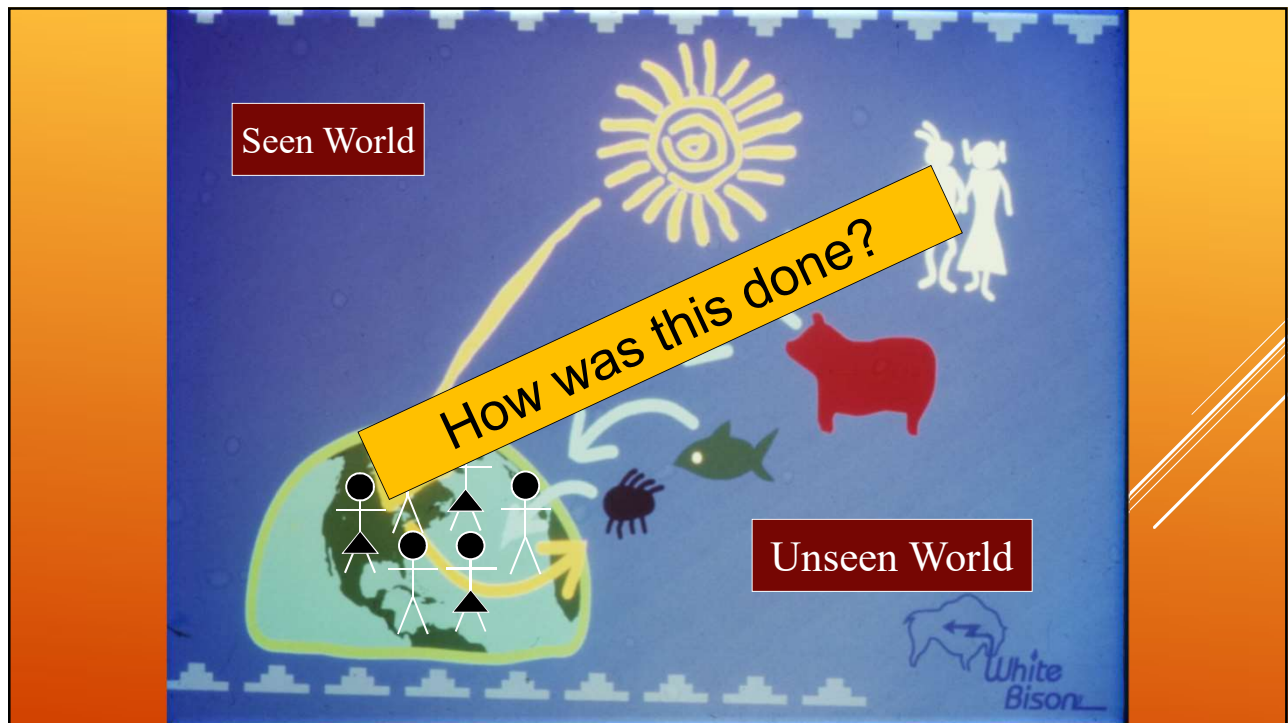
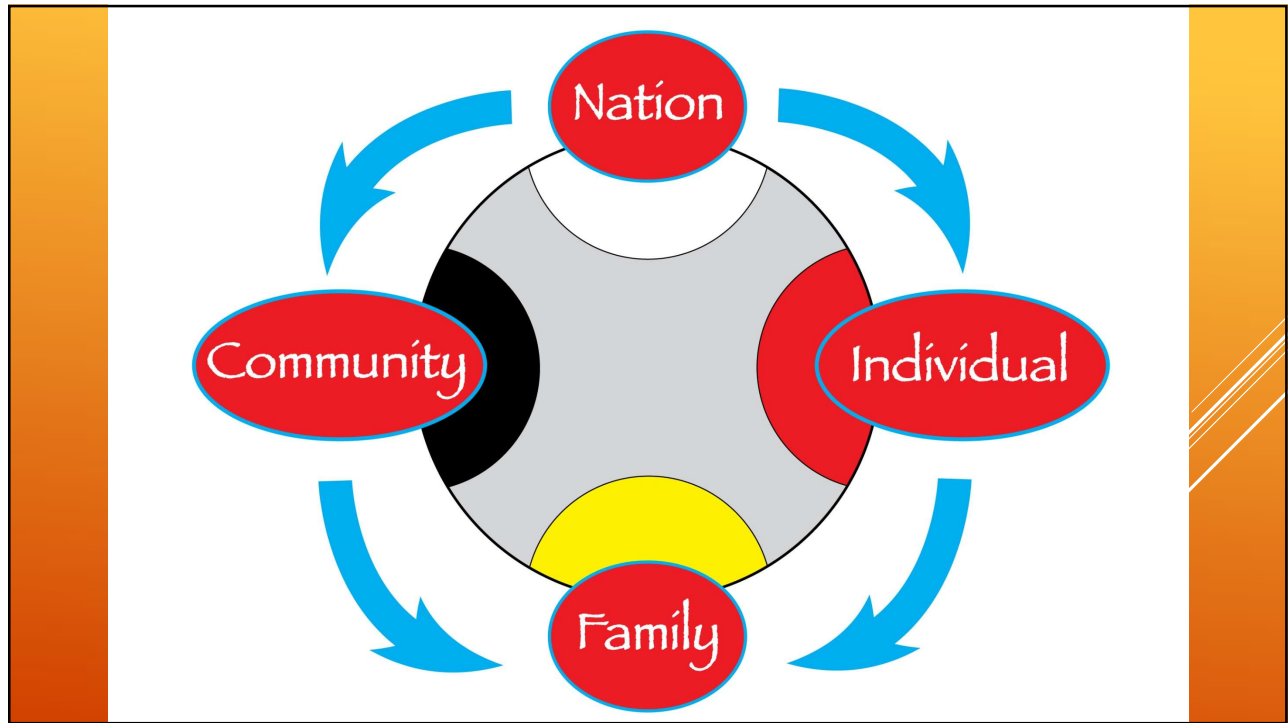


Effects of Historical Trauma



Effects of Historical Trauma





TRAUMA

Trauma is an event. It can be any event that causes psychological, physical, emotional or mental harm; such as a death or abuse. A traumatic event can also be called a loss. If someone dies, that's a loss. If someone was abused, that is a loss. A loss of trust. Whether you want to call the event a trauma or a loss is okay, BUT THE RESULT OF THE TRAUMATIC EVENT IS GRIEF.

GRIEF

Grief is the normal and natural response to loss. It's the conflicting emotions that result in the end of, or change in, a familiar pattern or behavior. Grief is the feeling of wishing things would have ended different, better, or more. Grief is the normal and natural feeling after trauma.

It's harmful to mislabel grief as trauma because it isn't accurate; trauma and grief are not the same.

- ▶ If you misdiagnose, you mistreat
- ▶ Trauma turns a griever into a victim. Victims can't feel better unless someone else takes an action.
- ▶ Survivors of Homicide a Wellbriety Approach directly approaches the core of the grief; so the griever can heal.

▶ Five Stages of Death & Dying, Elisabeth Kubler-Ross

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

WHAT WE HAVE LEARNED IS ITS NON-LINEAR AND UNIQUE TO EACH INDIVIDUAL

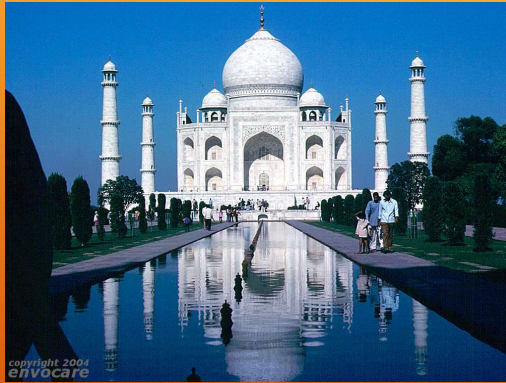
- ▶ In ancient Rome, professional mourners were hired to wear funerary portraits during the funeral.
- ▶ Visible monuments along the roads leading out of the city.

COMMEMORATING THEIR DEAD

EGYPTIAN PYRAMIDS



TAJ MAHAL - 1632



Emperors Wife Died and made this for her.

GRAVES WERE DECORATED WITH STATUES



BLACK CLOTHES



Queen Victoria was in mourning and depression for 44 –years and wore black for the rest of her life.

CORE BELIEF

- ▶ The Intensity of the grief is an indicator of the strength of the bond with the deceased.
- ▶ To dissolve the bond would render the relationship insignificant.
- ▶ Strength of your grief is a sign for your connection and love.

THE 20TH CENTURY & MODERNISM

- ▶ Western world view valued autonomy & individuation over connection.
- ▶ Grief, a bothersome interruption that must be worked through.
- ▶ Move on and get over it.

WERE ALL DONE WITH THAT!



Most employers give employees 3-days of bereavement.

IF YOUR DAD DIED WOULD YOU GET
OVER IT?



PARALYZED BY GRIEF

- ▶ But expected to return to life after 3-days
- ▶ Psychoanalysis failed to recognize how hard it is to sever bonds
- ▶ Free the bond to the deceased

ERICK ERICKSON

- ▶ Viewed dependence as BAD
- ▶ Felt that the survivor must relinquish the bond with the diseased so that new bonds can be formed

COCO DOES GRIEF



DISENFRANCHISED GRIEF

- ▶ **Disenfranchised grief** is a term describing grief that is not acknowledged by society. Examples of events leading to disenfranchised grief are the death of a friend, the loss of a pet, a trauma in the family a generation prior,^[1] the loss of a home or place of residence particularly in the case of children, who generally have little or no control in such situations, and whose grief may not be noticed or understood by caregivers;^{[2][3][4]} **American military children and teens** in particular move a great deal while growing up),^[5] an **aborted/miscarried pregnancy**, a mother's loss or surrender of a child to **adoption**, a child's loss of their birth mother to adoption, the death of a loved one due to a socially unacceptable cause such as **suicide**,^[6] or even the death of a **celebrity**.
- ▶ Certain events that are often circumscribed by social stigma can also cause disenfranchised grief, such as the breakup or loss of a secret relationship (e.g. an **extramarital affair**), botched cosmetic surgery procedures, the diagnosis of a **sexually transmitted infection** as well as other events.^[7] Traditional forms of grief are more widely recognized even in nontraditional living situations. However, there are few support systems, rituals, traditions, or institutions such as **bereavement leave** available to those experiencing disenfranchised grief.
- ▶ Even widely recognized forms of grief can become disenfranchised when well-meaning friends and family attempt to set a time limit on a bereaved person's right to grieve. For example, the need to regulate mourning and restore a state of normal work activity severely impacted the grieving process of victims of the **Oklahoma City bombing**, according to American scholar **Edward Linenthal**. Grieving for lost children was redefined as **post-traumatic stress disorder** if parents were not "over it" within two weeks.^[8]



Learning Objectives for 2 Day Training

As a result of this training, participants will be able to...

- **Implement 8 facilitator skills**
- **Create self help groups**
- **Lead participants in healing**
- **Apply cultural strategies**
- **Mobilize community resources**



Two Day Self-Help Circle Facilitator Training

Day 1:

- **Welcome and Overview**
- **Part 1: Historical & Cultural Loss**
 - Grief and Cultural Loss
 - Active listening
 - Mind mapping
- **Part 2: AIAN Culture**
 - Impact of Intergenerational trauma
 - Wellbriety Teachings
 - Cultural Strategies for healing

Day 2:

- **Part 3: Skills for Facilitators**
 - Talking Circle Practice
 - Facilitating
 - Monitoring
 - Referrals
- **Part 4: Mobilizing Community Resources**
 - Recruitment & Outreach
 - Engaging Resources
 - Planning and Implementation
 - Self-care



8 Skills Facilitators Need to Develop for Successful Self-Help Circles

#1 Active Listening:
enables circle members to feel that their concerns are heard. (p. 16)

#4 Facilitation Skills:
Guiding and directing people in learning new ideas and skills. (p. 69)

#7 Monitoring and Reporting: keeping track of progress and grant performance requirements (p. 81)

#2 Mind Mapping:
helps participants draw out ideas from within. (p. 17)

#5 Recognizing Symptoms:
anger, grief, desperation, even thoughts of suicide may hamper healing. (p. 73)

#8 Engaging Community Support: getting the whole community behind the benefits of self-help circles. (p. 100)

#3 Leading Talking Circles:
how to open, engage participants, and use the power of the circle to heal. (p. 65)

#6 Making Referrals:
when and where to refer people with issues. (p. 78)



Homicide (traumatic death) comes in different ways

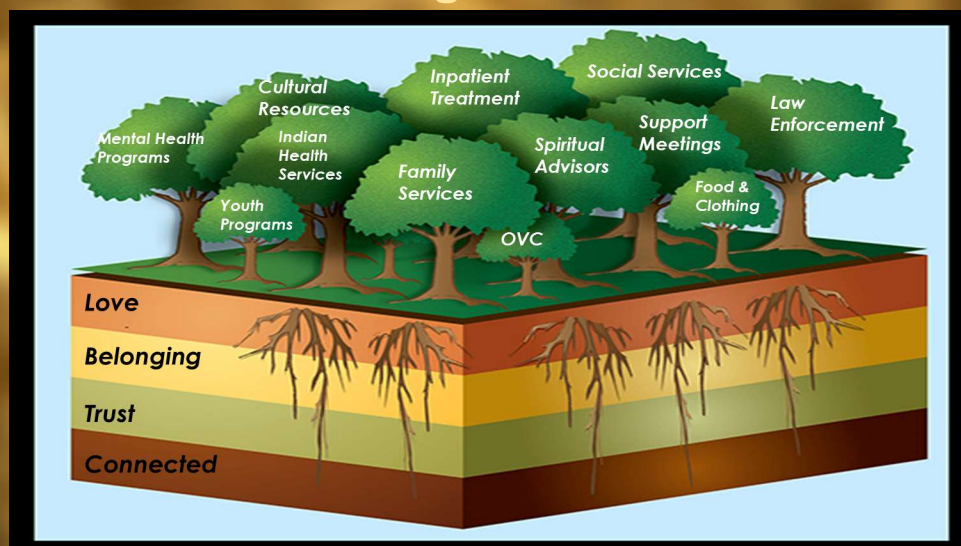
- Homicide within the family
- Driving related homicides
- Police involved homicide
- Terrorist attacks
- Stranger Homicide
- Gang Related Homicide
- Traumatic Death from War
- Legacy of Boarding School
- Intergenerational Trauma
- Drinking and/or drug related

Pages 11-12

(*Video clip from Pine Ridge)



Facilitator Skill #6: Making Referrals



See p. 78



Facilitator Skill # 8: Engage Community Support

- **Connect with Media**
- **Inform Community Leadership**
- **Conduct Needs Assessment**
- **Recruit Participants**
- **Recruit Resource People**
- **Recruit Cultural Leaders**
- **Create Strategies**
- **Plan Activities**



See p. 100