“What is working for Us

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Prepared by
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Culturally-informed Healing and Prevention is Ceremony moving us from hurting to helping.
• Evidence-Based Practices: Practices that integrate the best research evidence with clinical expertise and patient values.

• Practice-Based Evidence: A range of treatment approaches and supports that are derived from, and supportive of, the positive cultural of the local society and traditions.
Practice-based Evidence as an Indigenous Container
“Terms like multiculturalism, competency, and sensitivity have been overused in research and clinical practice in counseling and psychology. As long as these terms are defined by an epistemology that is not from the community under investigation, the practice of research will merely be one of ongoing neo-colonialism.”

*Story Sciencing and Analyzing the Silent Narratives Between Words: Counseling Research from an Indigenous Perspective*

Eduardo Duran & Judith Firehammer
Elements of Modules

- Ceremony/Ritual/Prayer/Song
- Stories: Traditional//Historical/Personal
- Mini Teaches/Lectures (historical trauma, cultural oppression, lateral oppression)
- Experiential Exercises
- Ice Breakers/Energizers
- Processing
What Stories Do for Us

- They carry our cultural DNA
  - Pass on, or seed, intact values and norms (Connectedness/Belonging)
  - Tell how things came to be (Connectedness/Belonging)
  - Teach us how to be in Relationship with others, the cosmos, and a higher power (Interdependence)
Stages of Recovering from Trauma

Establish Safety → Remembrance and Mourning → Reconnection and Empowerment

Trauma and Recovery, Judith Herman, MD
Gathering of Native Americans (GONA)

- Belonging
- Mastery
- Interdependence
- Generosity

Establish Safety  Remembrance/Mourning  Reconnecting/Empowerment

AOD Prevention Curriculum, CSAP Initiative
Reclaiming Medicine
Reclamation of Medicine
Duran, E. and Firehammer, J. *Story Sciencing and Analyzing the Silent Narrative Between Words: Counseling Research from and Indigenous Perspective*

Chesbro, T., *Fidelity and Taking the Mystery Out of Adaptation.* Family and Youth Services Bureau Tribal Personal Responsibility Education Program (Tribal PREP) Grantee Kick-Off Meeting. December 6, 2011


Gathering of Native Americans (GONA) Trainer Guide . (Revised)