

A row of colorful, patterned Native American headdresses, possibly Hopi or Zuni, stands against a dark blue night sky filled with stars. The headdresses are made of woven fabric and feature various geometric patterns in red, green, yellow, and purple. Some have feathers or other decorative elements on top.

HISTORICAL & GENERATIONAL TRAUMA

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Battiste, M. A. (2009). *Reclaiming indigenous voice and vision*. Vancouver: UBC Press.

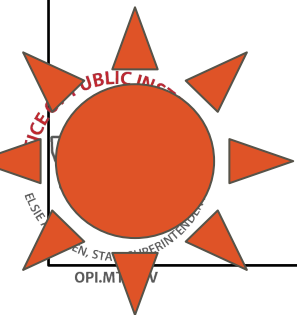
Paradigms- (the way in which we see the world)

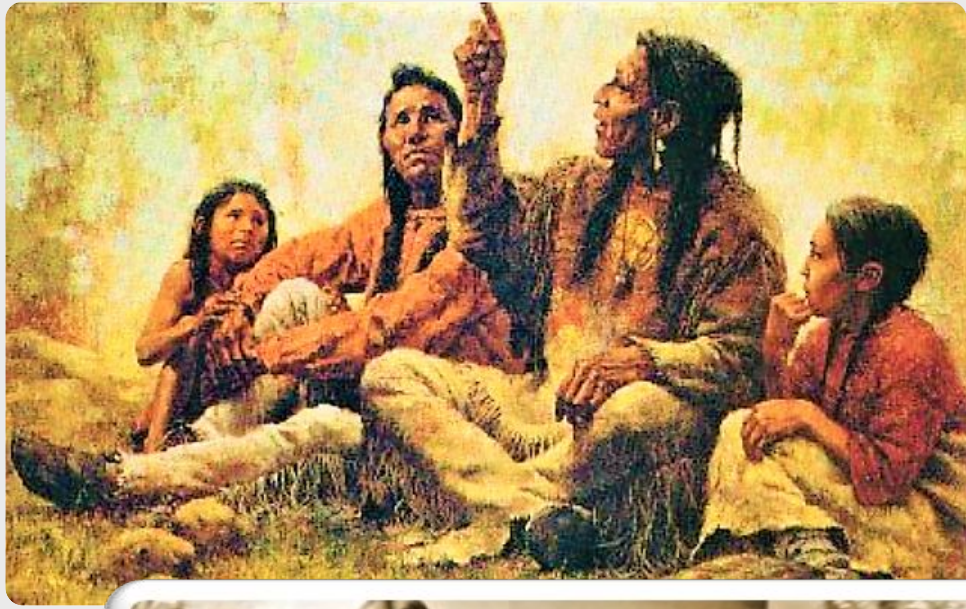
A paradigm is the framework in which develops a perception and understanding of the world and helps people make sense of it.



Paradigm-Culture

- Paradigm is made up the culture of a people. It means the way of life of groups of people, the way they do and see things, passed from generation to generation.
 - Surface Culture: Foods, holidays, events, arts, folklore, music, language (tip of the iceberg)
 - Deep Culture: Ceremonies, ethics, values, beliefs, historical stories/ legends, kinship, language





Self-Identity- Made up of the culture you are born into, and raised in, the culture of your community that influences your worldview and values as a person.

- Community you were raised in
- Family you were raised with
- Schools
- Social Environment



“Self-concept and achievement are dynamically interactive and reciprocal. It is found that certain psychological factors like self-concept plays a major role in determining the academic achievement of students” (Kamari, 2013).

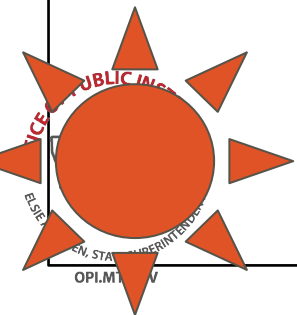
Historical Native Paradigm

Surface Culture-

- Dwellings (Tipis, Tipi Rings)
- Food (Meat, berries, roots)
- Clothing (Breech cloths, buckskin, feathers)
- Horses/Horsemanship, Dogs
- Artwork/crafts (Bead/quillwork Petroglyphs, Winter Counts, Designs)
- Tools (Piskun/Buffalo Jumps, Arrowheads, Bows, Tanning Tools)
- Environment (Known Territory and Landmarks)
- Encampments

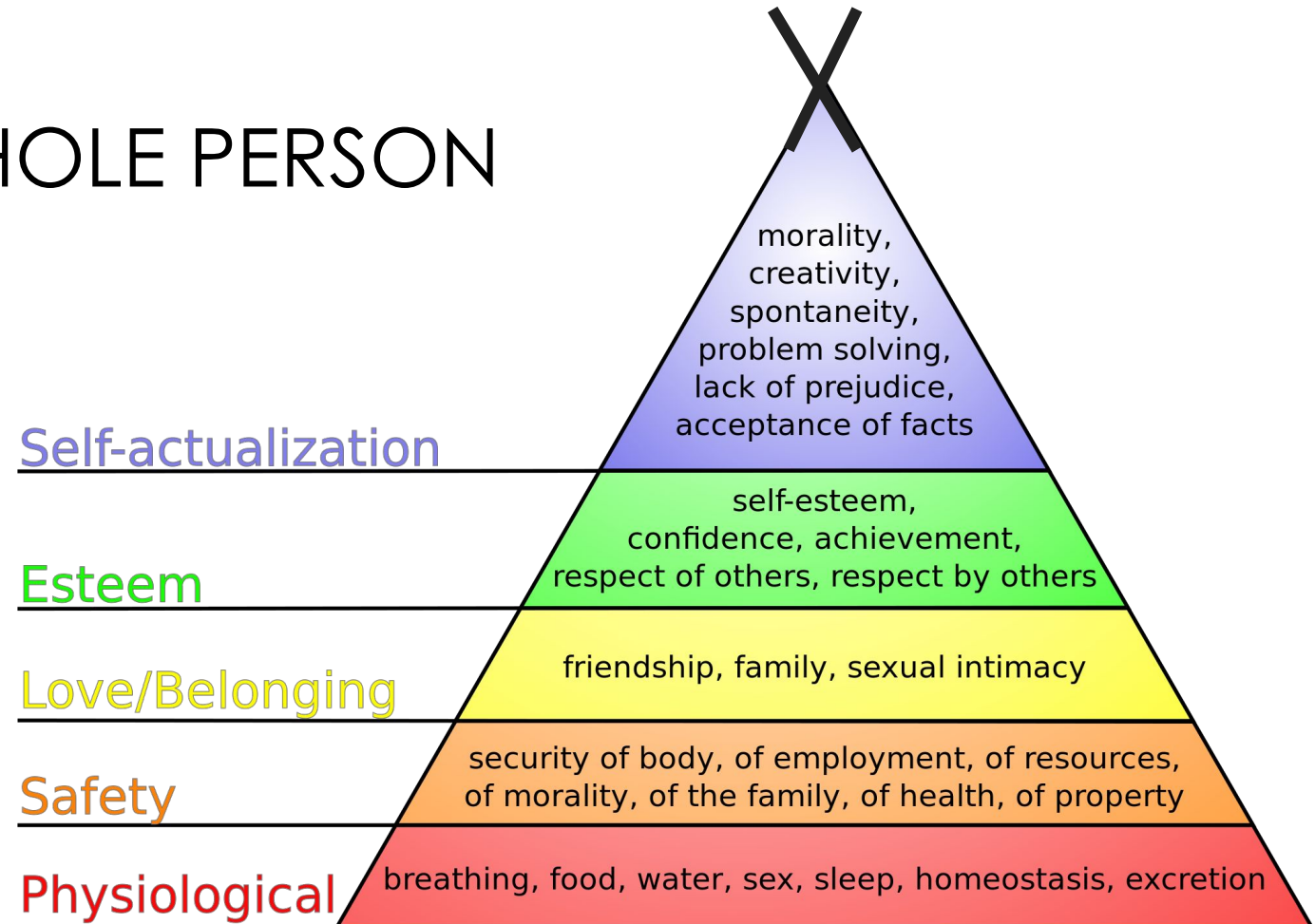
Deep Culture-

- Relationships (Kinship, family, animals, universe)
- Systems (Education, Social Control, Governance)
- Methods (Survival, Childrearing, Hunting/Gathering, Astronomy)
- Ceremony/songs/stories
- Language
- Values and Ethics

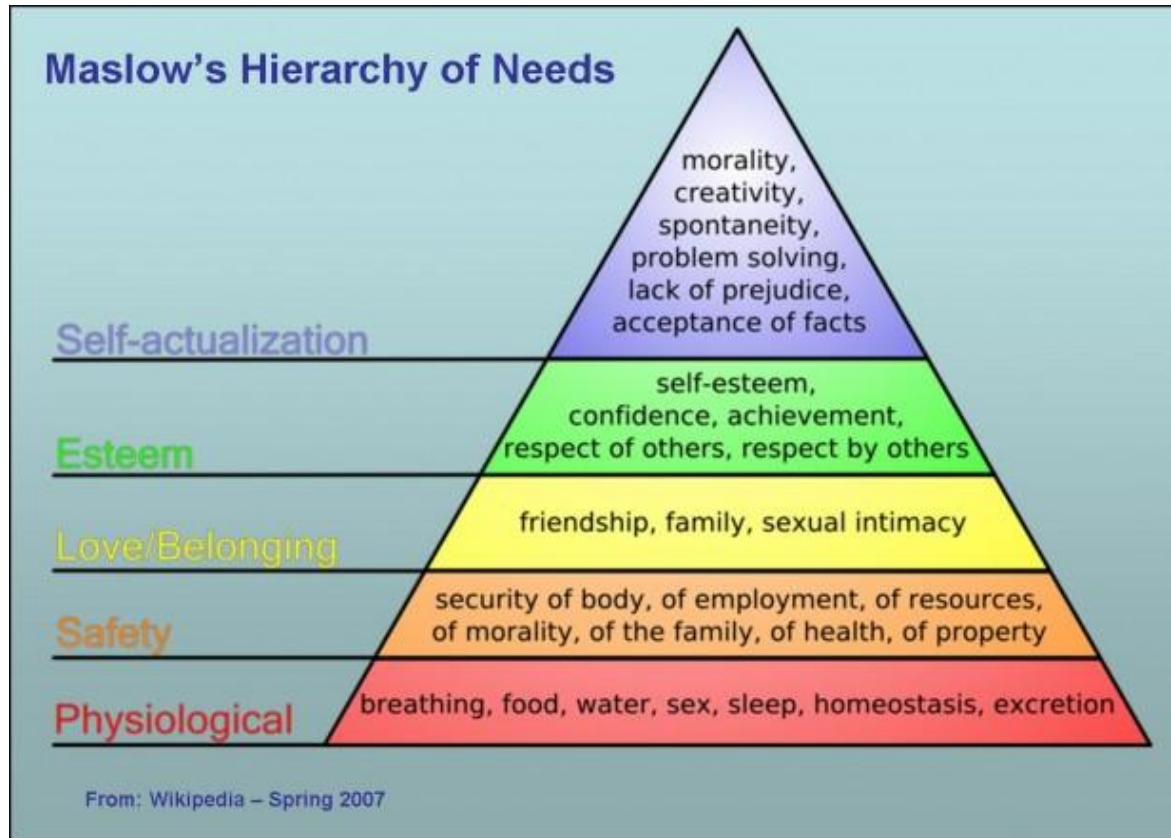




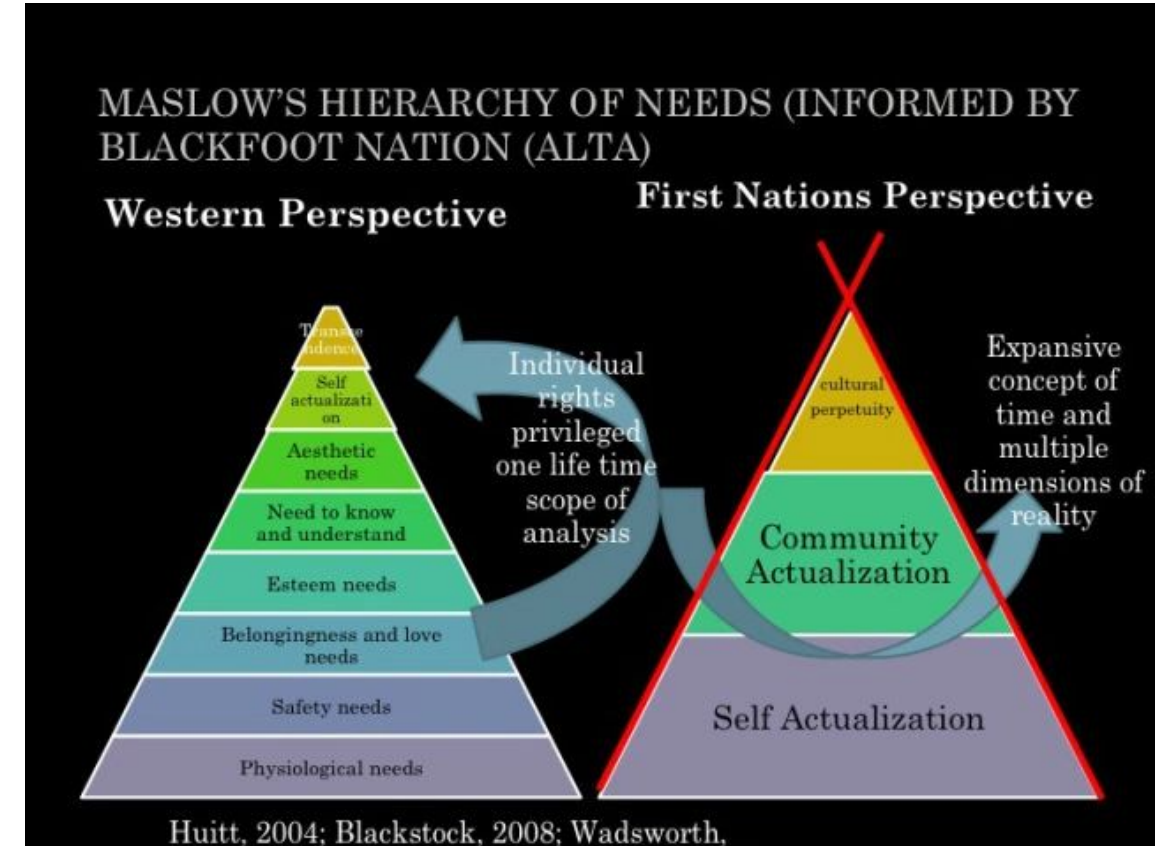
WHOLE PERSON



Maslow's Worldview



Indigenous Worldview





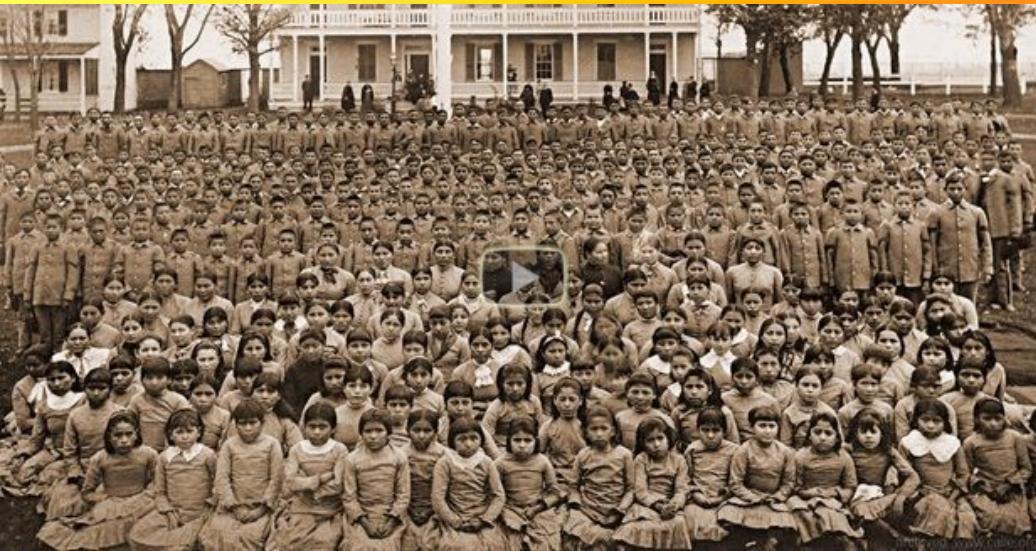
IN 1938, MASLOW FOUND AN ENTIRE CULTURE THAT EXEMPLIFIED HIS DEFINITION OF SELF-ACTUALIZATION

- "Nearly all of the Blackfoot, he discovered, displayed a level of emotional security that only the upper percentiles of the US population achieved."
- He believed this resulted from child rearing practices:
 - -emphasis on personal responsibility
 - -emphasis on goodness and strength
 - -demanding but loving adults
- This combination of tenderness and hardiness developed the best sort of character



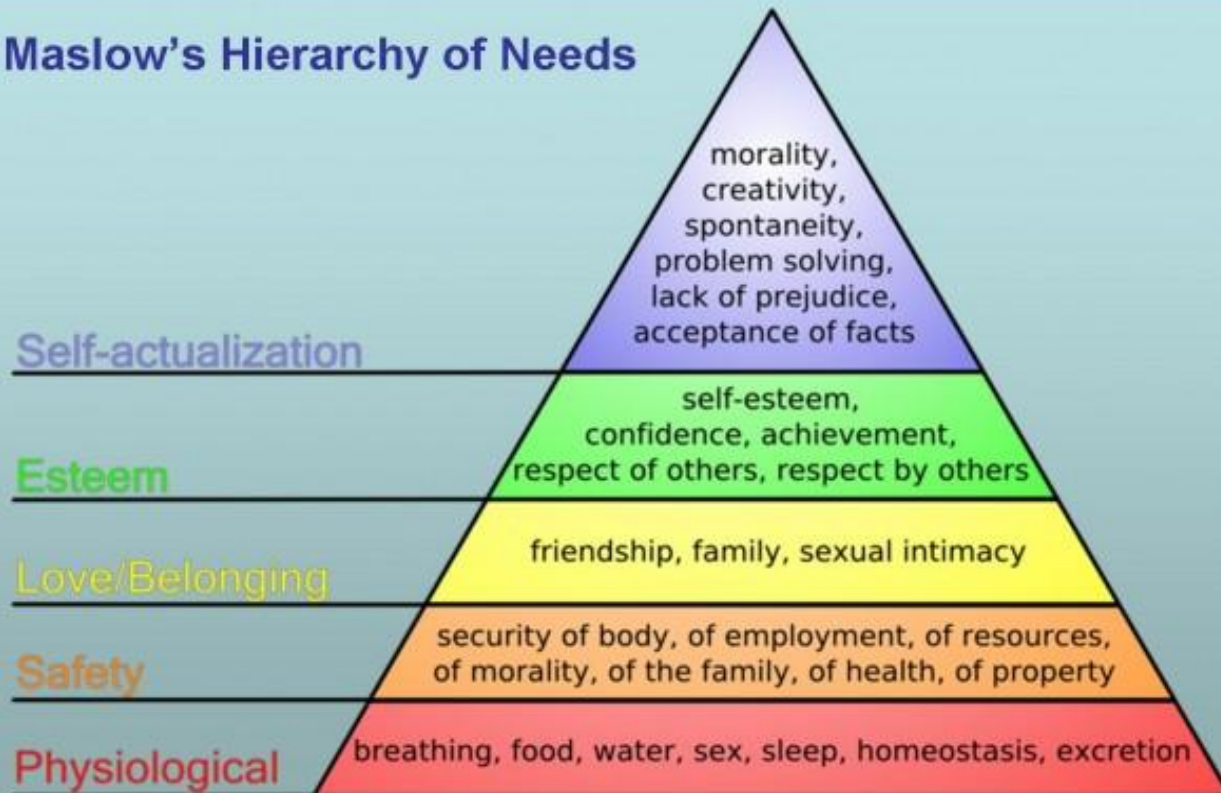
If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life.

Abraham Maslow



“Kill the Indian, Save the man”

Maslow's Hierarchy of Needs



From: Wikipedia – Spring 2007

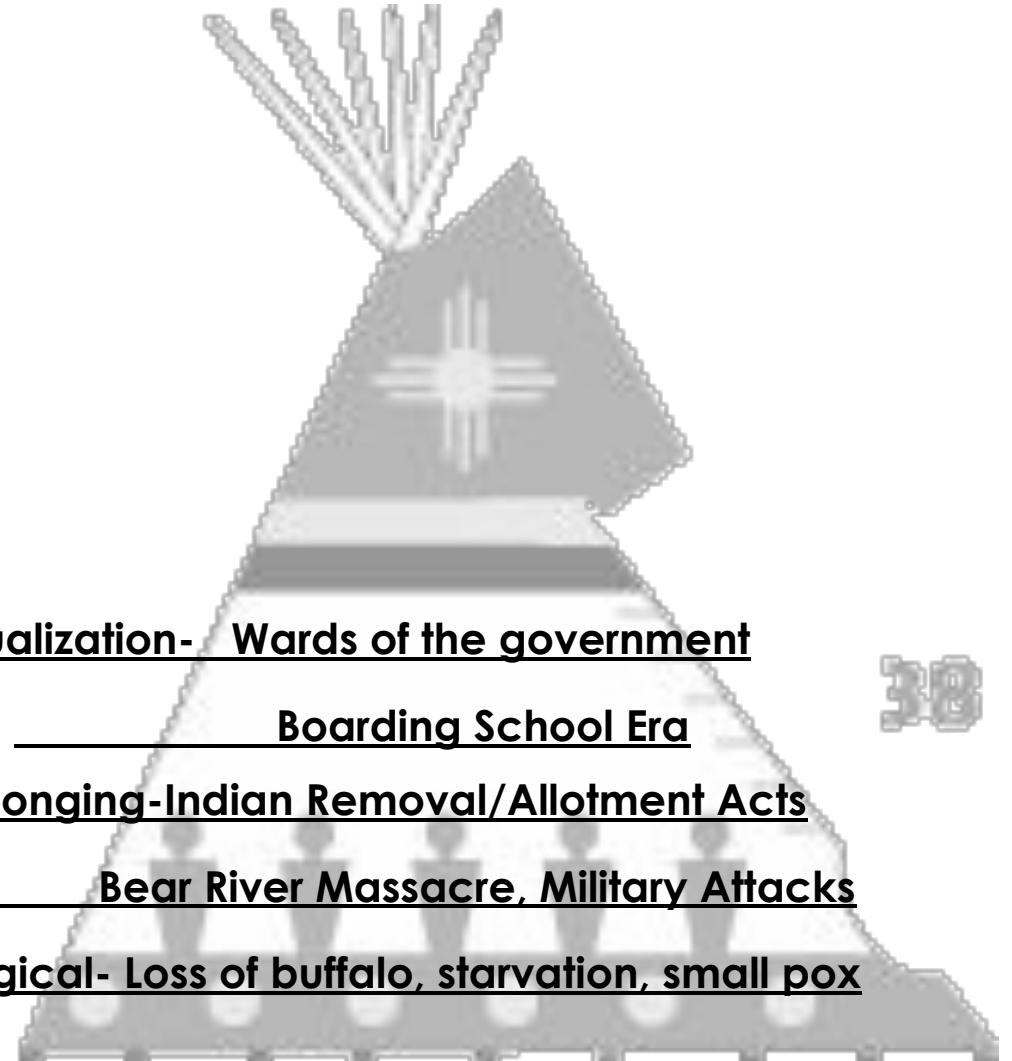
Self-actualization- Wards of the government

Esteem- Boarding School Era

Love/Belonging-Indian Removal/Allotment Acts

Safety- Bear River Massacre, Military Attacks

Physiological- Loss of buffalo, starvation, small pox





“KILL THE INDIAN, SAVE THE MAN” BOARDING SCHOOL ERA

- 1869- Indian Boarding School Policy begins, purpose is removal and reprogramming of American Indian and Alaska Native children to accomplish the systematic destruction of Native cultures and communities.
- 1900- over 20,000 children are in boarding schools.
- 1925- over 60,000 children are in boarding schools
- 1926- Nearly 85% of all native children were in 327 boarding schools across the U.S.

“A great general has said that the only good Indian is a dead one, and that high sanction of his destruction has been an enormous factor in promoting Indian massacres. In a sense, I agree with the sentiment, but only in this: that all the Indian there is in the race should be dead. Kill the Indian in him, and save the man.”

— Gen. Richard Henry Pratt

- Punished for speaking their native language,
- Punished for traditional or cultural practices,
- stripped of hair and personal belongings and behaviors reflective of their native culture,
- suffered physical, sexual, cultural and spiritual abuse and neglect,
- experienced treatment that in many cases constituted torture,
- many children never returned home and their fates have yet to be accounted for by the U.S. government.



Historical trauma is trauma experienced by a specific cultural, racial or ethnic group. It is related to major events that oppressed a particular group of people because of their status as oppressed, such as slavery, the Holocaust, forced migration, and the violent colonization of Native Americans. (Sotero, 2006)

HISTORICAL TRAUMA



GENERATIONAL TRAUMA VS HISTORICAL TRAUMA

Historical Trauma

- Policies that perpetuated trauma
- Inflicted on mass people
- Due to race
- Origin points for paradigm shifts, culture and language loss, and negative self-identity concepts
- Origin point for generational trauma cycles- sexual abuse, neglect, alcoholism, etc.
- The word “historic” causes people confusion (trauma is gone and all we need is an apology)

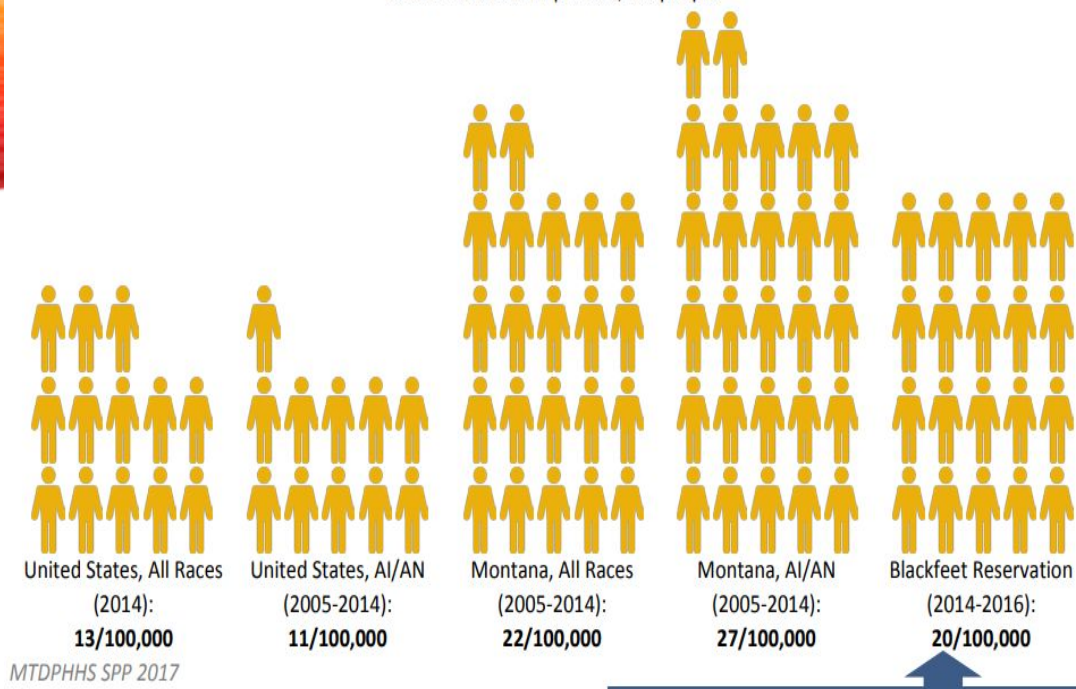


Generational Trauma

- Trauma cycles that are passed down from generation to generation
- Resulting in high and disproportionate rates of trauma
- Ongoing
- Patterns
- Can be broken if all systems are working together to break the cycles
- Reversal of Historical Trauma can happen

SUICIDE RATES BY REGION AND RACE

Crude suicide rates per 100,000 people



LIFE EXPECTANCY BY RACE AND SEX (2011-2013)

	Glacier County		Montana	
Race	Male	Female	Male	Female
White	75	81	76	83
American Indian	62	68	63	64

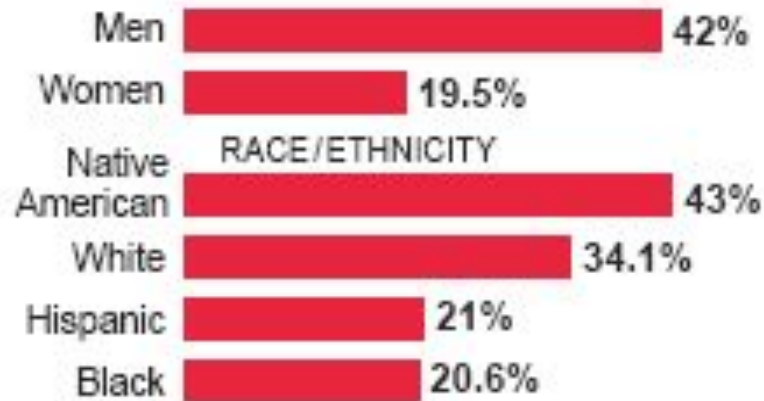
US CENSUS ACS 2015



Alcohol abuse high

Rates for alcohol abuse and alcoholism were found to be highest in men and in Native Americans, as reported in a new government study.

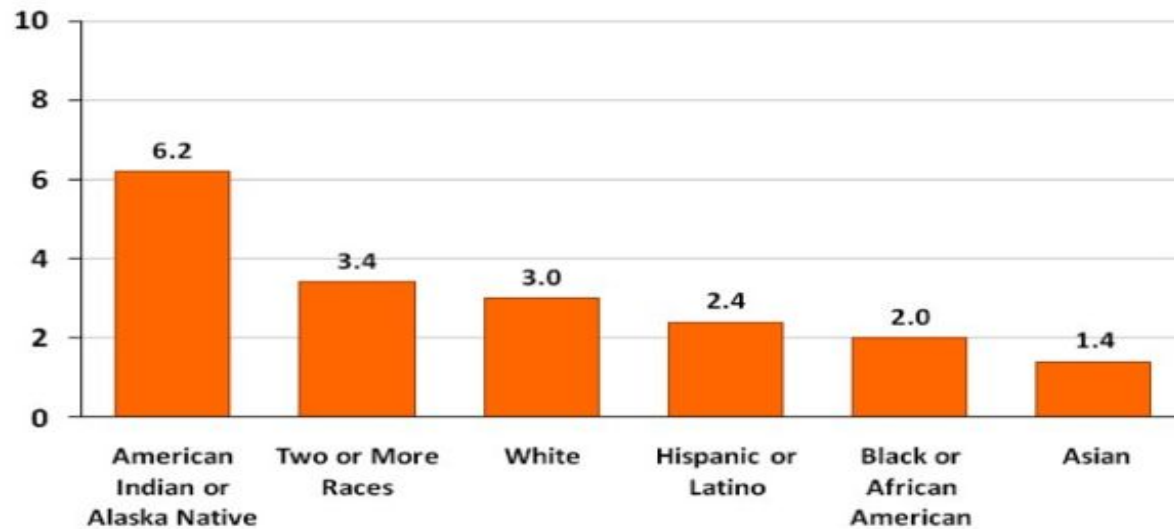
Percentage of Americans suffering from alcohol abuse or alcoholism in their lifetime



Current Nonmedical Use of Prescription Drugs by Race/Ethnicity, 2009

P

Percent Using in Past Month (Ages 12 or older)

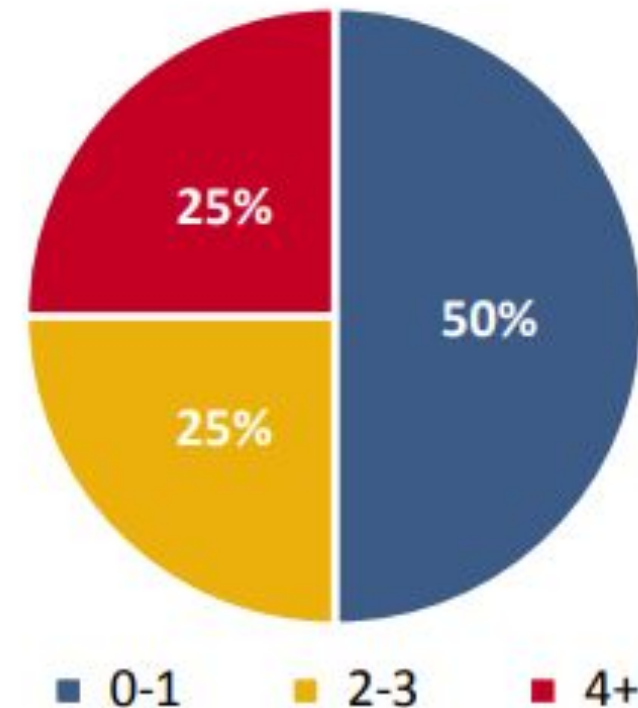


Note: Due to low precision, estimates for Native Hawaiians or Other Pacific Islanders are not shown.

Source: SAMHSA, 2009 National Survey on Drug Use and Health (September 2010).

BLACKFEET ACE SCORES

Percent of CHA Survey respondents in each ACE Score category:



2016; CHA SURVEY 2017; SAMHSA ACE

- Native Americans are **more likely to be killed by police** than any other racial group, according to the Center on Juvenile and Criminal Justice.

- Native American men are **incarcerated at four times the rate of white men**; Native American women are incarcerated at six times the rate of white women, according to a report compiled by the Lakota People's Law Project.

RACE

more on
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JAILS

2015

6% of state
pop. | 25% of jail
pop.



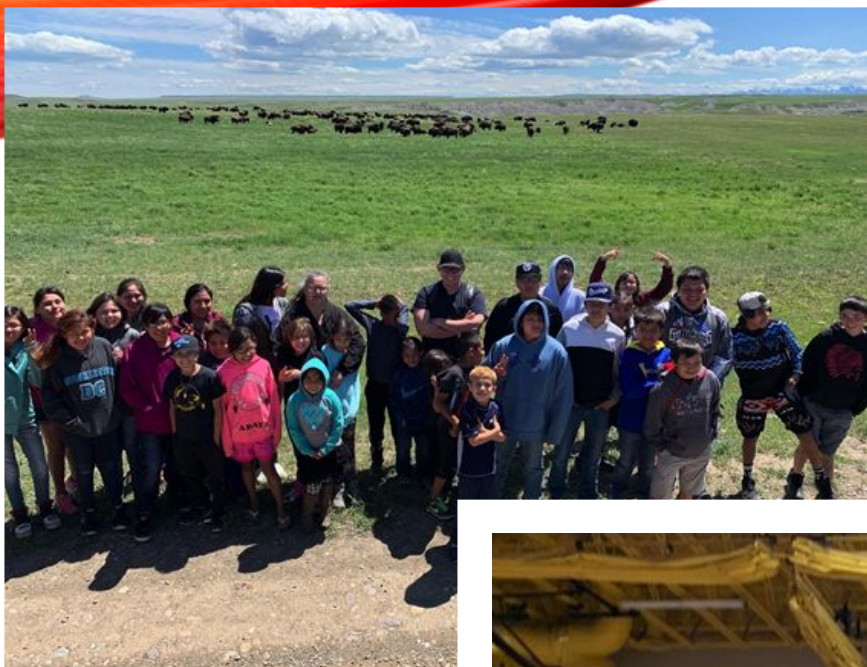
PRISONS

2017

6% of state
pop. | 22% of prison
pop.



In Montana, Native American people constituted 6% of state residents, but 25% of people in jail and 22% of people in prison.



HOW DO WE HEAL THE WOUNDS?

Rebuild positive self-identity through:

- **Knowing your culture**
- **Relearning your language**
- **Relearning your values**
- **Using your cultural coping methods**
- **Love yourselves once again**
- **Caring about one another**
- **Taking care of our environment**
- **Learning your ceremonies, stories, songs**
- **Becoming self-actualized, community actualized, and passing your culture to future generations**



Living in two worlds

**STRONG SELF-IDENTITY
ALLOWS STUDENTS TO BE
CONFIDENT IN LIVING IN
TWO WORLDS**

