

Indigenous Trauma & Equity Informed Practice (for children, youth, & adults)

2024

Main conversation ideas

1. What is Trauma Informed Practice?
2. What is the relationship between colonialism & Indigenous trauma?
3. How can we embed and reflect Indigenous equity-oriented approaches into our professional practice



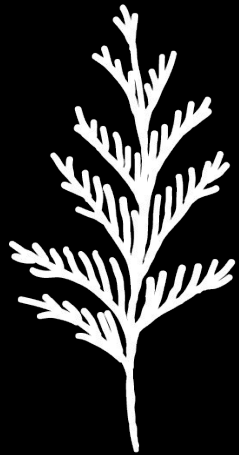
Small group introductions

In small breakout groups:

- Introduce your name
- Your role and organization
- Territory Acknowledgement
- What brings you here?
- What would you like to learn about?



CONTENT WARNING



Some language and curriculum content in iTEIP can be emotionally triggering for some people. Please remember take care of yourself , you can mute the call, turn off your video, drink some water, walk and breathe.



What are the top 3 things you want people to feel when they work with you?

Please type in the chat box...

1

What is trauma
informed practice?

A photograph of a person, likely Indigenous, sitting in a forest. They are wearing a wide-brimmed woven hat and a patterned poncho. The person is looking off to the side with a thoughtful expression. The background is a dense forest with tall trees.

“Knowing oneself comes from
attending with compassionate curiosity
to what is happening within”
-Gabor Mate



Trauma-Informed Practice:

Trauma-Informed Practice is a strengths-based framework grounded in an understanding of and responsiveness to the impact of trauma.

It emphasises physical, psychological, and emotional safety for everyone, and creates opportunities for survivors to rebuild a sense of control and empowerment.

[Healing Families, Helping Systems: A Trauma-Informed Practice Guide for Working with Children, Youth and Families](#)



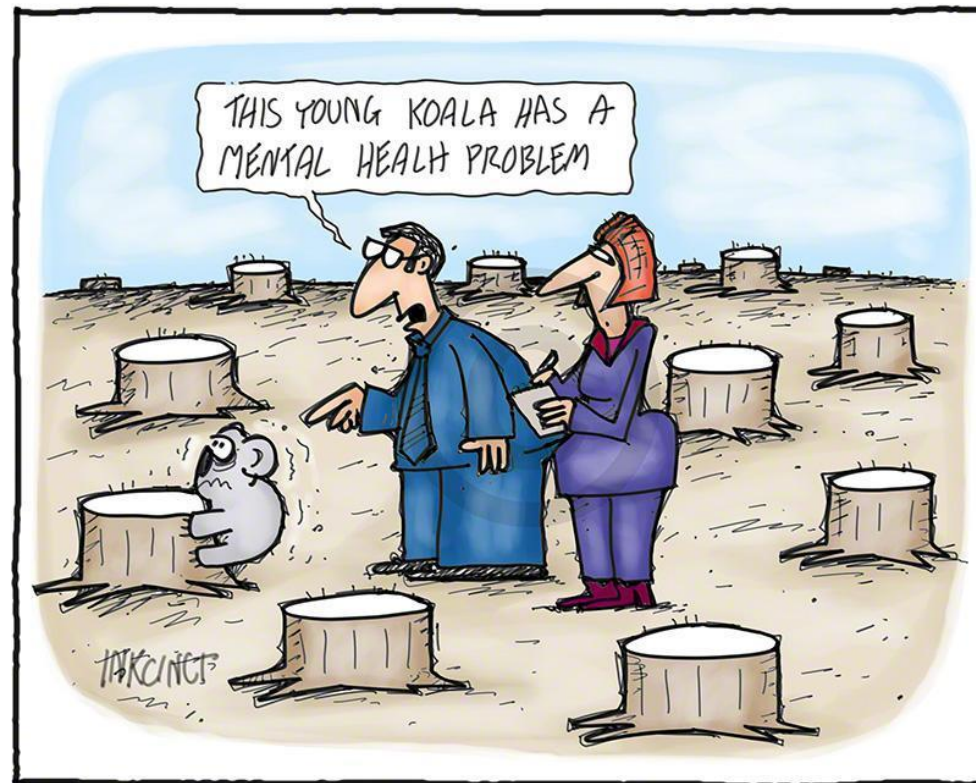


2

What is the relationship between colonialism and Indigenous trauma?

The trauma quandary

- Trauma is a psychological & mental illness term
- Originates from western illness model
- Deficit models will focus on the Indigenous person to change when we really need the system to change
- The focus in trauma lacks accountability for genocide, state violence, destabilization, exploitation, male supremacy, white supremacy, assimilation, and capitalism





Indigenous Specific Trauma

Pre-contact

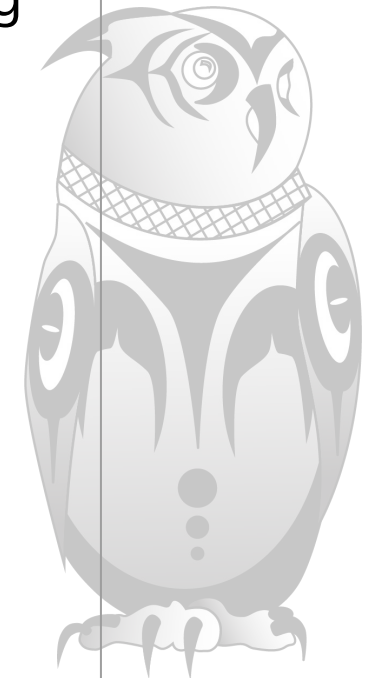
Death
 Starvation
 Tribal War
 Separation
 Flood
 Fire
 Earthquake
 Physical injury

Targeted Trauma

Mass murder
 Cultural genocide
 Bio-warfare
 Land theft
 Displacement
 Residential Schools
 Indian Hospitals
 Health experimentation
 Child theft
 Dog slaughters
 State violence
 Religious violence
 Economic violence
 MMIWG2S
 Theft horses
 Manufactured consent

Intergenerational Trauma

Psychological assault
 Ritual abuse
 Gender violence
 Cultural alienation
 Suicidality
 Mental illness
 Toxic drug poisoning
 Mass incarceration
 Houselessness
 Poverty
 Survival crime
 Addiction
 Lateral violence
 Blood quantum
 Sexual assault
 Political violence





Indigenous Specific Trauma

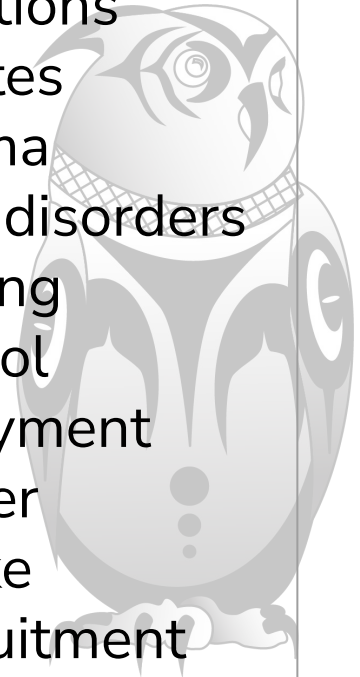
Pre-contact
<ul style="list-style-type: none"> Death Starvation Tribal War Separation Flood Fire Earthquake Physical injury

Targeted Trauma
<ul style="list-style-type: none"> Mass murder Cultural genocide Bio-warfare Land theft Displacement Residential Schools Indian Hospitals Health experimentation Child theft Dog slaughters State violence Religious violence Economic violence MMIWG2S Theft horses Manufactured consent

Intergenerational Trauma
<ul style="list-style-type: none"> Psychological assault Ritual abuse Gender violence Cultural alienation “Suicide” Mental illness Toxic drug poisoning Mass incarceration Houselessness Poverty Survival crime Addiction Lateral violence Blood quantum Sexual assault Political violence

Indigenous Health & Social Inequities

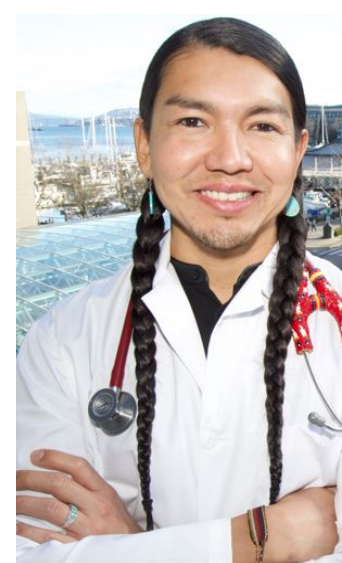
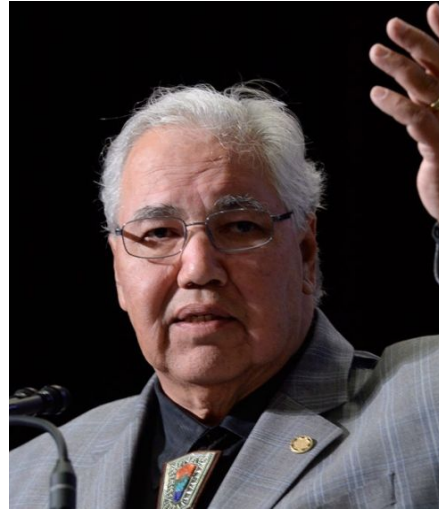
<ul style="list-style-type: none"> Mental illness “Suicide” Obesity Heart disease Kidney Disease Incarceration Drop-out of school Designations Diabetes Asthma Autoimmune disorders Smoking Alcohol Unemployment Cancer Stroke Gang Recruitment
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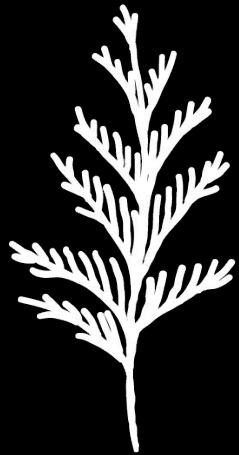


We are not our traumas.

We are our intergenerational strength, grace, & resilience



Let's pause to debrief



Turn to your neighbour.

Offer a reaction to what you just heard or learned:

- Comment
- Question
- Doubt
- Frustration
- Excitement
- Aha moment



We are not our traumas.

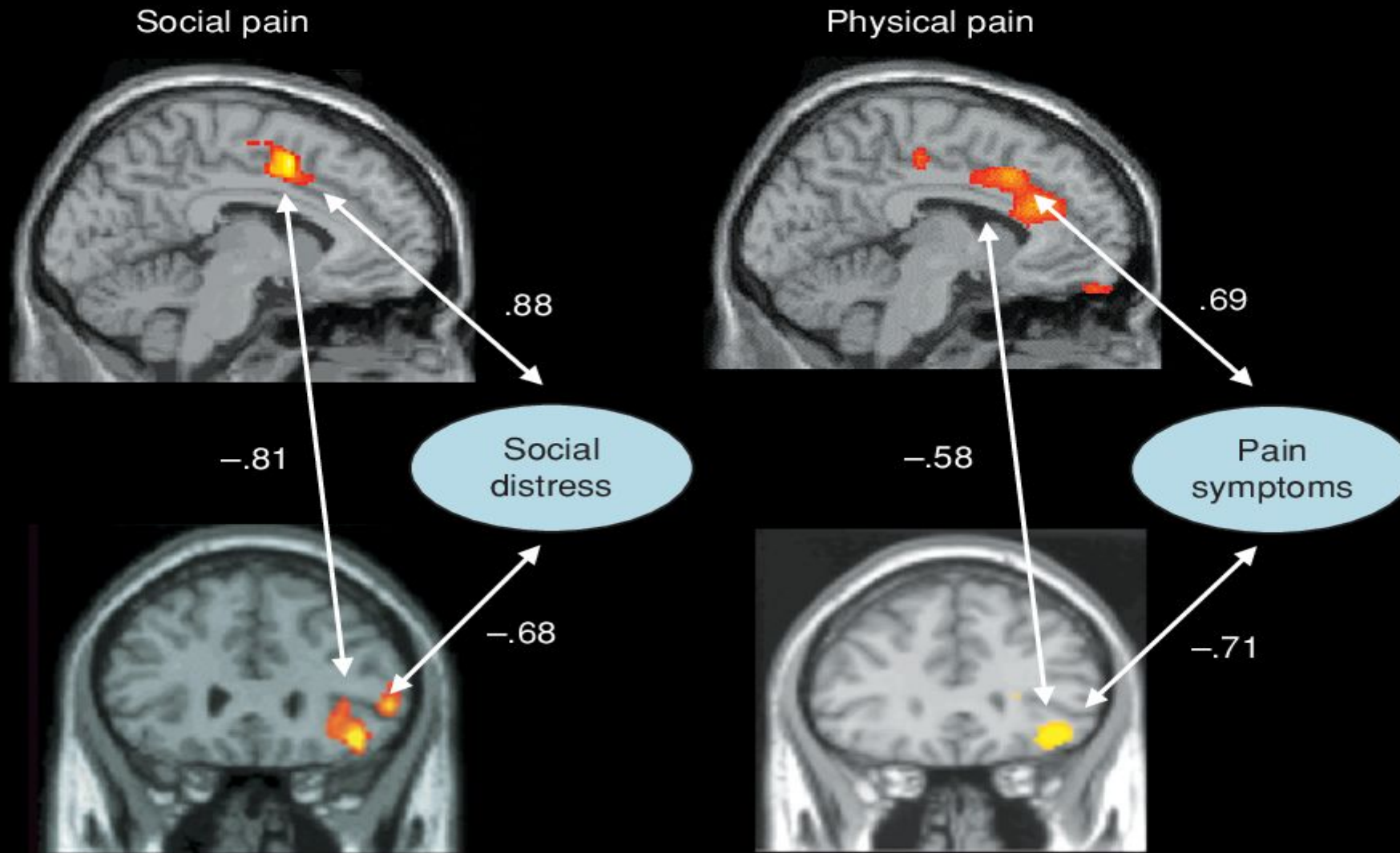
We are our intergenerational strength, grace, & resilience

From time immemorial...
Social cohesion Tribalism Autonomy Sovereignty Culture Spirituality

Protecting community
Advocacy Solidarity Allyship Comradery Matriarchy Matrilineal 2S Authority Children are Central Land as Relative Stewardship Authority Self-determination Sovereignty Unity Consensus No one left behind

Intergenerational Strength
Ceremony Indigenous Knowledge Elders Knowledge Keepers UNDRIP Human Rights Indigenous Equity Reconciliation Two-Eyed Seeing Social Justice Diversity Harm Reduction Poverty Reduction Lateral Kindness Compassionate Leadership

Prejudice
Discrimination
Racism
Social isolation
Stigma
Socialization





The opposite of trauma is not
healing.
The opposite of trauma is
power.





“All behaviour is a form of communication”.



Train yourself to ask the question:

“What is the behaviour communicating to me?”





Trauma Responses 101



Fight

"It's all your fault!"
feeling anger or rage

Talking back to authority, storming out, showing aggression towards self or others, showing defiance, blaming others



Flight

"I've got to get out of here!"
feeling anxious or overwhelmed, feeling the urge to flee

Leaving the space unexpectedly, spacing out or seeming not to listen, being intentionally or unintentionally distracted, missing class or work



Freeze

"I can't,"
feeling panicked, overwhelmed, or numbed-out

Giving up quickly, spacing out/ seeming not to listen, showing frustration or overwhelm



Flop

"It's all my fault" or "It's not worth it"
feeling sad, depressed, hopeless, apathetic

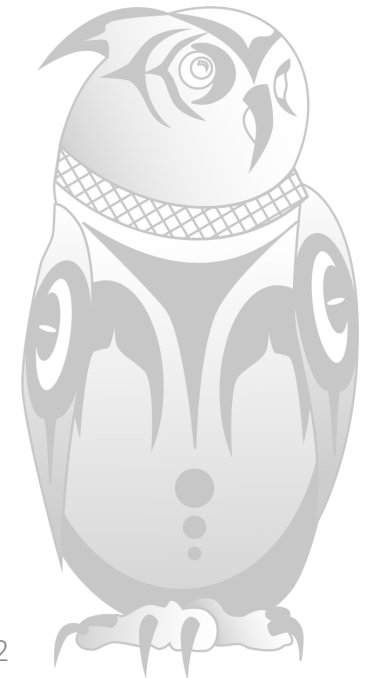
Appearing disengaged, showing little emotion, missing class, work, events



Friend

"Please help me! I can't do it."
Feeling helpless or powerless, low confidence

Not taking responsibility for oneself, relying on others (peers, adults others) to help solve problems

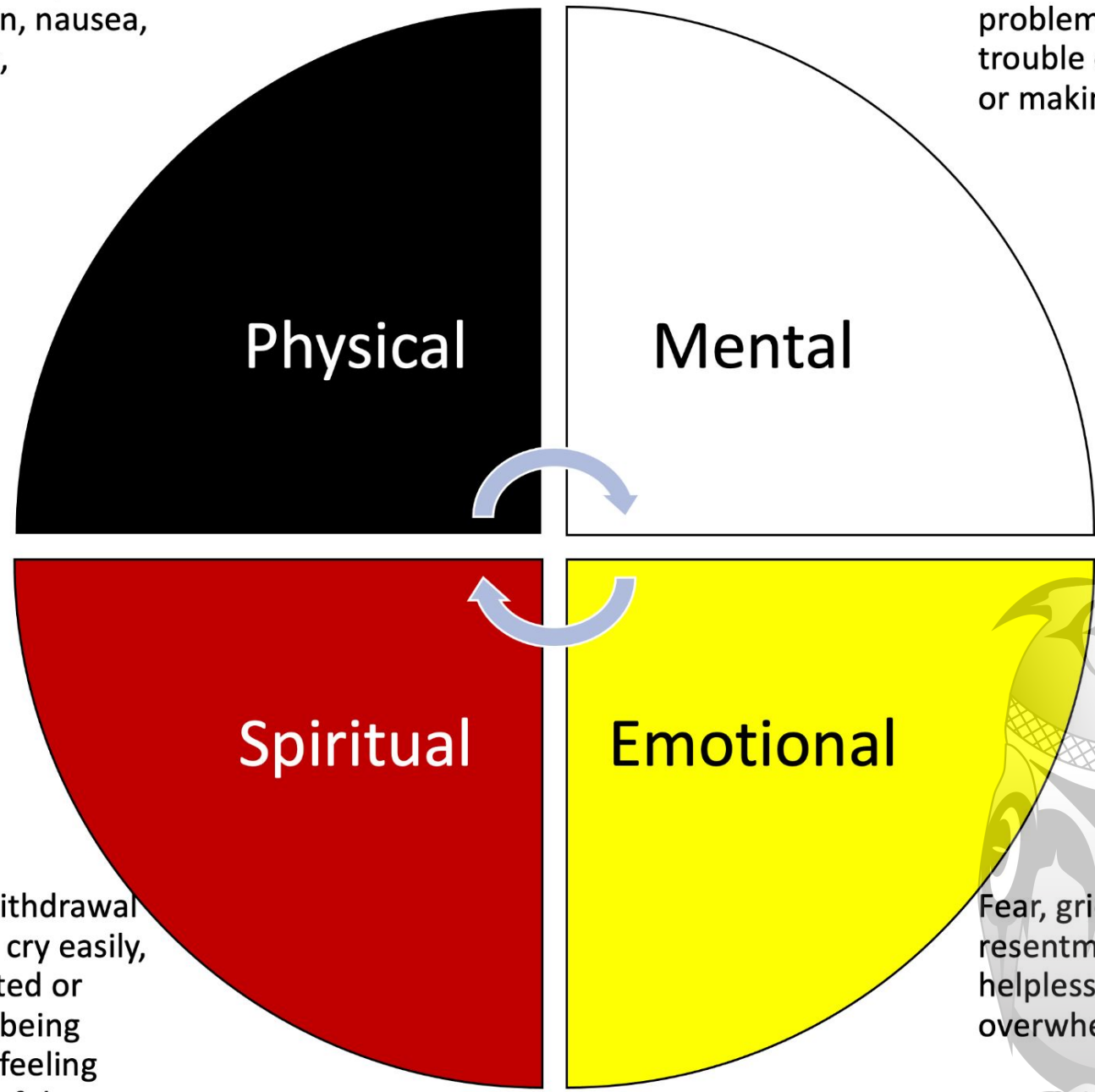




- Tension, aches, pains, hypertension, nausea, restlessness, headaches

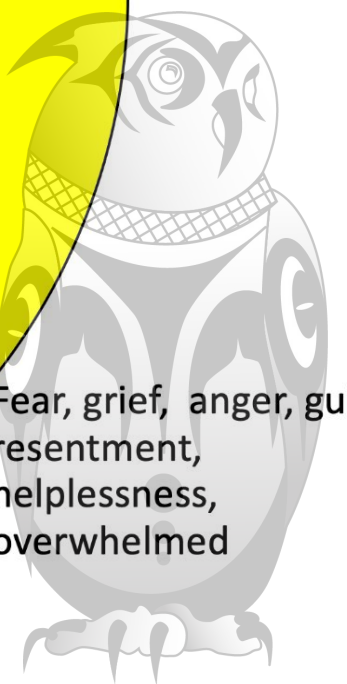
- Confusion, memory problems, self-blame, trouble concentrating or making decisions

Trauma Responses As Forms of Communication



- Irritability, withdrawal from others, cry easily, feeling rejected or abandoned, being judgmental, feeling more distrustful

- Fear, grief, anger, guilt, resentment, helplessness, overwhelmed





Trauma responses in work environments:

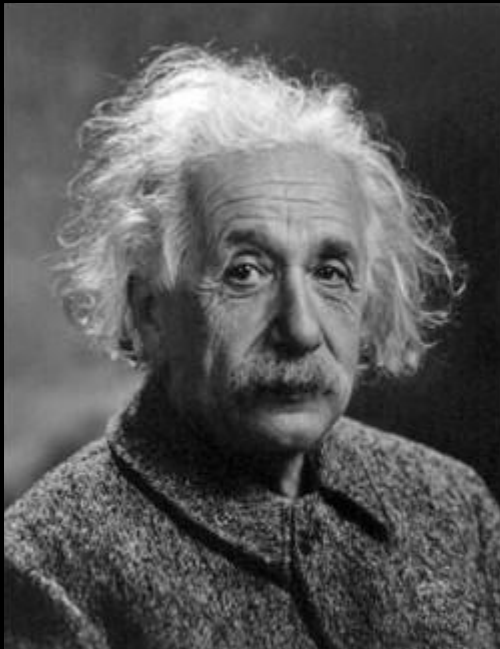


Setting events can be:

- Content is overwhelming
- Dialogue tone
- Trigger words/stories
- Memories
- Loss of control
 - Not asking permission
 - No transparency
 - Talking “at” them
 - Judgmental approach



Indigenous specific trauma requires at
minimal, **access** to Indigenous specific
options for healing and pathways to
wellness



We can't solve problems by using the same kind
of thinking we used when we created them.

(Albert Einstein)



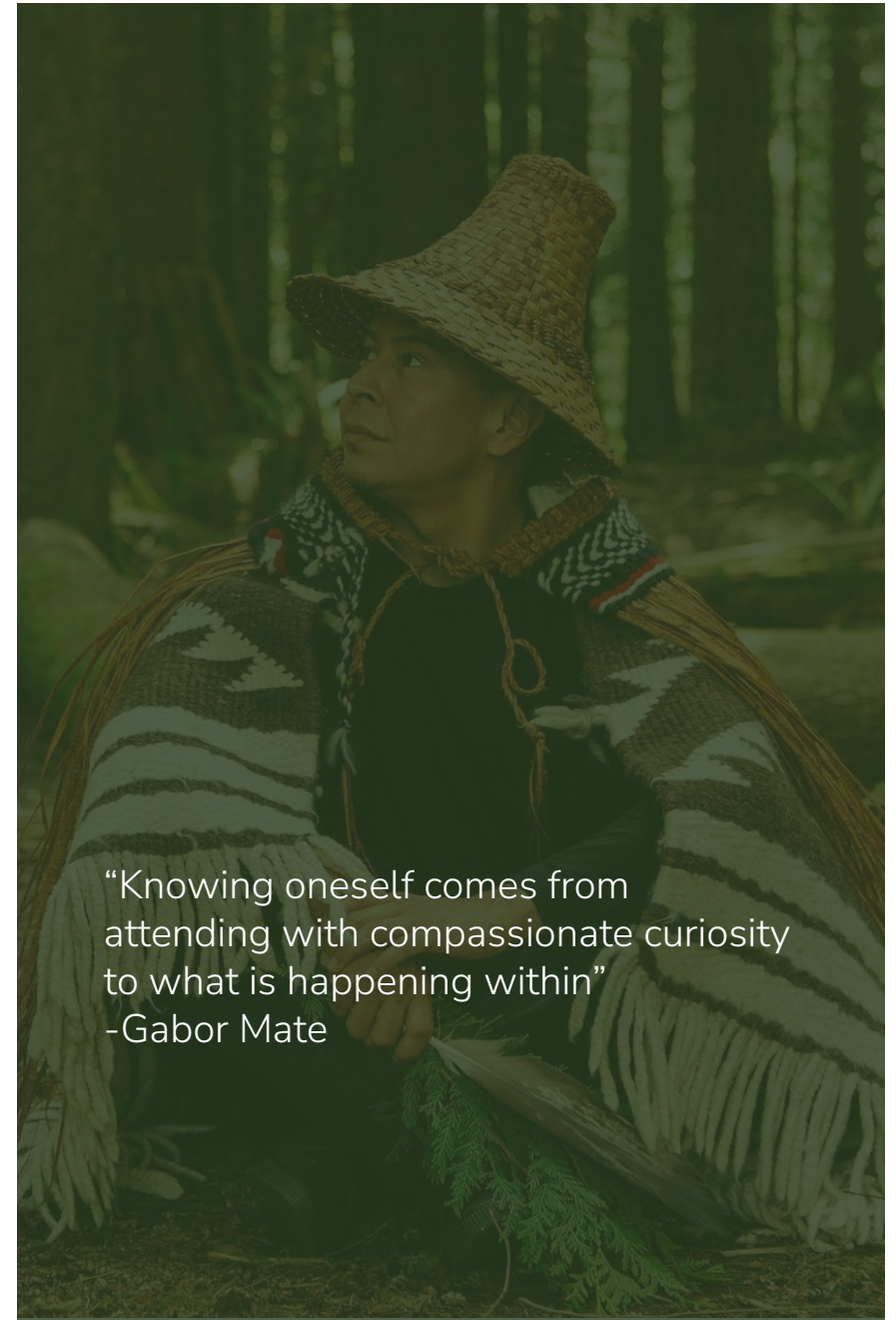
Indigenous Healing Pathways:

- Land-based healing programs
- Animal connections
- Water ceremony
- Smudge ceremony
- Sweat lodge ceremony
- Tobacco
- Cedar Brushing
- Spirit baths
- Feasting & gifting
- Healing circles
- Drumming & singing
- Art therapy (i.e. paint/sketch)
- Carving
- Beading
- Moccasin making
- Medicine pouch making
- Burning ceremonies
- Dancing
- Comedy



3

Indigenous Equity-Informed Strategies



“Knowing oneself comes from attending with compassionate curiosity to what is happening within”
-Gabor Mate



Equality is giving everyone a shoe

Equity is giving everyone a shoe that fits

www.everyday-democracy.org





Who are equity-seeking groups?

Equity-seeking groups are communities that face significant colonial challenges in just existing in society. This “marginalization” could be created by colonial, historic, social and environmental barriers based on age, ethnicity, disability, economic status, gender, nationality, race, sexual orientation and transgender status, etc.

Equity-seeking groups are those of us that identify key barriers to access, opportunities and resources due to colonial disadvantage and discrimination and actively seek justice and transformation.



- Indigenous Peoples
- LGBTQ2+
- POC
- New Comers
- PWUS
- PWD
- Women





EQUALITY VERSUS EQUITY



In the first image, it is assumed that everyone will benefit from the same supports. They are being treated equally.

Sumon Al Mamun
MONDAY AT 2:55 PM



In the second image, individuals are given different supports to make it possible for them to have equal access to the game. They are being treated equitably.

Equity factors:

- ❑ More time
- ❑ Additional funding
- ❑ More flexibility
- ❑ Relevance
- ❑ Reciprocity
- ❑ Respect
- ❑ Cultural Humility
- ❑ Less restrictions
- ❑ Functional designations





EQUALITY VERSUS EQUITY



In the first image, it is assumed that everyone will benefit from the same supports. They are being treated equally.

Sumon Al Mamun
MONDAY AT 5:45 PM

6



In the second image, individuals are given different supports to make it possible for them to have equal access to the game. They are being treated equitably.

DECOLONIZATION



In the third image, all three can see the game without any supports or accommodations because the cause of the inequity was addressed. The systemic barrier has been removed.





Trauma-informed tools for your toolbelt:

Content warnings

Asking permission

Offering choices

Changing language - resilience

Recognising trauma responses

Grounding

AND

Safety planning

Awareness of history

Social change





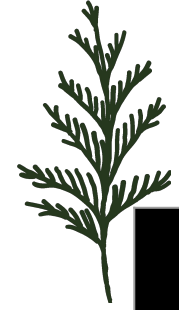
Trauma-informed communication strategies:

What are some trauma-informed communication strategies that come to mind?



1. *Slowing things down*
2. *Pausing*
3. *Seeing if they have questions*
4. *Mindful proximity*
5. *Invitational language "Is it okay if we... do you mind if we..."*
6. *Smiling*
7. *Clarity is kindness*
8. *Eye contact*
9. *Empathetic*
10. *Team patience is hardwired*

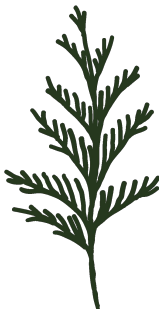




Equity Informed Practice:

A	Advocacy	How should I challenge the status quo for the sake of improving services for equity-seeking peoples?
B	Beneficence	Hardwiring kindness and generosity into your daily interactions
C	Compassion	Attending, empathising, understanding, & helping
D	Dignity	Involve them in their planning
E	Empathy	Listen, but also share. . .
F	Fear	Avoid paralysis by analysis. Call deep on your courage for what is right.
G	Generosity	Give others latitude, permission to make mistakes, and some responsibility
H	Humility	Ask for help, admit when you do not know, seek feedback regularly





Indigenous Trauma & Equity Informed Practice:

What?

What did you expect?
What did you learn?

So what?

Why does this matter?
How does this relate to your work?

Now what?

Will you do something differently?
Do you see any changes that need to happen?



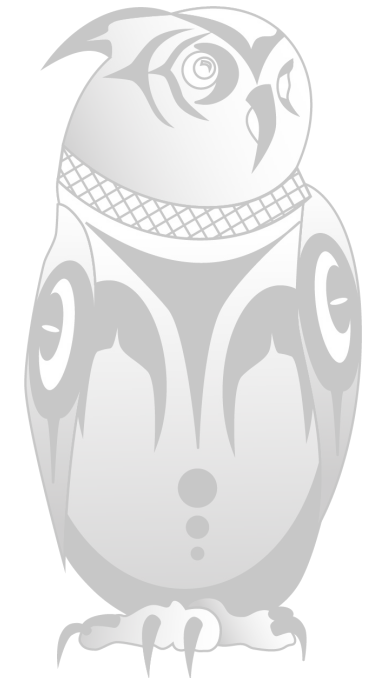
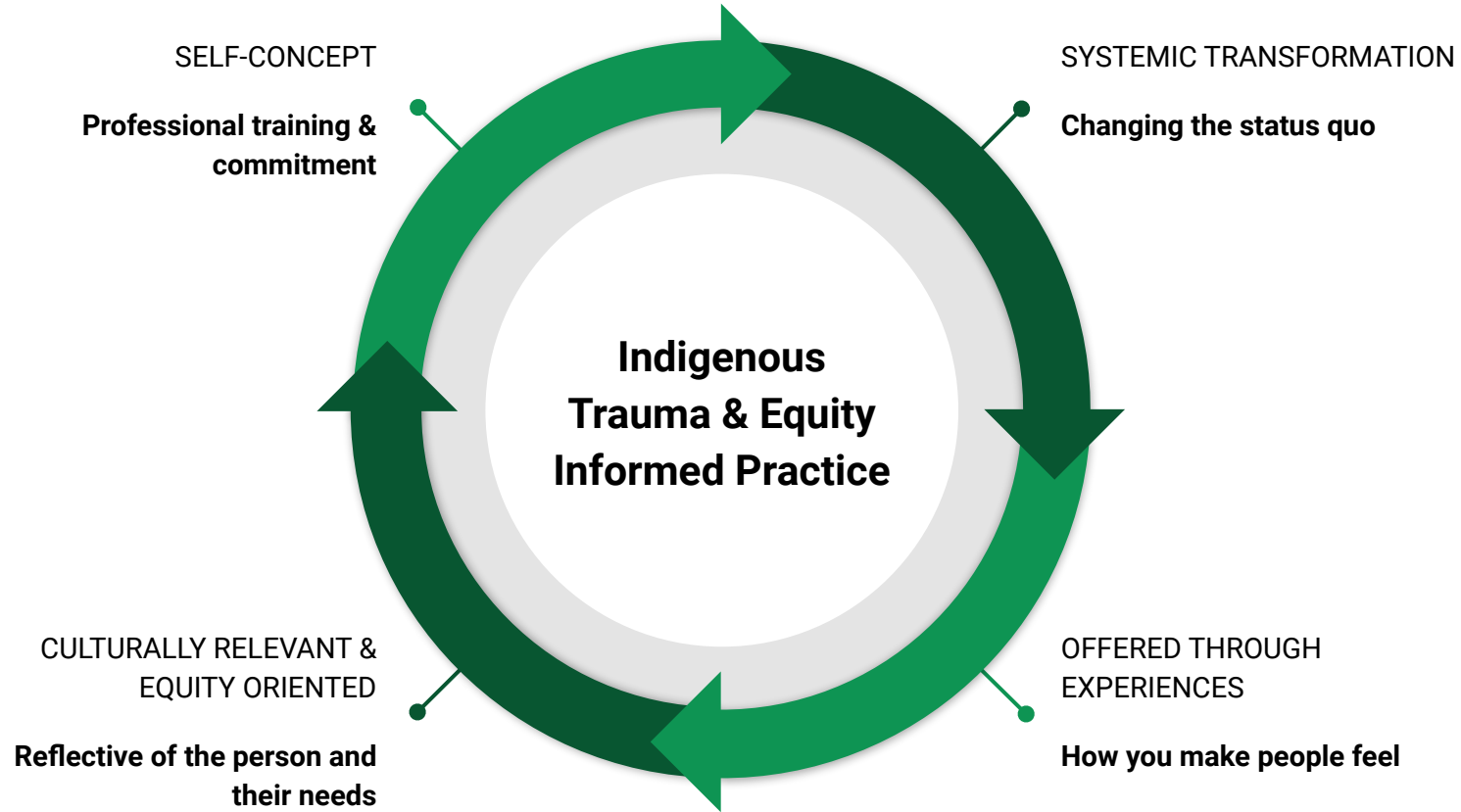
**Feedback is
our friend!**

**PLEASE
EVALUATE
THIS
SESSION
WITH THIS
CODE:**





In summary:





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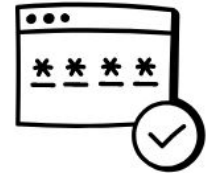
Live Virtual
Workshops



Providers
Map



Community of
Practice



Learning
Portal



Confidential
Feedback



Identifying
Resources

THANK YOU
HAY CX^W Q&Θ



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