CULTURE IS THE CURE: TRADITIONAL MEDICINE & HEALTHCARE

IHS Behavioral Health Conference

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Prayer
Tell me what you know
A New Beginning
Understanding our connection
“LIFE”
The individual:
- is a part of the dynamic whole
- must respect the whole as to not disrupt or destroy the various systems
- keep them in balance while they evolve and change

Therefore health is a system that is interwoven among the numerous systems and as such is dependent upon larger systems such as the family, community, and the environment.

Disease and illness are understood to be imbalances in the system.

Treatments are then attempts to restore balance.
Respect

- In order for healing (treatment) the individual must respect her/himself and her/his position within the larger whole.
- This respect is the foundation that should direct and guide efforts to improve health by striving to restore balance.
- Culture dictates the language used to define issues, identify problems, frame problems, determine the manner in which solutions are sought, and define and measure success.
Walking in Balance

Environment

Spiritual

Creator

Physical

Emotional

Environment
Healing Tears
Healing Environment
Places that are comforting
Calling the Ancestors
Our Relationships with the Natural World
Endurance
Coming Full Circle
Telling our Story
Stories are powerful
Drawing Activity
We need to combine our efforts to bring balance.

Respect
Faith
Compassion
Tradition
Honor
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