Ceremonial Way of Life
Ceremonial Healing
Perspectives & Methods

Dino Haley, MSW, LMSW

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Presentation Objectives

- Mindfulness of Cultural Competency
- Provider Support
- Influence Best Practice
- Self Care
Content

- Mindful Considerations
- “Clash of Thoughts”
- Best Practice
- Provider support
- Ceremonial *Way of Life*
- Discussion
Definitions

- **Habit**: A behavior
- **Custom**: Practice common to regulate social meaning
- **Tradition**: An inherited/established belief system
- **Ritual**: Order of behavior and thought. System of sacred rites
Native America Today - Arizona

- 2010 Census – 562 Federally Recognized Tribal Governments
- 2010 – Arizona 294,137 out of U.S. 4.1 million
- Arizona is 7th out of 50 states for occupancy
- 21 Federally Recognized Tribes in Arizona
- 120,000 Native American living in Phoenix area
Native Youth – Best Practice

**Suicide Prevention**

Contributors – family violence 95%

**Public Health Model (SAMHSA 2010)**

1. Ceremonial and clinical interventions
   “Arroyo Therapy” and “Cruise Therapy”

2. Proactive and Holistic
   a) live life well with HOPE & ACCEPTANCE
   b) community education and ownership
Preferred Direction

Deficit-Based Concepts vs. Holistic Model

“Don’t look at pathology, look at the person.”

Strength-based Approach

- Emphasize individual and family strengths
- *Healing Way* for intervention
  - Reduce “re-victimization” of generational trauma
  - Disempower authority figure (Therapist vs. Client)
  - Provide motivation/hope to therapeutic relationship
Lessons Learned (2004)

Providing Psychiatric-Mental Health Care for Native Americans – “Lessons learned by Non-Native American PMHNP”

Amy G. Barnard, PhD, APRN

- Intergenerational Trauma
  - 500 years of colonization and assimilation
    - Substance Abuse, PTSD, mental health, family violence
    - Oppression, Segregation, Separation – Spirituality or “Way of Life” is not validated

- Acculturation and Enculturation
  - Enculturation – *learning one’s culture*
  - Spanish/Mexican and White Eurocentric influence
“Clash of Thoughts”

- **Norm vs. Tradition (Provider Support)**
  - Norms of staff and environment clash with traditional community belief system.
    - How can we be more aware?
    - What kinds of considerations can be provided?
    - “Don’t take it personal”
Way of Life
Ceremonial Healing

- Healing takes time, time is healing
- Healing takes place within the context of a relationship (nurturing, kinship)
- Balance within “two worlds”
- Spiritual dimension for healing
  - Body, Mind, Spirit, Universe
Natural Laws vs. Man-made Laws
Orville Lookinghorse, Standing Rock Reservation

Creator

Man, Wife, Children

Immediate Family, Relatives

Community
Local Resources

Native American Community Service Center
Native American Connections
Phoenix Indian Center
  4520 N. Central Ave  Phoenix, Arizona
  602.254.3247
Phoenix Indian Medical Center
  4212 N. 16th St   Phoenix, Arizona
  602.263.1200
Inter Tribal Council of Arizona, Inc
  2214 N. Central Ave  Phoenix, Arizona
  602.258.4822
Nationwide Resources

National Alliance on Mental Illness
www.nami.org

Substance Abuse and Mental Health Administration
www.samhsa.gov

American Indian Heritage Foundation
www.indians.org

Indian Health Service Community Suicide Prevention
www.ihs.gov/NonMedicalPrograms/nspn
National Native American Heritage Month – November 2013

“For millennia before Europeans settled in North America, the indigenous peoples of the continent flourished with vibrant cultures and were the stewards of the land. From generation to generation, they handed down invaluable cultural knowledge and rich traditions, which continue to thrive in Native American communities across our country today.”

President Barack Obama,
October 29, 2010.