

Indigenous Wise Practices in Addressing Addiction

The Old Ways are the New Ways

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Cultural Diversity

When we speak of cultural diversity, we are addressing a specific group within Canada who are not considered to be culturally diverse within this country.

However, "Not recognizing the cultural diversity of Indigenous Peoples in Canada is one of the most common mistakes Non-Indigenous people make when engaging with Indigenous communities" (Indigenous Corporate Training Inc. [ICT], 2014, para. 2)

Creator placed the first peoples here in harmony with all living things.

And it is our practice to help people return to harmony within themselves, with family, with community and with all living things.

Culture is alive, thriving and being utilized in healing practices.



Cultural Awareness

Cultural Sensitivity

Cultural Competency

Cultural Humility

Cultural Safety

The New Ways are the Old Ways
Joe Williams, 2018

The Answer To Our Future,
Is Connecting To,
Learning About Our Past

What The Old People Did; Worked
What We Are Doing Now; Isn't



New Ways	Old Ways
<ul style="list-style-type: none">• Hierarchal• Time Constraints• Pathologizing (DSM)• Pharmacotherapies	<ul style="list-style-type: none">• Circular – connectedness• The concept of time varies greatly in the Indigenous worldview, it is being in the moment spirit to spirit, heart to heart• Wounded spirit – where is the pain?• Traditional medicines from mother earth

Maslow's Hierarchy of Needs

Medicine Wheel Teachings

Connecting to the Grandfather Teachings

<https://www.ahoyaypsychology.org/maslow.html>

Trauma Responsive

Judith Lewis Herman (i.e. PTSD)

- Stage one
 - Safety and Stabilization
- Stage two
 - Remembrance and Mourning
- Stage three
 - Reconnection and Integration (Willow Place [W.P.], 2019)

Traditional

Historical trauma - "a cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma" (Brave Heart, Maria Y.H. 1998)

- Introduce to traditional cultural practices; smudge and prayer, Pipe, Sweat Lodge
- Drums - heartbeat
- Grandfather/Grandmother teachings
- Connect with Mother Earth

Grief and Loss

5 Stages of Grief by Elisabeth Kübler-Ross

1. Denial and isolation
2. Anger
3. Bargaining
4. Depression
5. Acceptance (Axelrod, 2019)

Traditional Ways of Honoring

- Ceremonies
- Feast, round dances
- Giveaway ceremonies
- Talking with Elders
- Teachings

Motivational Interviewing

New Ways <ul style="list-style-type: none">• Focused• Goal orientated• Client centered• Exploration and resolve ambivalence• Therapists attempt to influence clients to consider making changes – counselor is intentionally directive in pursuing this goal	Old Ways <ul style="list-style-type: none">• Respect• Teachings• Storytelling by Elders which assists others in finding their own answers• Ceremony – spirits guidance• Finding balance
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Narrative Therapy

New Ways <ol style="list-style-type: none">1. Deconstructing problematic dominant stories2. Re-authoring problematic dominant stories3. Remembering conversations4. Witnessing – group therapy	Old Ways <ul style="list-style-type: none">• Honoring the story• Mutual respect• Ceremony• Healing circles
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Detoxification

Medical Model <ul style="list-style-type: none">• Medication• Vitamin regime (B 12)• Monitored by nurses	Old Ways <ul style="list-style-type: none">• Elder guidance• Family and helpers involved• Ceremony and prayer• Sweat Lodge• Traditional Medicines• Traditional Diet
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Cultural Diversity amongst Indigenous Nations

There is a misconception that Indigenous Peoples are one homogenous group who share the same culture, traditions, worldviews, language, needs, and desires. We do not. "There are over 600 First Nations Bands and over 2000 reserves – each one with a distinct history that shaped their particular cultural identity. They each have distinct economies, capacities, and challenges" (ICT, 2014, para. 7). As Thomas King states in *The Inconvenient Indian* "We're all aboriginal and we have the drum. That's about it" (ICT, 2014, para. 1).

This is our diversity and when we enter into others territories we honor and respect their protocol and traditions.

"We all know the story about the man who sat by the trail too long, and then it grew over, and he could never find his way again. We can never forget what has happened, but we cannot go back. Nor can we just sit beside the trail."

Chief Poundmaker
(Paul, n.d., para. 1)



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