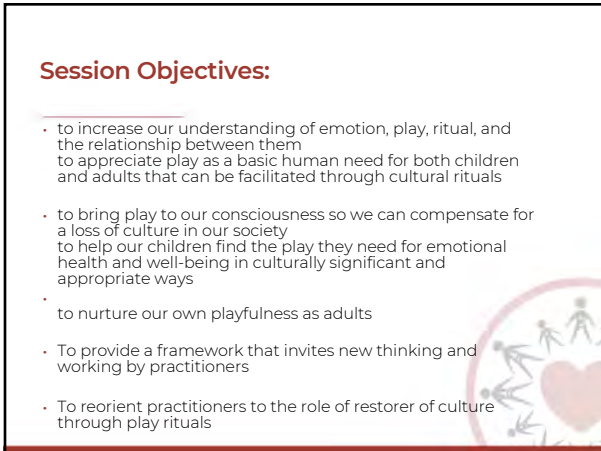




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3

Setting the context for our time together...

My friends, how desperately do we need to be loved and to love. Love is something you and I must have. We must have it because our spirit feeds upon it. We must have it because without it we become weak and faint. Without love our self-esteem weakens. Without it our courage fails. Without love we can no longer look out confidently at the world. We turn inward and begin to feed upon our own personalities, and little by little we destroy ourselves. With it we are creating. With it we march tirelessly. With it, and with it alone, we are able to sacrifice for others.

Chief Dan George

4

Gathering Our Medicine Vision

Through Indigenous ways of knowing and being, the Gathering Our Medicine Kinship Program supports the journey of healing and strengthening relationship between Indigenous children, families and communities.



5

Practices & Roles

Mental health practices are generally skill based, intended for trained experts, and may or may not be specific to the culture of the client

- Sand Tray
- DBT
- FFT
- Play Therapy
- M.D.
- Psy.D.
- Art Therapy
- Ph.D.
- Counselor
- Clinical Mental Health Counseling
- Story Boarding
- Narrative therapy
- Non-violent communication
- Object relations
- Parent child interaction
- Poetry therapy
- Positive psychology
- Process orientated psychology
- Sex therapy
- Somatic
- Adlerian Therapy
- Adventure Therapy
- Analytical psychology
- Animal assisted therapy
- Attack therapy
- Attached based psychotherapy
- Aversion therapy
- Behaviour modification
- Biofeedback
- Client centered
- Co-counseling
- Contemplative psychotherapy
- Cultural family therapy
- Dance therapy
- Drama therapy
- Dyadic developmental psychotherapy
- Depth psychology
- Ecological counselling
- Transpersonal
- Wilderness
- EMDR
- Existential therapy
- EFT
- Family Constellations
- Future Oriented therapy
- Gestalt Therapy
- Grief Counseling
- Holding therapy
- Humanistic psychology
- Hypnotherapy
- Internal Family Systems
- Journal therapy
- Logic based therapy
- Marriage counselling
- Mindfulness based stress reduction
- Metacognitive therapy
- Music therapy



6

Relationships
Community
Land
Family



GATHERING OUR MEDICINE

Traditional healing practices are distinct and culturally specific to the people who are practicing them and look to the family, community and ecology as being most naturally equipped to provide care in the context of relationship.

7



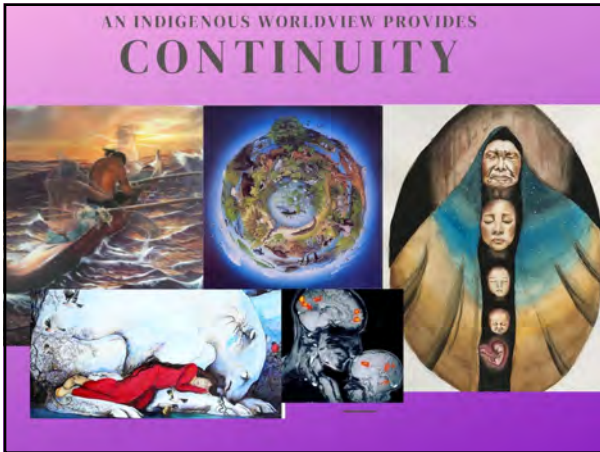
A deep abiding respect for relationship

8



**Emotion
Symbolic
Sacred
Safe**

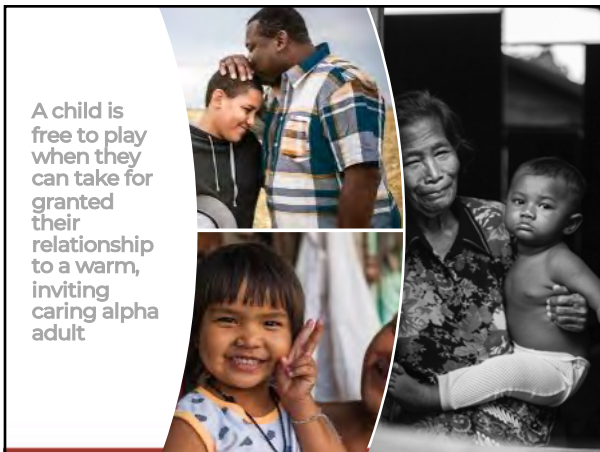
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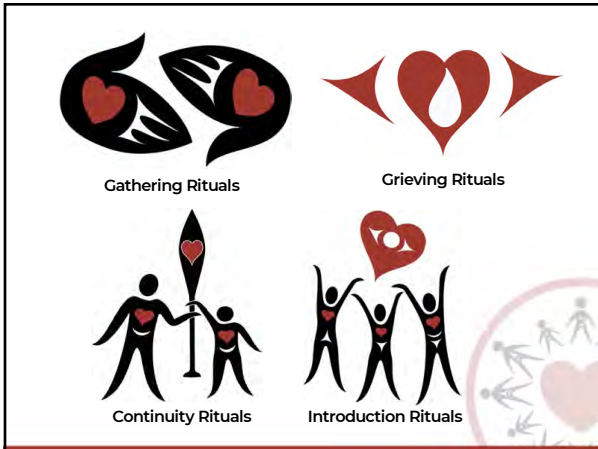


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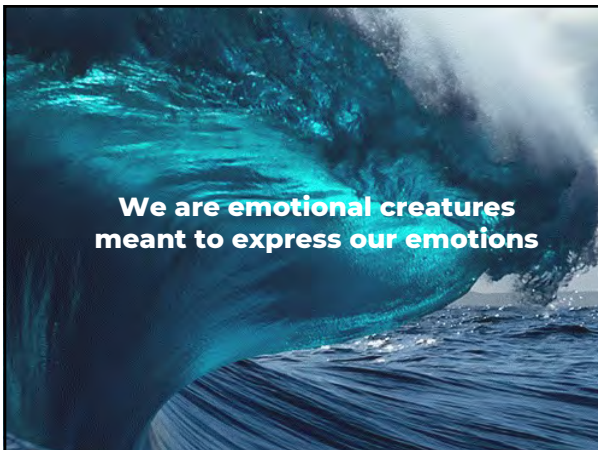


Indigenous cultures, since time immemorial, scripted and protected time for connection and emotional expression ensuring harmony, balance and wellness regardless of the inevitable tragedies faced.

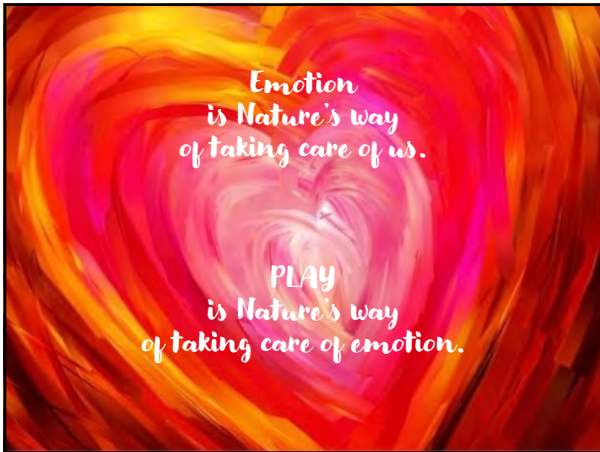
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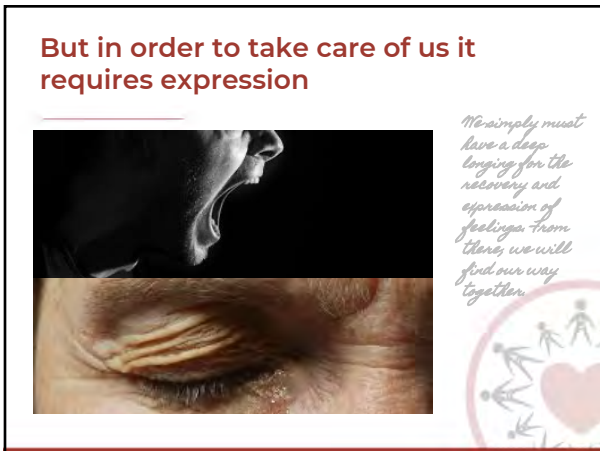
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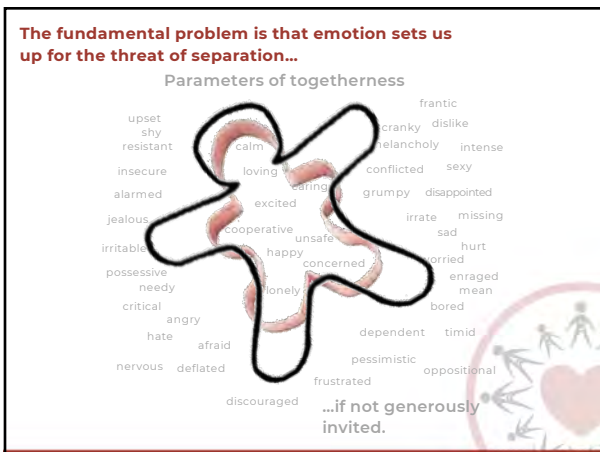
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A RITUAL is a sequence of activities involving gestures, words, actions, or objects, performed in a place and according to a set sequence.

- Rituals may be prescribed by the culture and traditions of a community;
- Rites of passage facilitate 3 stages that occur throughout the life cycle in various ways: separation, transition and incorporation;
- Rituals protect culture and its members by ensuring times and space for the sacred, spiritual, relational and emotional



25



26

The 7 Ways Rituals Can Heal & Release...into Play

- **CONNECTION** - During cultural rituals we experience being reconnected, re-joined, and a of togetherness. Our relational needs are fully met freeing us to experience a deep sense of rest.
- **SACRED** - Ritual moves us from everyday reality to the sacred metaphysical world, from the material to the emotional/spiritual world where magic can happen.
- **TRANSITIONARY** - Cultural rituals have beginnings and endings and natural entry and exit points, while inside the ritual we are between two world where transformation is possible.
- **CAPTIVATING** - Cultural rituals can only heal to the degree that are become captivated through our felt senses by the ritual and by becoming fully present and receptive;
- **SURRENDER** - The healing power of the cultural rituals is at its greatest when we spontaneously melt into the experience and trust the process to carry us.
- **MOVEMENT** - Cultural rituals invite movement physically, emotionally and spiritually through all the felt senses which is necessary for recovery of our feelings and healing.
- **SAFETY** - Cultural rituals are indirect and therefore safe. Ritual must keep us safe from emotional wounding.



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Family Rituals



Sonia Blasiewicz,
Photographer



28

Gathering Rituals One Heart One Mind



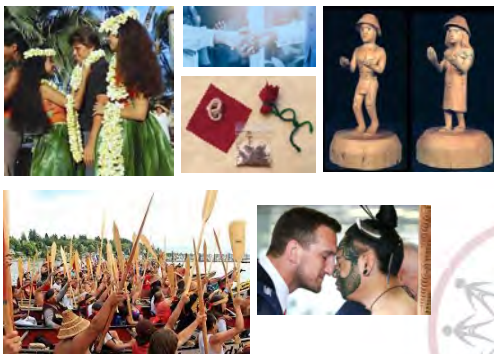
*The longest
journey you will
ever take is the
one from your
head to heart*

Kathy Louis, Cree Elder

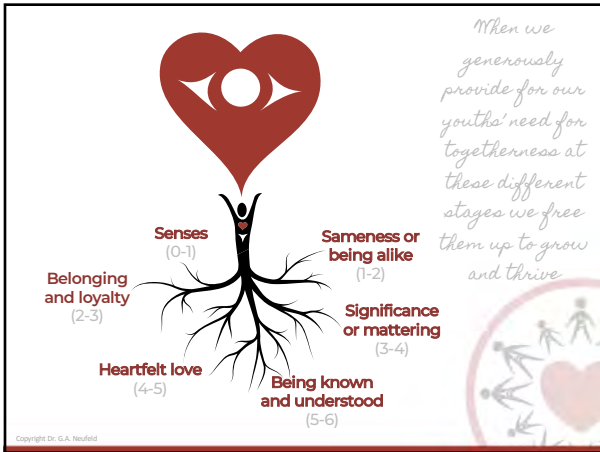


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Relationship rituals are universal



30



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32



33

Examples of Gathering Rituals

- Morning routines...smudge, cuddles
- Preparing meals together
- Eating together
- After school rituals...driving home in the car
- Listening to music together
- Playing a game together
- Making art together
- Going for a walk in the forest
- River bathing
- Drumming and singing together
- Family trips...
- Teacher's morning greeting rituals

34

Eating rituals are a powerful way of providing care!

There is something profoundly satisfying about sharing a meal. Eating together, breaking bread together, is one of the oldest and most fundamentally unifying of human experiences.

Barbara Colorosso

35

Gathering the prickly youth

"Let my soul smile through my heart and my heart smile through my eyes, that I may scatter rich smiles in sad hearts."


Paramahansa Yogananda

36

Gathering The Extremely Shy or Hypersensitive Youth

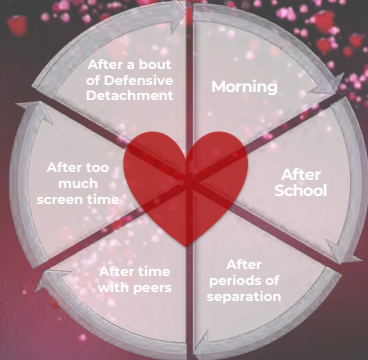
- Eye contact may not be possible at least not right away
- This is when tone of voice, body language and facial expression really count
- Coming alongside and not head on!
- Attending to whatever the youth is focused on and interested in
- This is where the indirect nature of rituals can be transformation
- Songs, drumming, stories, smudging, art making, the land.....

When a shy person smiles it is like the sun coming out.



37

When to use Gathering Rituals




38

Gathering Rituals



39

It's about being the answer...not having all the answers...the relationship is the answer!




40

Nature's Plan For Growth

"Resonance with dynamic balance of human, nature, cosmos, others, spirit - past, present, future"

Gregory Cajete, Look To The Mountain



41

Reflective Exercise
Gathering Our Medicine



Close your eyes and imagine your youth...what is your one longing for them and why? Let this be your only intention...point your arrow in this direction. This is the first step in gathering our medicine.



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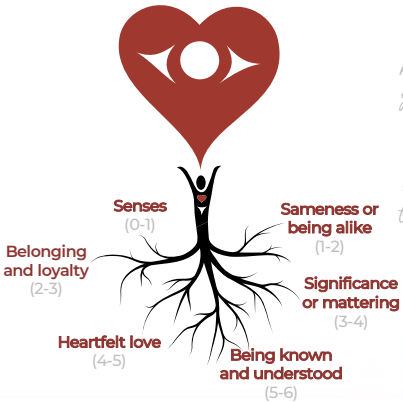
Togetherness is our most primal need



Attachment the drive or relationship characterized by the pursuit and preservation of proximity or "nearness." Human attachment includes the movement toward nearness of every kind, physical, emotional, psychological.

Dr. G.A. Neufeld

43



When we generously provide for our youths' need for togetherness at these different stages we free them up to grow and thrive

Senses (0-1)

Belonging and loyalty (2-3)

Heartfelt love (4-5)

Sameness or being alike (1-2)

Significance or mattering (3-4)

Being known and understood (5-6)

Copyright Dr. G.A. Neufeld

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Togetherness Through The Senses



"Basic learning within family about culture and adapting one's unique personality in a family context and gaining an orientation to place"

Gregory Cajete

45

Togetherness Through Sameness



"...being introduced to tribal society, learning how to live in the natural environment, tribal history, tradition and applying knowledge to day-to-day life"

Gregory Cajete

46

Togetherness Through Belonging and Loyalty



"Melding individual needs with group needs through initiation, myths, ritual, ceremony and connection to tradition"

Gregory Cajete

47

Togetherness through Significance and Mattering



"Midpoint...integration with the culture, attain peace of mind, personal empowerment, vitality and maturity"

Gregory Cajete

48

Togetherness through Love



"Searching for a life vision, a time of individuation, mythical thinking, understanding relationship and diversity"

Gregory Cajete

49

Togetherness through Being Known and Understood



"Major transformation, deep learning about unconsciousness, travail, disintegration, wounding, and pain, which paves the way for an equally great reintegration"

Gregory Cajete

At the center of the Universe Dwells the Great Spirit And that center is really everywhere. It is within each of us. - Black Elk -

50

Gregory Cajete, Indigenous Scholar and Author

"The final stage is deep healing occurs and self mutualizes with body, mind and spirit. Deep understanding, enlightenment, and wisdom are gained, high level of spiritual understanding, finding ones true centre and transformation to being complete and finding that place the Indian people talk about"

51

Reducing Separation Through Continuity Rituals

Tribal communities intimately oriented themselves to the stars, to mountains, deserts, rivers, lakes, oceans, plants, animals, and spirits of a "place". Those natural geographies that were important to the identification of a tribal people, as a "people of place," were deemed sacred"

Nollman (1990)



52

Continuity Rituals to reduce separation



Our youth must always be facing connection no matter what. They have already faced too much separation. Continuity rituals reduce separation!

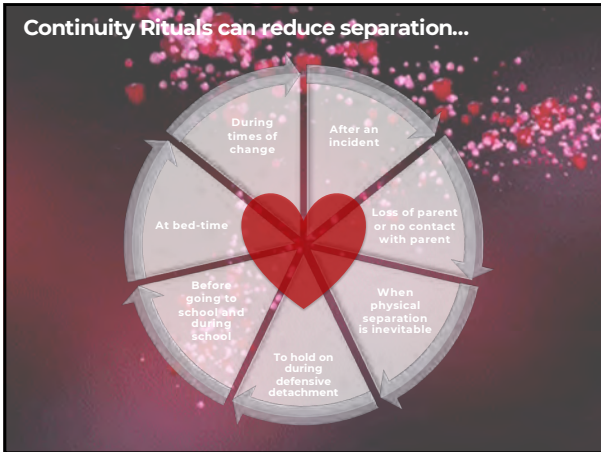
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We must provide a sense of continuity to our youth when the face separation in all its forms

- **SENSES** - loss of contact, touch, sight, sound, not being noticed or recognized, not being invited to exist
- **SAMENESS** - being different, fear of not being normal, loss of identity,
- **BELONGING and LOYALTY** - not fitting in, being ostracized, , losing face, feeling betrayed, disloyalty, not being stood up for
- **SIGNIFICANCE**- lack of approval, not being valued, losing favor, not feeling wanted, not being held dear, not feeling special to, not measuring up, fear of being replaced, fear of not being chosen
- **LOVE** - not feeling loved or liked, lack of closeness, warmth, intimacy and connection
- **BEING KNOWN and UNDERSTOOD** - not feeling seen or heard, feeling misjudged, not being seen from inside out, not being trusted, not being understood



54



55

Examples of Continuity Rituals

- Sharing birth stories and memories from childhood as a ritual with children & adolescents.
- Music that is played and stories that are told to ritually mark, celebrate, and mourn.
- Bedtime rituals (snack, story, song, cuddles) including drawing child's attention to a time of reconnecting in the morning.
- Weekly tea date with Kookum & Nimosom.
- Land based and seasonal rituals (hunting, fishing, trapping).
- Ceremony.

56

"All that we are is story. From the moment we are born to the time we continue on our spirit journey, we are involved in the creation of the story of our time here. It is what we arrive with. It is all we leave behind. We are not the things we accumulate. We are not the things we deem important. We are story. All of us. What comes to matter then is the creation of the best possible story we can while we're here, you, me, us, together. When we can do that and we take the time to share those stories with each other, we get bigger inside, we see each other, we recognize our kinship - we change the world, one story at a time..."

Richard Wagamese

57

Recovering Resilience Through Grieving Rituals

"There is no death, only a change of worlds"
Chief Seattle



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Resilience is the capacity to bounce back

- Play!
- Rest!
- Feeling!

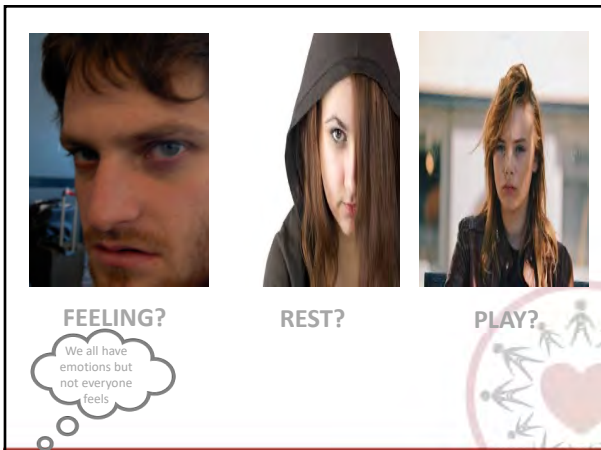


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FEELING? We all have emotions but not everyone feels

REST?

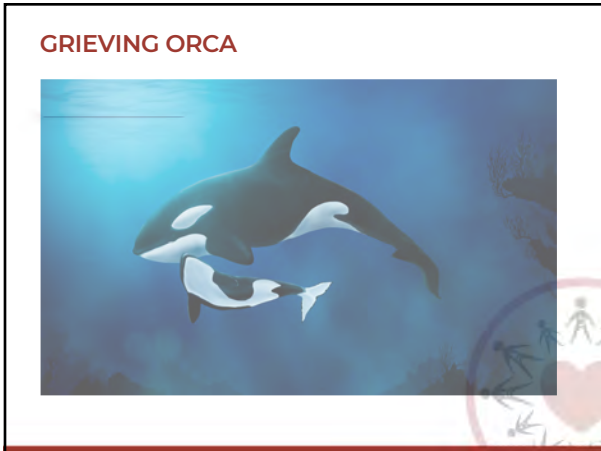
PLAY?



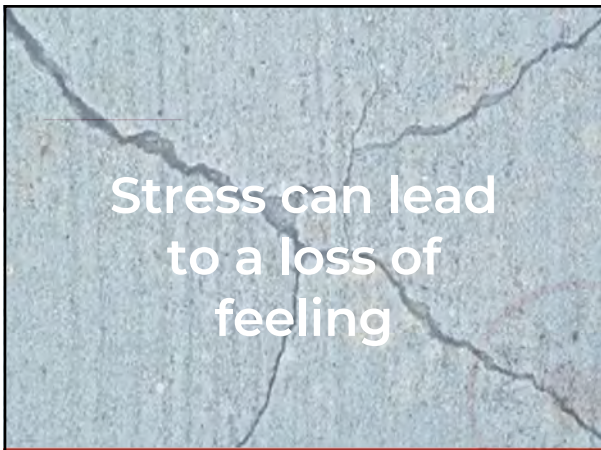
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The Journey of Tears

We adapt to the things that don't work in our life through the grieving and adaptation process

64

We don't need to know why we are crying for tears to be beneficial

Indigenous healing rituals indirectly access and recover our emotions leading to a bounceback

65

How to recovery resilience

Conveying an acceptance of emotion

Helping a child to get their feelings back

Facilitating emotional let downs

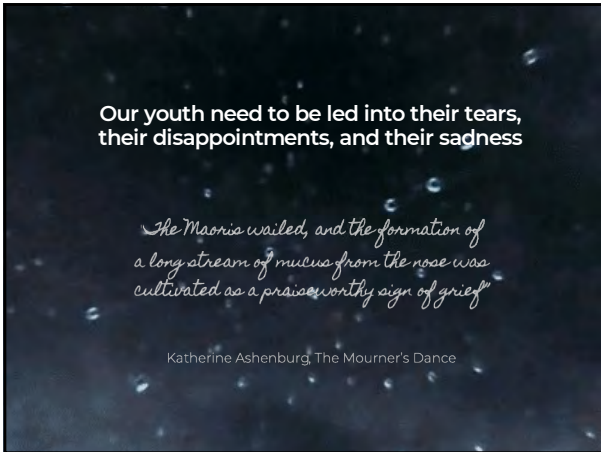
Helping our youth adapt to things they cannot change

Providing a safe relationship

Play rituals in which emotions can be expressed and felt indirectly

Modelling our relationship to sadness

66



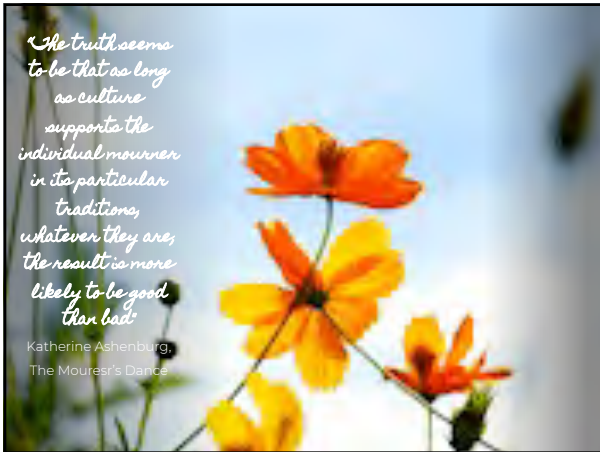
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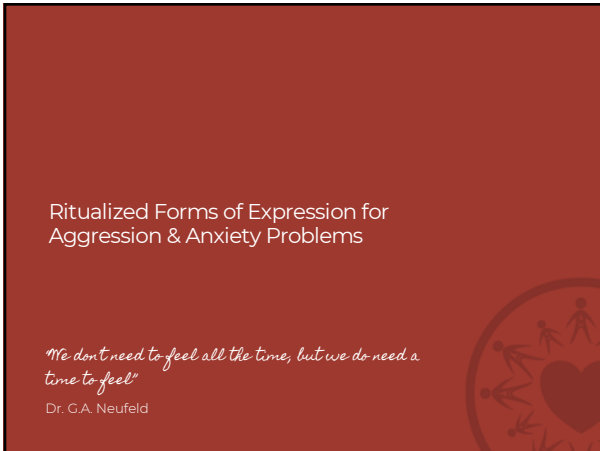
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72

The 3 Primary Emotions that get stirred in us

- Frustration – to affect change (Mad must move to sad)
- Alarm – to move us to caution (Being unsafe must move to sad)
- Pursuit – to close the gap (Not being able to hold on must move to sad)



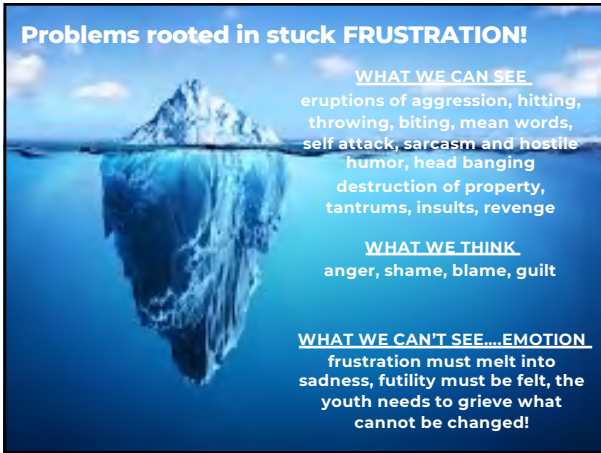
73

Problems rooted in stuck FRUSTRATION!

WHAT WE CAN SEE
 eruptions of aggression, hitting, throwing, biting, mean words, self attack, sarcasm and hostile humor, head banging
 destruction of property, tantrums, insults, revenge

WHAT WE THINK
 anger, shame, blame, guilt

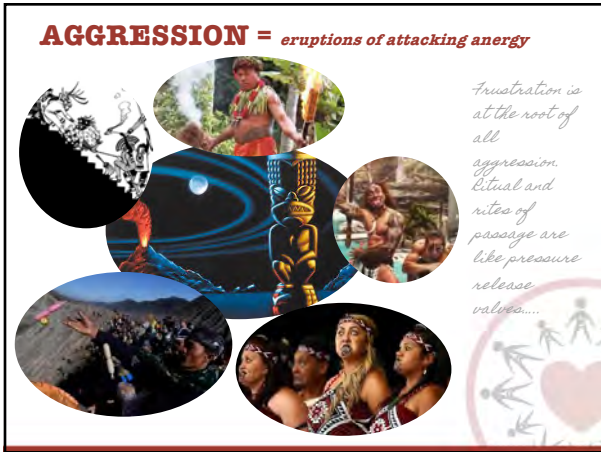
WHAT WE CAN'T SEE...EMOTION
 frustration must melt into sadness, futility must be felt, the youth needs to grieve what cannot be changed!



74

AGGRESSION = eruptions of attacking energy

Frustration is at the root of all aggression. Ritual and rites of passage are like pressure release valves....



75

Facilitating frustration through ritual

- Throwing rocks in the river
- Construction and destruction rituals
- Banging on a drum
- Forest walking/running
- Dancing
- Signing
- Listening to music
- Swearing out loud
- Yelling
- Shaking
- Play fighting or wrestling
- Hitting a pillow
- Journaling
- Modelling clay / sculpture



76

Problems rooted in stuck ALARM!

WHAT WE CAN SEE
Anxiety, worry, obsessions, compulsions, agitation, restlessness, fears, phobias, paranoia, self-doubt, panic, tension, unease

WHAT WE THINK
Assumptions about what is wrong

WHAT WE CAN'T SEE...EMOTION
Alarm must be felt, the youth must grieve the futility of the unavoidable separation experienced and feelings of not being safe

77

Anxiety = the stuck emotion of alarm

*Alarm seeks expression!
This is the birthplace of courage!
Our stories make it safe by indirectly moving our alarm.*

78

Facilitating alarm through ritual

- Storytelling
- Movies
- Games – manhunt
- Hide and seek
- Treasure hunts
- Imaginary games
- Forest adventures
- Dress up and role play

79

N'we Jinan Artists - "THE HIGHWAY"
 Kitsumkalum First Nation, BC.

80

Our emotions will haunt us if we don't make room for their expression

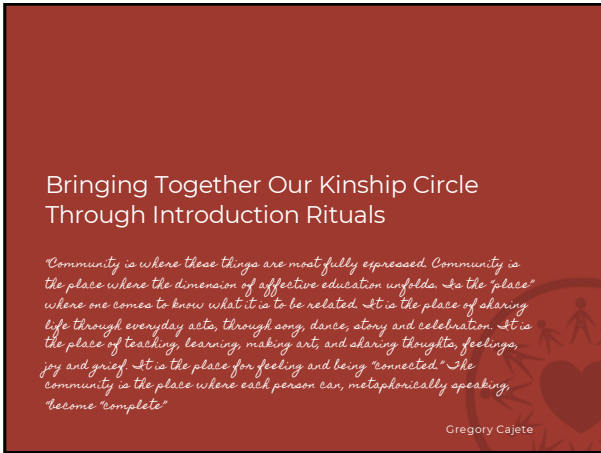
Ritualized times for expression

81



The PHANTOM Shark

82



Bringing Together Our Kinship Circle Through Introduction Rituals

Community is where these things are most fully expressed. Community is the place where the dimension of affective education unfolds. So the "place" where one comes to know what it is to be related. It is the place of sharing life through everyday acts, through song, dance, story and celebration. It is the place of teaching, learning, making art, and sharing thoughts, feelings, joy and grief. It is the place for feeling and being "connected." The community is the place where each person can, metaphorically speaking, "become complete"

Gregory Cajete

83



Our Relational Nature

The best and most beautiful things in the world cannot be seen or even heard but must be felt with the heart.
—Helen Keller

84

Building A Village




GATHERING OUR MEDICINE

We are designed to live tribally and our attention and instincts to follow are reserved only for those in the tribe!



85

The Many Faces of Shyness




There is nothing wrong with this in and of itself. This is a protective instinct designed to protect our existing relationships and keep us safe.




86

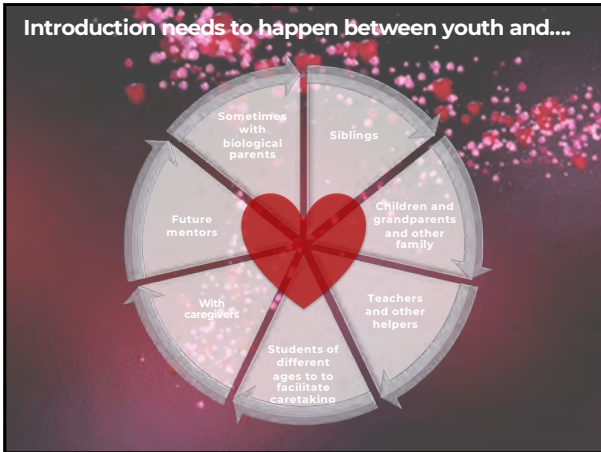
Introduction Rituals



Our youth need to perceive us as all being on the same side where their care is concerned



87



88




89



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"This is how you change the world, the smallest circles first.... That humble energy, the kind that says, 'I will do what I can do right now in my own small way,' creates a ripple effect on the world."



Richard Wagamese



91



Examples of Introduction Rituals

- Introducing your child to teacher every fall
- Speaking well of anyone in the child's village who will be caring for them
- Inviting the babysitter for dinner
- Drawing out and conveying the child's desire to spend time with the teacher/coach/grandparent/etc.

92

Closing Circle

93
