

Healing from an Indigenous Perspective

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Applying Cultural Responsiveness to Traumatic Brain Injury and
Violence Against Women

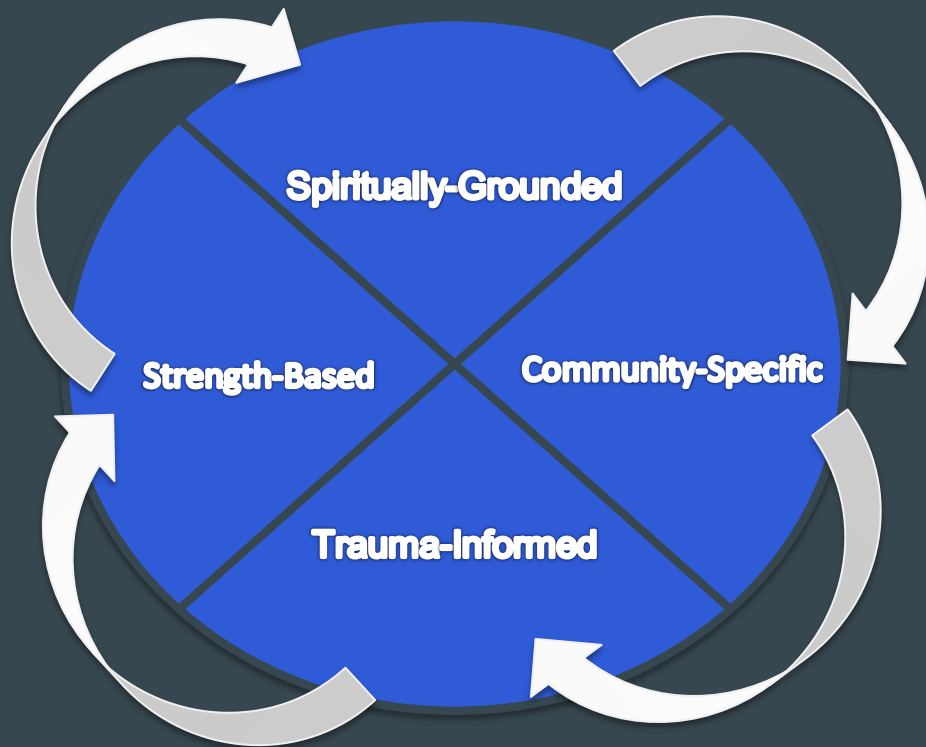
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Establishing the Middle Ground

Four protective factors of a culturally responsive healing model that are effective when applied to decolonized healing approaches:

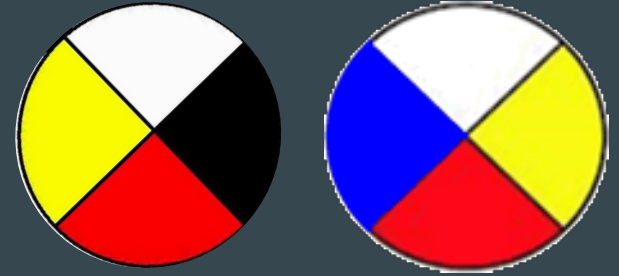


Spiritually-Grounded Perspective

Cultural Connectedness

Research Practice that includes:

- Indigenous worldviews
- Holistic view of wellness
- Connectedness to family, the community, and the land
- Use of ceremony
- Integrating traditions and culture



“Culture is a necessary part of prevention and healing...for Indigenous peoples” (C. Fiedeldey-Van Dijk et al., p. 2).

Examples

Community-Specific Perspective

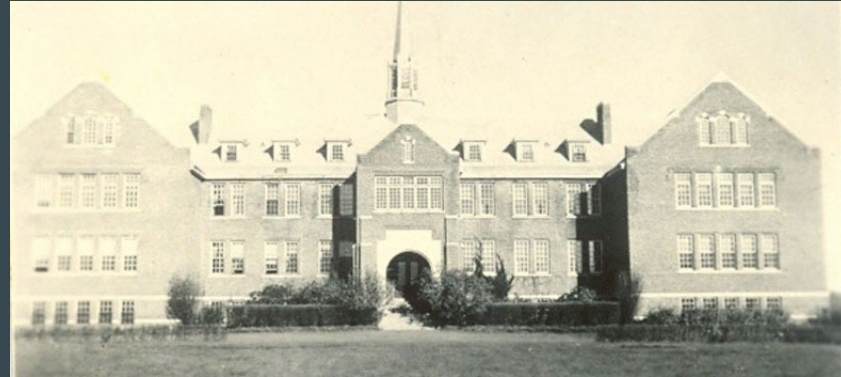
- “Ongoing transformations of identity...have led some groups to do well...the health of the community appears to be linked to the sense of local control and cultural continuity” (Kirmayer & Valaskakis, p. 28)
- Support initiatives that follow the vision of the unique community based on the project, the community needs, and the community’s capacity and interest in engagement.



Examples

Trauma-Informed Perspective

- We must take into account the intergenerational impact of colonization and its associated negative health impacts on the lives of Indigenous people
- Intergenerational Trauma
- Distrust of western health systems, government, etc.



“When [they] talk about the word ‘healing’, they forget how that word can sound to people who were abused in residential school. Who is going to want to go to the abusers for healing? No thank you!”

Examples

Strengths-Based Perspective

“What makes us well?” rather than “What makes us sick?”

- Attempts to identify what resources an individual has to positively address problems. It is a model that focuses on developing assets (Smith, 2006).
- As people develop greater awareness of their own strengths, they will be able to take control of their lives and make appropriate decisions to empower themselves (Smith, 2006).
- Looking for opportunities for growth



Examples

Culturally Responsive?



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Questions?



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