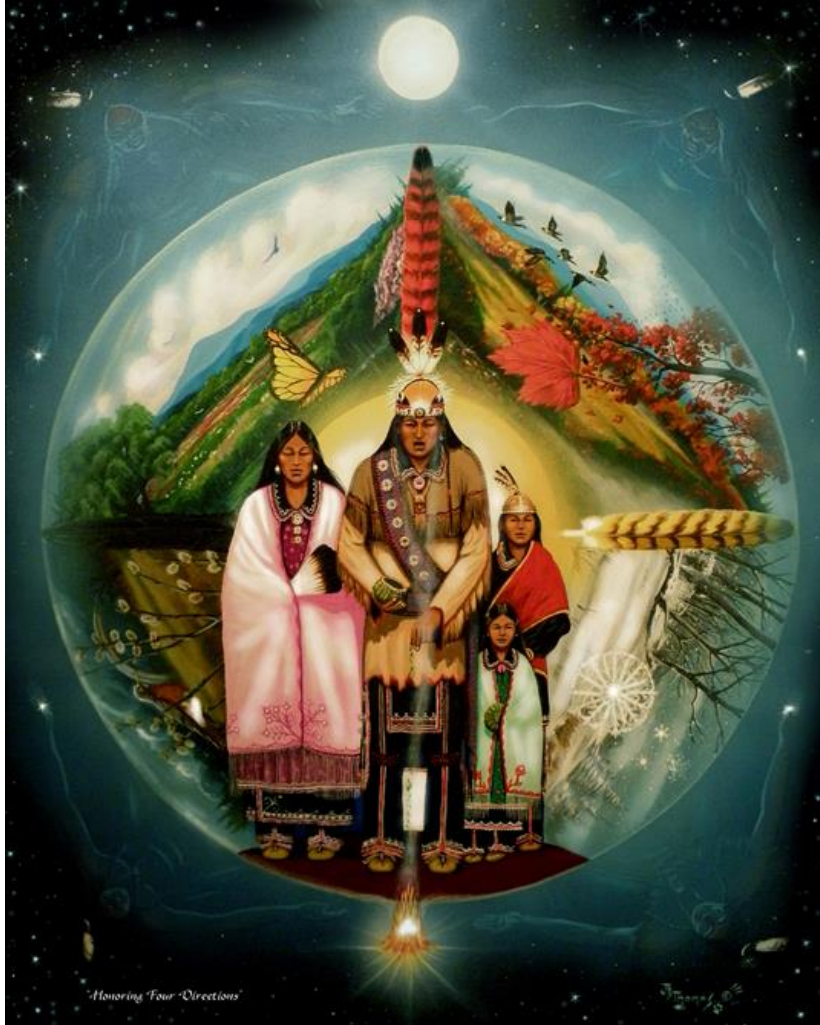


Harmonious Healing Traditions: ACT and Indigenous Cultures





Welcome Traditional Opening



Introduction

Protocols
Connection to the land
Safe Space

Map of First Nations

- 59 Indigenous Languages in Canada
- 250 in US

Retrieved from:
indigenousfoundations.arts.ubc.ca/home/culture/languages.html
American Indian Languages: The Historical Linguistics of Native America (Oxford Studies in Anthropological Linguistics)

CULTURAL AREAS OF NORTH AMERICAN INDIAN GROUPS, c. 1500-1850



Retrieved from:
<http://www.indianterritory.com/images/mainpage/usmapoftribes.jpg>

Educational Objectives

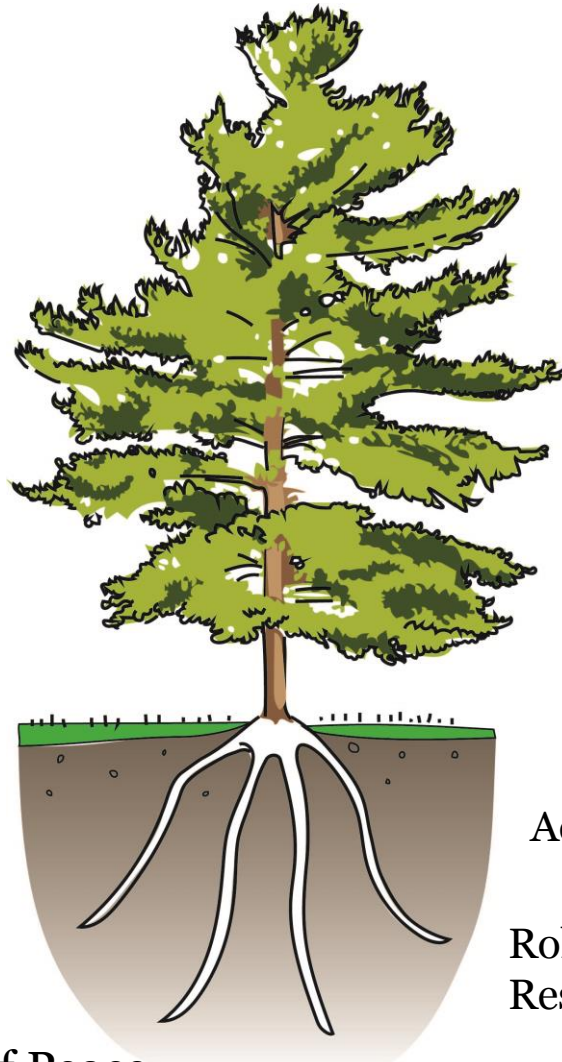


- ❖ Ways of knowing and being prior to, during and after contact. (Foundation for Understanding)
- ❖ Connect and apply traditional wisdom, knowledge, and practices with ACT processes (Healing Connections).
- ❖ Integrate traditional stories, thoughts, and practices with ACT in clinical work (Integration in Action)

**Before contact:
Healthy People
Healthy Systems**

Each Nation had their own teachings connected to the land and original instructions on how to live in a good way.

**Haudenosaunee
Tree of Peace**



**Anishinaabe
Seven Grandfather
Teachings**



- Wisdom
- Love
- Respect
- Bravery
- Courage to be Honest
- Humility
- Truth

Teachings about relationship and connection

Healthy family systems

Traditional and historical forms of governance

Acceptance

Roles and Responsibilities

White Roots of Peace

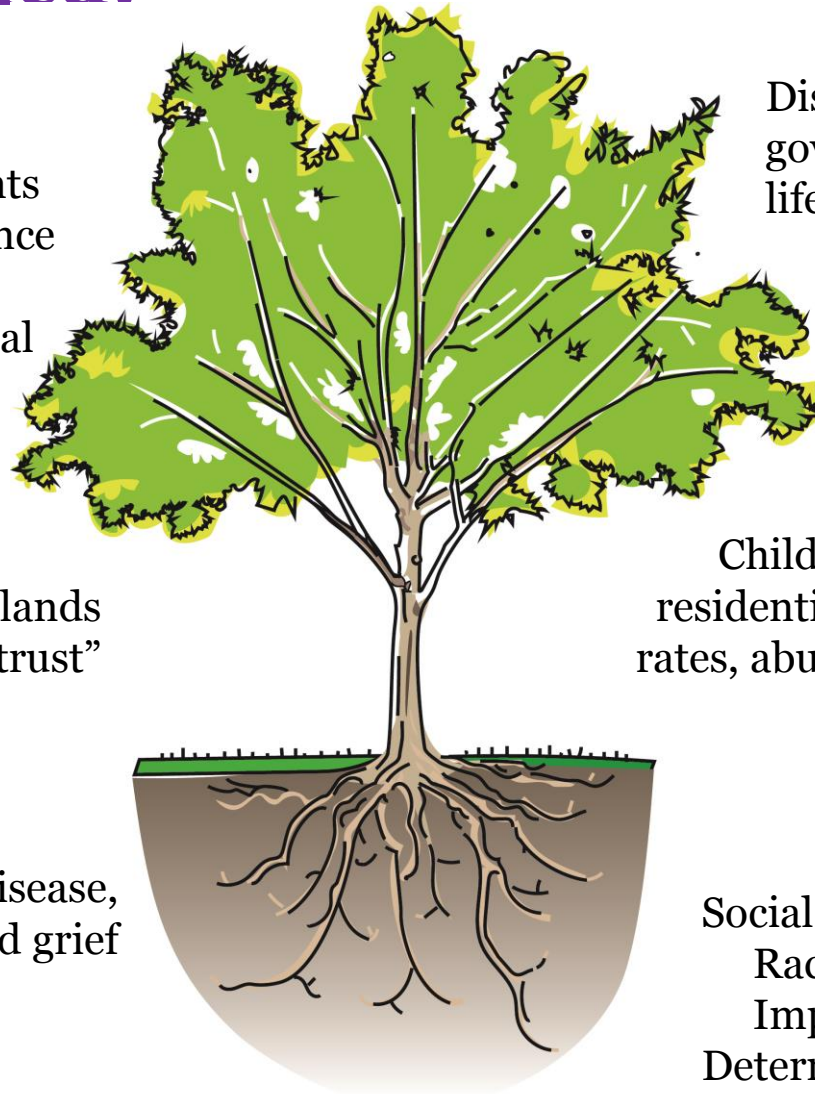
What happened?

Traditional governments
legislated out of existence

Ceremonies made illegal

Wards of the State, lands
held “in trust”

Trauma from disease,
loss and grief



Disruption in traditional
governments and ways of
life

Children taken away, put in
residential schools. High death
rates, abuse and neglect. Forced
religious conversion.

Social Toxicity
Racism
Impact on Social
Determinants of Health

Empathy Exercise



Pre-contact



Contact

- Pick an era and a representative role of one of the people who experienced this era.
 - What did they believe?
 - What were they taught?
 - How might this experience have felt or be understood?

Residential School Era

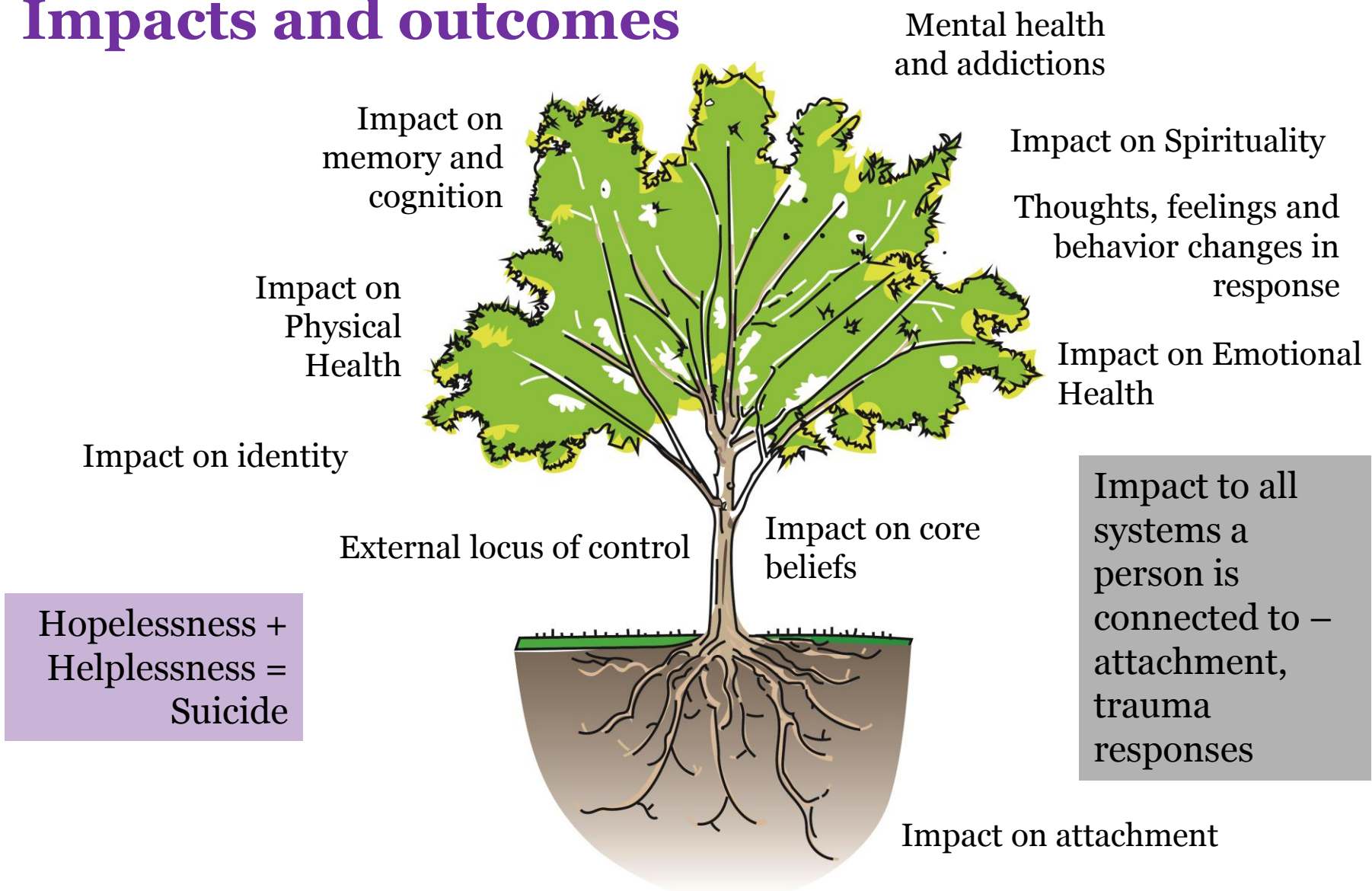
The Legacy of Canada's Residential Schools

Odds of **dying** for children in Indian residential schools: **1 in 25**

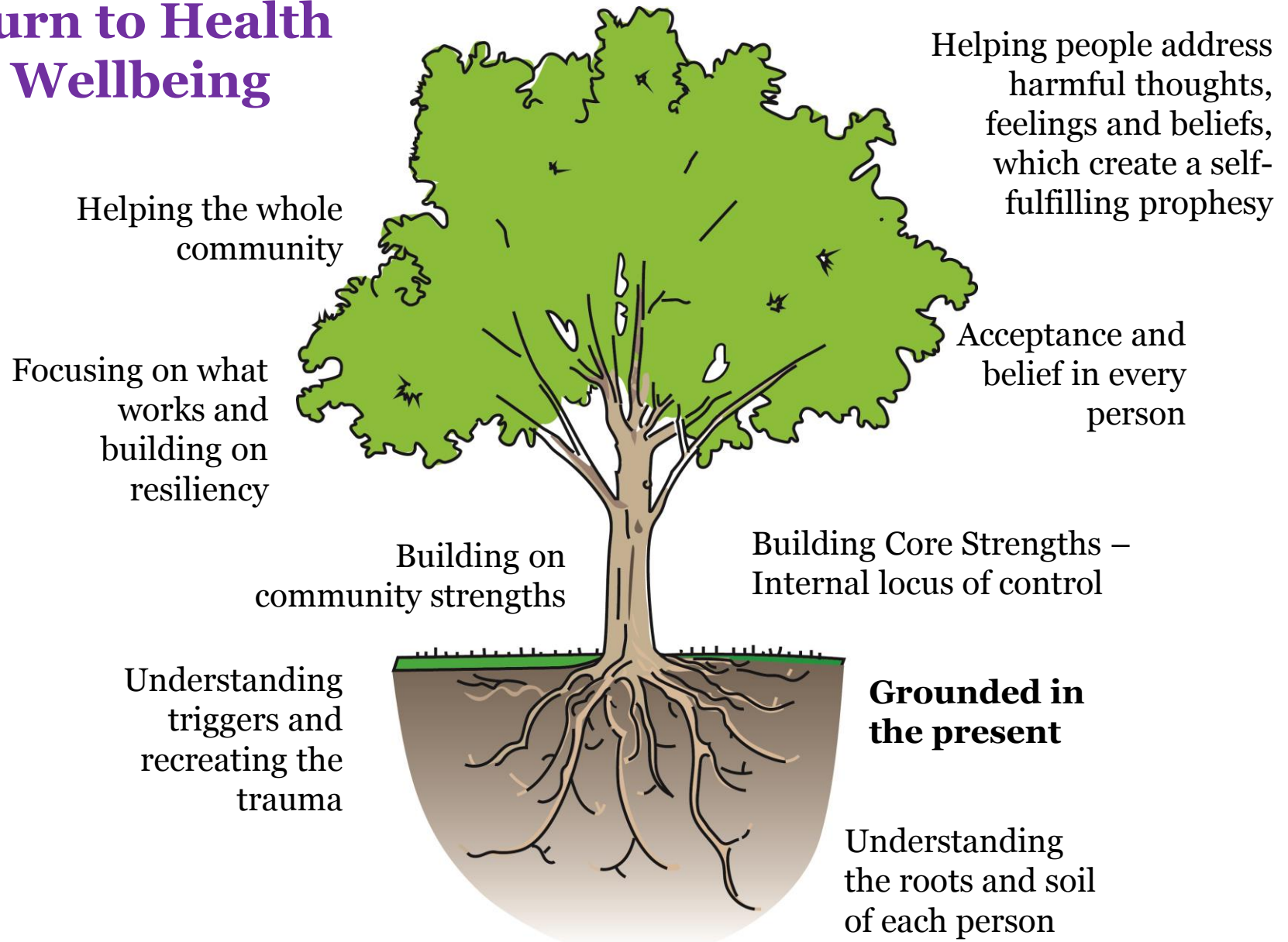
Odds of **dying** for Canadians serving in WWII: **1 in 26**

CBCnews Image courtesy: Library and Archives Canada

Impacts and outcomes



Return to Health and Wellbeing



Traditional Wisdom and ACT

Acceptance: I am a sacred.
All that I am, all that I have
been and all that I will be.

Committed Action:
Branching out and
growing to our full
potential.

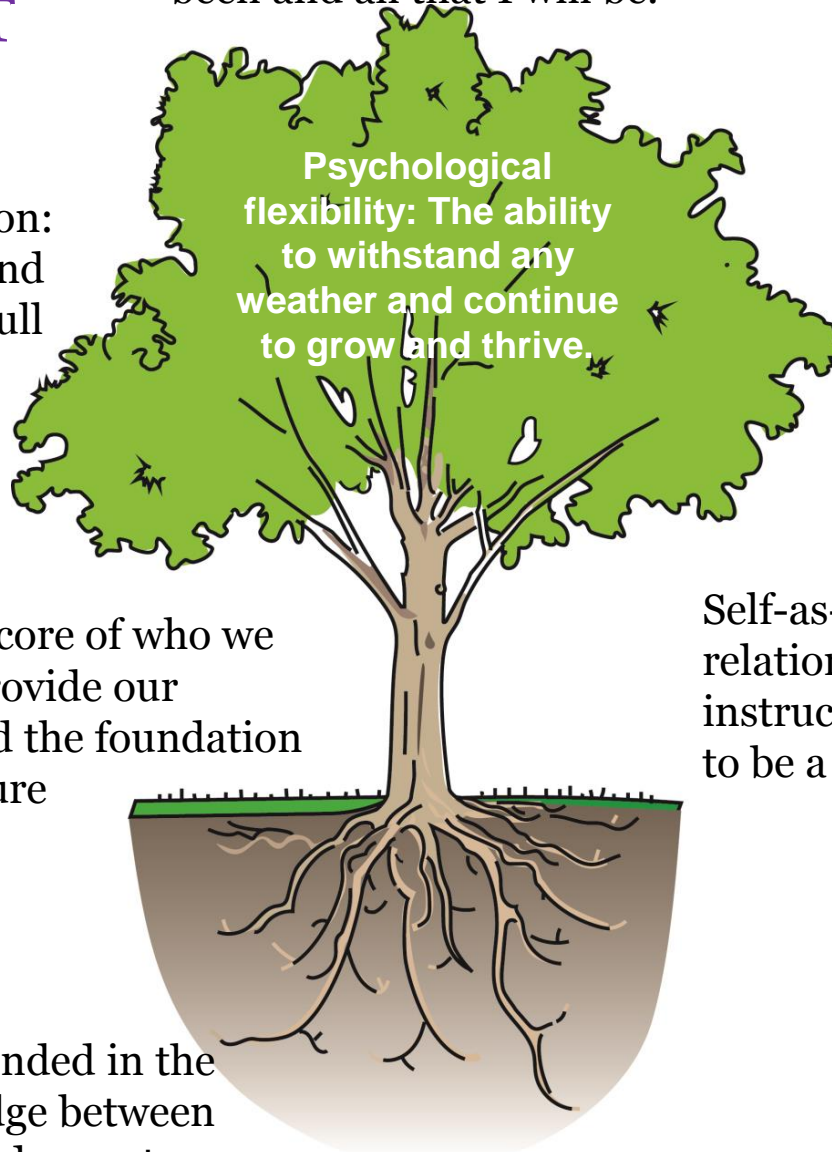
Psychological
flexibility: The ability
to withstand any
weather and continue
to grow and thrive.

Defusion: letting go
of the stories that
limit our growth
and potential. The
fall is a time for
reflection and
letting go.

Values: the core of who we
are. They provide our
strength and the foundation
for our culture

Self-as-context: All my
relations, the original
instructions given for how
to be a human being

Present Moment: Grounded in the
now. DNA – the bridge between
descendants and ancestors



Perspectives on helping

Traditional

- We are all on the journey of life with unique lessons, gifts and teachers
- We are sacred beings having a human experience. Acceptance of our gifts and ways of being/knowing.
- Helping through metaphor and storytelling
- Healing through ceremony, grounding and presence
- Self reflection as a helper
- Grounded in values

ACT

- We are all climbers, on different mountains
- Helping through metaphor and storytelling
- Grounding in the present
- Accepting our thoughts and feelings
- Self reflection as a helper
- Grounded in values

Aboriginal Engagement and Outreach – Provincial System Support Program (PSSP)



- Information sharing
- Workforce Development and Capacity Building
- Building relationships and supporting the work of First Nations, Inuit and Métis agencies and communities
- Resource to the work of CAMH departments and staff

Bringing ACT to FNIM Communities in Ontario



2015

- 9 hub sites from across the Province
- 69 workers from 24 communities

2016

- 12 hub sites from across the Province
- 3 ACT trainings
- Online training
- Virtual learning circles

Land mass of Ontario compared to Europe and the U.S.



Training Resources for ACT

Homepage - Acceptance x

← → ↻ <https://courses.camh.net/d2l/home/8699> ☆ ☁ ☰

Imported From IE EZ-Login Form Apple Disney Portal Page for Cent... Campus CAMH Yahoo! ★ Bookmarks Connections Video ... PKP IK: Other Ways of Kn... Imported From Firef... Other bookmarks

My Home > Acceptance and Com... Alison Benedict ▾

camh Centre for Addiction and Mental Health

Course Home | Content | Discussions | Quizzes | Surveys | Classlist

Acceptance and Commitment Therapy (ACT) Online Training for FNIM Peoples

News ▾

Welcome x

Posted May 27, 2016 1:42 PM

Welcome

Boozhoo (Anishinaabe) Kway (Abenaki) Kwe Kwe (Algonquin) Kwei (Atikamekw) Wachiyeh (Cree) Kuei (Innu) Ullaakkut / Ullukkut / Ai (Inuit) Metaloltiog (Micmac) Shé : kon (Mohawk) Shekoli (Oneida)

Welcome to ACT

Acceptance and Commitment Therapy can help you and the people you work with to be able to handle life's challenges and move closer to the good life -mino bimadiziwin. This is done through a return to self through mindfulness and living in alignment with your values. It focuses on changing your relationship with and understanding of the stories your mind creates, while learning to accept them; the restoration of the good mind -kanikonriio.

ACT is pronounced as "act" said as one word and not initials.. Also, act is pronounced as "act" because it literally denotes an action!

ACT stands for

- A** - Accept your thoughts and feelings, in the moment (be present)
- C** - Choose your valued direction
- T** - Take action

This course, designed as a combination of online and in-person has been designed specifically for you.

Under the "Discussions" Tab, there is a section called "Internet Café" where, you as students, can interact in a friendly, informal online environment prior to our meetings in person.

Show All News Items

Updates ▾

There are no current updates for Acceptance and Commitment Therapy (ACT) Online Training for FNIM Peoples

96% 4:43 PM 6/13/2016



Mind Chatter

camhPSSP
Provincial System
Support Program

00:00:03





Niawen ko:wa! Thank you!

Alison Kiawenniserathe Benedict, MSW, RSW
Centre for Addiction and Mental Health

Kenneth Fung, M.D., FRCPC, MSc.,
University of Toronto