

HISTORICAL TRAUMA AND CULTURAL HEALING

Discussion Questions – *What Is Cultural Healing?*

These questions are meant as discussion starters following viewing of the video “What Is Cultural Healing?” that can be found at <http://z.umn.edu/htplaylist>. This is not meant as a comprehensive list; rather, it provides a variety of starter questions that facilitators may choose from and, as appropriate, add in additional questions specific to the field in which they work.

GENERAL QUESTIONS

1. What cultural practices do you use to support your own health and wellness? Do you consider the practices to be healing?
2. What assumptions do you bring to healing that may impact how you relate to others around this process?
3. How can you support the preservation of cultural traditions, languages, and practices of others?
4. How can knowledge about historical trauma inform the ways individuals/workplaces/communities /societies/cultures promote cultural healing?
5. In what ways can you support healing from historical trauma and microaggressions through connecting people, families, and/or communities?

QUESTIONS SPECIFIC TO WORK WITH CHILDREN AND FAMILIES

1. Where would you start when thinking about supporting the healing of children and families who have experienced historical trauma?
2. In what ways does one own historical background impact their ability to deeply listen and understand the life experiences (contemporary and historical) of others? What are ways that you can promote openness in your own mind when hearing things that don't easily fit in your own world-view?
3. How might you implement culturally-responsive strategies in working with people who have experienced historical trauma? If uncertain, do you know anyone personally or professionally that can provide you with some guidance?
4. How could you use intergenerational approaches in your work with families to promote cultural healing and wellness? The maternal-fetal connection is particularly interdependent when it comes to wellness—are there specific considerations for healing that you would make in this context?
5. How may historically traumatic experiences with medical professionals impact the likelihood of family members seeking out and investing trust in mental health professionals? In what ways can professionals sensitively serve these individuals and families?

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