HOW TO EFFECTIVELY WORK WITH THE AMERICAN INDIAN POPULATION
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AMERICAN INDIAN 101
How many American Indians are there?
What are they like?

EFFECTS OF COLONIZATION
INDIGENOUS HEALTH OVERVIEW

Health Disparities
Environmental Disparities

STATUS OF URBAN AMERICAN INDIANS

Urban populations
Health status
Economic status

HISTORICAL TRAUMA & TERMINOLOGY

Historically Traumatic Event – what is it?
Generational Trauma
Environmental Trauma
Spiritual Trauma
### Research Findings

- Holocaust survivors/non-survivors
- Japanese internment survivors
- American Indians

### Societal Reactions and Impact

- Indifference
- Guilt
- Denial

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“...But the more we can kill this year, the less will have to be killed the next war. For the more I see of these Indians the more convinced am I that they have all to be killed, or be maintained as a species of paupers.”

- General William Tecumseh Sherman
  September 23, 1868
Genocide, Relocation, Allotments and Reservations

Environmental Trauma

Spiritual Trauma
BOARDING SCHOOL PERIOD
1879-1935+

HEALTH SERVICE RELATED
TRAUMA

“MENTAL HEALTH”-
RELATED HT
PRESENT EFFECTS

HOW CAN WE HELP?
- Psychological knowledge
- Recognition of culture
- Community connections
- Awareness:
  - Boundary differences
  - Concept of time
- Definition of family
- Gift-giving practices
- Communication styles
- Humor
- Indirect communication

HOW CAN WE HELP?
- Spirituality
- Formality
- Humility & Patience
- Values
Treatment Modalities that I have Found helpful