Double Vision: Single Focus
An Advantageous Approach

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What are Natural Helpers?

- Drums
- Rattles
- Medicine Wheels
- Ethnobotany
- Traditional Medicines
  - Tobacco
  - Sage
  - Sweetgrass
  - Cedar
What Are We Called?

Indian
Native
Aboriginal
First Nations
Indigenous
Status, Non-status, Metis
Us and Them

There should be no ‘Them’. This simple circle represents a race of beings, “US” our health, and our perception of what is good.
The skills, knowledge and attitudes necessary to provide effective education or care to a specific cultural group.
Cultural Understanding

“One cannot comprehend, far less evaluate or judge, behaviour grounded in one cultural system by the standards of another.”

R. B. Morrison, Ph. D. & C. R. Wilson, Ph.D. in Native Peoples: The Canadian Experience
“So much of the research focused on cross-cultural work... was geared towards helping, for lack of a better term, helping white people to help Indigenous people or brown people, or what have you, and my concern with that ... is that it removes Indigenous people from the solution because we are not able then to be the professionals, we are not able to be the solution, we are the ones who always have to be helped.”

Roger John, M.Ed. St'at'imc Nation
Cultural Safety

Acknowledges the impact of colonization on Indigenous peoples

The community being served determines what is respectful education and healthcare

Culturally unsafe practices can be seen as actions that demean, diminish or are disempowering to the cultural identity and well being of an individual
A Clash of Values

- Interconnectedness
- Interdependence
- Cooperation
- Equality
- Mutual respect and support
- Man as a spiritual being

- Dominance
- Individualism
- Competition
- Hierarchy
- Survival of the fittest
- Materialism
Indigenous Knowledge

• Life Experiential or Empirical – gained through the eyes of the community

• Use of Dreams, Intuition, Storytelling and other Generational Knowledge
Suicide
Substance abuse
Sexual abuse
Family violence
High rates of incarceration
Increase of children in CAS care
Depression
Anxiety
Social Issues caused by The Great Depression

Suicide
Substance abuse
Sexual abuse
Family violence
High rates of incarceration
Children in CAS care
Depression
Anxiety
Legacy of Residential Schools

Suicide
Substance abuse
Sexual abuse
Family violence
High rates of incarceration
High proportion of children in CAS care
High rates of depression and anxiety disorders
Segments of Development

**GIVING KNOWLEDGE**

- Elder
- Grandparent
- Parent
- Maturity

**RECEIVING KNOWLEDGE**

- Infant
- Tot
- Child
- Youth

**SPIRITUAL**

- Parent
- Youth

**PHYSICAL**

- Tot
- Child

**EMOTIONAL**

- Grandparent
- Tot

**MENTAL**

- Elder
- Maturity
Segments—Altered by Residential Schools and CAS

![Diagram showing segments affected by residential schools and CAS]

- Elder
- Grandparent
- Parent
- Maturity
- Infant
- Tot

Segments:
- **SPIRITUAL**
- **EMOTIONAL**
- **PHYSICAL**

Interference:
Inclusive Approaches to Social Work & Healthcare

- Traditional way of healing
  - Drumming, singing, ceremony
- Acknowledging historic trauma and its impact on Aboriginal Identity
- Modern/Traditional Aboriginal Identity
  - Where do the two identities meet?
- Use of Medicine Wheel
Segments of Development Restored

- Infant
- Tot
- Grandparent
- Parent
- Elder
- Maturity

Restoration of Healthy Identity

SHARING  VALIDATING  LISTENING  UNDERSTANDING
Challenges in Lifecycle

- Physical: 0 - 15 yrs
- Emotional: 16 - 30 yrs
- Spiritual: 55 +
- Mental: 30 - 55 yrs

- SHARING
- UNDERSTANDING
- VALIDATING
- LISTENING
Medicine wheels can be set up with several different foci for the four quadrants:

- Action
- Vision
- Relationship
- Knowledge

- North
- East
- West
- South

- Air
- Fire
- Earth
- Water

- Physical
- Mental
- Emotional
- Spiritual

Medicine wheels lead learners to explore and discuss the interconnectedness of issues.
Cultural Awareness
Begins with:
The understanding that there is a difference
Education toward rituals and practices within other cultures

Cultural Safety
Empowers consumers by allowing them to comment on and contribute to the improvement of health care
Health care services are designed by those who are delivering the particular services and those who will be receiving them

Cultural Sensitivity
Legitimizes the differences
 Begins the process of self exploration; demonstrates how mainstream’s realities have impact on other cultural realities

Cultural Competency
Developing awareness, knowledge and skills of other cultures to help us make solid recommendations for educational decisions and planning
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How can Culture be important to First Nation’s people?
“At that moment, looking into a circle of chairs surrounding the drum . . . I felt a circle of lonely, ill, frightened people being brought gently back into feelings of connection and communion with each other by the power of the drum and the teachings of the songs . . . I felt them coming out of themselves, and that changed everything.”

Rupert Ross, “Returning to the Teachings”