

# Traditional Healing for Teens

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Elders have a huge role in the process of healing that children and youth go through, and elder involvement can decrease the negative affects of Adverse Childhood Experiences (ACE).

Releasing ceremonies, seeing the Medicine Man, smudging, sweats, prayer ties, and cedar baths can be incredible pieces of healing for children and youth.

This webinar will review the incorporation of artistic and cultural healing through community or family elders and the blend of traditional knowledge with modern technology, as well as coping skills and recovery with a specific focus on traditional ways.

**“Take the smoke and pray, only you can do it for yourself”**

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## Adverse Childhood Experiences Study Results

ACE is defined as growing up experiencing any of the following before age 18:

- Recurring physical abuse or neglect
- Recurring emotional abuse or neglect
- Sexual abuse
- Domestic violence
- Includes alcohol and/or drug abuser in the household
- An incarcerated household member.
- A family member who is suicidal, chronically depressed, mentally ill, or institutionalized.

**FINDING:**

The more ACEs you have as a child (higher ACE score) higher risk for health and behavioral problems as an adult.

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**How do ACEs damage your child's brain structures and functions:**

A child living much of their life in stress due to ACEs brain gets overloaded with **stress hormones** brain stops working properly

Resulting in child who falls behind in school and/or fail to develop healthy relationships child develops feelings of anger, helplessness, frustration and/or guilt un/consciously develop coping mechanisms that involve drug, alcohol, food, risky behavior, or health problems.

-- so with that said how do we connect the relationship between elders and youth engage in healing? the next few slides will help us get there.

Son, Maya. "ACE study (Adverse Childhood Experience)"

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The lifelong responsibility of taking care of oneself.

-- Clan Teachings



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**Administration for Children and Family**

Native American and Alaska Native children were cared for by their grandparents.

In some Native American tribes it is estimated that up to 60 percent of children under the age of 18 are being raised by their grandparents.

Grandparents have been held in high esteem in Native American culture, respected for their wisdom and for being keepers and teachers of cultural tradition.

In the past, grandparents in many tribes would care for grandchildren to allow mothers to gather food.

Today, grandparents are increasingly playing a surrogate, and not a supplemental, childrearing role.

Primary Factor: Native American grandparents often feel responsible for keeping their grandchildren when they are in danger of being placed in the foster care system.

[Family Preservation Report]

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As we move forward, there will be natural shifts in Perspectives:

- Youth - frontal lobes, development, trust
- Generational Thinking - four spans
- Provider - Ability to foster trust through patience while focusing on delivering culturally relevant services.

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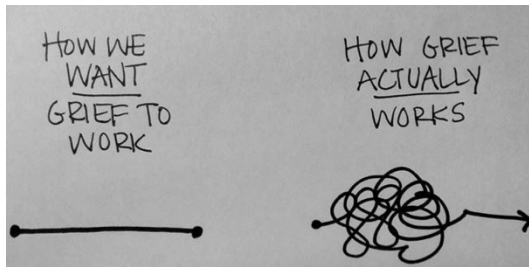
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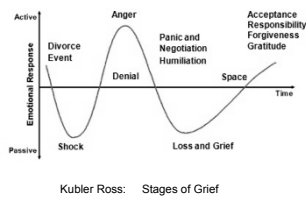
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Most will agree there are some common denominators and beliefs about change:

Change begins with willingness and the ability to flex brain muscles

### Stages of Grief



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**The World Today**  
Generational Comparisons:  
**High Tech Society & Electronics**  
**VS.**  
**Soil, Sky, Air, Water, Fire**

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<p><b>Modern Technology</b></p> <p>limited human interaction</p>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>
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<p>The Maze represents a person's journey through life.</p> <p>The twists and turns represent transitions made in life; with each turn, a being becomes more understanding and stronger as a person. In the middle of the maze, a person finds their dreams and goals. At the center, the last turn in the maze, a person has a final opportunity to look back upon his or her choices and path before passing to the next world.</p>	 <p>Shared teachings among the O'odham sister tribes in desert of Arizona</p>
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The basket represents a person's journey through life.

The emergence, one travels along the rainbow, mountains, experiences various forms of moisture. Through the journey in the clouds a being becomes more.

There are blessingway prayers, prayer of protection, many choices along the path.

Navajo Teachings and Transitions

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'For the Hopi, corn is not only a crop, but a metaphor for life.

People begin as seeds planted in their mother's wombs. They then emerge into world, and are blessed by sunlight, air, and the sustaining power of family and community.

Because of this, the Hopi see corn and people as going through the same basic process of transformation, from birth till death: they begin as seeds, are cultivated, grow, develop, mature, then die and return to the soil—entering back into the cosmos in a different form.

Death is not the end of existence, simply another transformation.

These beliefs manifest themselves further in the Hopi rites-of-passage rituals that very young children go through.

-- Lucas Ropek, *SEED: The Untold Story*

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<p>Defining the meaning of <b>Healing</b> through a traditional lens</p>	<p>Ceremony is essential part of healing, reconnecting with roots</p> <p>Reflecting concepts of the Universe</p> <p>Include Prayers, Chants, Songs, Use of Plants or Sacred Objects, Feathers</p>
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<p>Understanding <b>Healing</b> as the people know it</p>	<p>Circular Structures are essential part of healing</p> <p>Recognition of sacred elements, spaces &amp; places. Earth, Water, Sun, Fire.</p> <p>Ceremonial Facilitators are known by the people.</p>
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<p><b>Medicine Wheel</b></p> <p>Universal teachings among and along with specific teachings to promote guidance.</p> <p>Some teachings promote responsibilities, raise awareness of lifespan development, acknowledge colors, or correlate seasons with types of healing.</p>	<p><b>Medicine Wheel of the Lakota The Four Directions</b></p>
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Many more forms, varying from tribe to tribes

**Various Forms of Healing**

<p><b>Grief &amp; Coping</b></p> <p>Life is filled with adversity, with high, lows, challenges.</p> <p>Critical to let go for growth</p> <p>EMDR, Touch</p>	<p><b>Plants</b></p> <p>Female and Male Medicine, Sweetgrass, Cedar, Greasewood.</p> <p>Balance Paths Parents/ Grandparents</p>	<p><b>Land &amp; Animals</b></p> <p>Our deep connection to animals (Birds, Horses, Reptiles)</p> <p>Water, helps one to cope, grandparents often</p>	<p><b>Heat &amp; Fire</b></p> <p>Sweats, Smoke, Cedar, Use of coal vary in Native American Church Ceremonies</p> <p>Use to cook puberty cake</p>

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### Connecting to one another through diversity

Family Systems	Traditions
Responsibilities Clan Systems	Family Origins
Internal Roles between gender	Singular Tribe
Teachings from Groups	Blended Tribes
Individual Leaders	Adopting Customs
	Honoring Roots/ Origins
	Sharing Customs



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## Questions & Answers

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