

Generational Trauma And Native American Populations

Presented by

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Presentation Outline

I. Introduction of Self and Trauma Related Experiences

- **Poverty**
 - **Feelings of “less than” Non-Native peoples.**

- **Orphaned/Foster Home Experiences**
 - **Loss of parental love and support**
 - **Never feeling a part of the home I happened to be in at the time.**
 - **Became adept at suppressing emotions.**

- **Boarding School Experiences**
 - **Sent to two boarding schools against my wishes/will.**
 - **Separation from family, friends and community.**
 - **Became “survival oriented”.**
 - **Fear of being punished for doing something wrong.**
 - **Unable to forge close personal relationships—see personal relationships as being temporary in nature.**

- **Living in an Alcohol Infested Home**
 - Alcohol and other people were more important than me.
 - Lack of caretaker/foster parent support for school experiences.
 - Lack of pride in living in this home.
 - Survival oriented—responsible for personal management (food, clothing, etc.).
 - Played the role of the “clown” in school and among peers—“nothing wrong at home”!
 - Feeling of “I don’t deserve good things to happen to me”.

- **Triple By-Pass Heart Surgery**
 - Life/death issues with associated emotions.

- **Cancer Surgery**
 - Life/death issues with associated emotions.

II. Trauma and General Populations

- **National Disasters (Storms, Floods, etc.)**
- **War Experiences (PTSD)**
- **Loss of Loved Ones (Parents, Companions, Children, Others)**
- **Adoptions/Foster Home Experiences**
- **Sex Abuse (Molestation, Rape, Incest, Other)**
- **Domestic Violence**
- **Other (Grief, Diseases, etc.)**

III. Trauma and Native American Populations

- **Colonization/Cultural Genocide**
- **Reservation Confinement**
- **Loss of Tribal Lands**
- **Negative Boarding School Experiences**
 - **Cultural Genocide**
 - **Separation From Home and Family**
 - **Sexual Abuse**
- **Ethnic (Racism, Discrimination, Prejudice)**
- **Loss of Tribal Language**
- **Loss of Spiritual Ways**
- **Loss of Traditional Tribal Gender Roles**
- **Cultural Identity Issues**
- **Inter-Tribal Issues--Second Class Citizenship Status**
- **Intra-Tribal Rejection**
- **Other**

IV. Consequences

- a. I'm not as good as--
- b. I don't deserve to have good things happen to me.
- c. Self-hate
- d. Angry at people perceived to be oppressors
- e. Substance Abuse
- f. Addictions (Alcohol and AODs, Gambling, etc.)
- g. Other

V. Treatment Options

- A. Suppression of Feelings—Unable to Access Treatment.
- B. Western and Other Psychological Therapeutic Approaches
- C. Medications
- D. Tribal Traditional Cultural Ways
 - a. Spiritual Ceremonies—Native American Veterans with PTSD Symptoms

Bibliographic References

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2. Whitbeck, L.B. June, 2004, Conceptualizing and measuring historical trauma among American Indian people. *American Journal of Community Psychology*, Vol. 33, Nos.3/4, 119-130.