

SCC HISTORICAL TRAUMA

PART TWO

FEBRUARY 2017



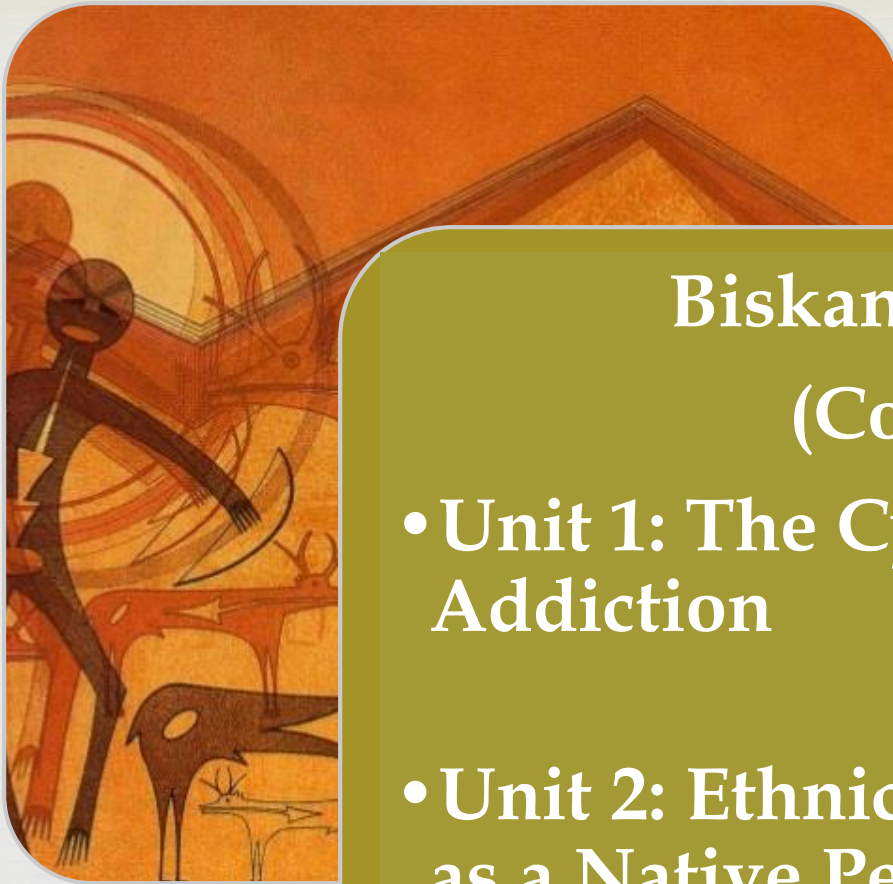
“Fire that is beginning to stand”

Biskanewin Ishkode

Iskowtew Kahmahch Opikik

--V.P. Allery, Ph.D.

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Biskanewin Ishkode

(Course Two)

- Unit 1: The Cycle of Trauma and Addiction
- Unit 2: Ethnic Identity: Who Am I as a Native Person?
- Unit 3: Bimadzwin: The Good Life Path

TRAUMA



- ❧ The effects are cumulative and are seen in individual and group attitudes and behaviors in succeeding generations.
- ❧ The transgenerational transmission of these traumas can occur even when the next generation is not told the trauma story, or knows it only in broad outline.

CONSPIRACY OF SILENCE



- ❧ A “conspiracy of silence” surrounds events for which grieving and mourning have never taken place.
- ❧ Cultural traumas are created when attempts are made to eradicate part or all of a culture or people.

ONGOING TRAUMA



- ❧ Trauma may be induced by ongoing routine events or conditions.
- ❧ Unaddressed traumas affect not only those directly traumatized, but their families and future generations.

MEMORIES



- ❧ Not releasing the trauma causes “freezing” trapping it in the nervous system.
- ❧ Brain researchers tell us that neurons that fire together wire together.
- ❧ The more intense the experience is, the tighter they wire together.

PARTICIPATION INDUCED TRAUMA




TRAUMATIC EFFECTS OF
HARMING OTHERS ,
INTENTIONALLY OR
UNINTENTIONALLY, CAN BE AS
SEVERE AS OR MORE SEVERE
THAN WHAT VICTIMS AND
SURVIVORS EXPERIENCE.

TRAUMA REENACTMENT



- ❧ Reenactment behaviors — those that turn unhealed trauma energy against the self (acting in) or out on others (acting out) — are signs of distress and unhealed trauma.
- ❧ Paradoxically, reenactments represent attempts to **resolve the effects of trauma**.
- ❧ Reenactment behaviors are a major public **health issue** and indicate that people and groups need **psychosocial and spiritual help**.

SURVIVOR VICTIM CYCLE

1. Traumatic event(s), acts of aggression
2. Physiological changes 
3. Shock, injury, denial, anxiety, fear
4. Realization of loss – panic
5. Suppression of grief and fears – numbness, isolation
6. Anger, rage, spiritual questions, loss of meaning
7. Survivor guilt, shame, humiliation
8. (Learned) helplessness
9. Re-experiencing events, intrusive thoughts, avoiding reminders, hypervigilance
10. Fantasies of revenge, need for justice.

Examples of Reenactment

ACTING IN

(turning trauma energy in on oneself)

- ❧ Substance abuse
- ❧ Overeating or undereating
- ❧ Self-mutilation
- ❧ Depression
- ❧ Anxiety
- ❧ Workaholism
- ❧ Suicide
- ❧ Physical ailments

ACTING OUT

(Turning trauma energy out on others)

- ❧ Domestic abuse
- ❧ Child abuse
- ❧ Gang activity
- ❧ Criminal activity
- ❧ High-risk behaviors
- ❧ Aggressive behaviors
- ❧ Repetitive conflicts
- ❧ War

❧ Letting go of
trauma can be
overwhelming...
even like death.

❧ We cannot
mourn what we
do not
acknowledge.

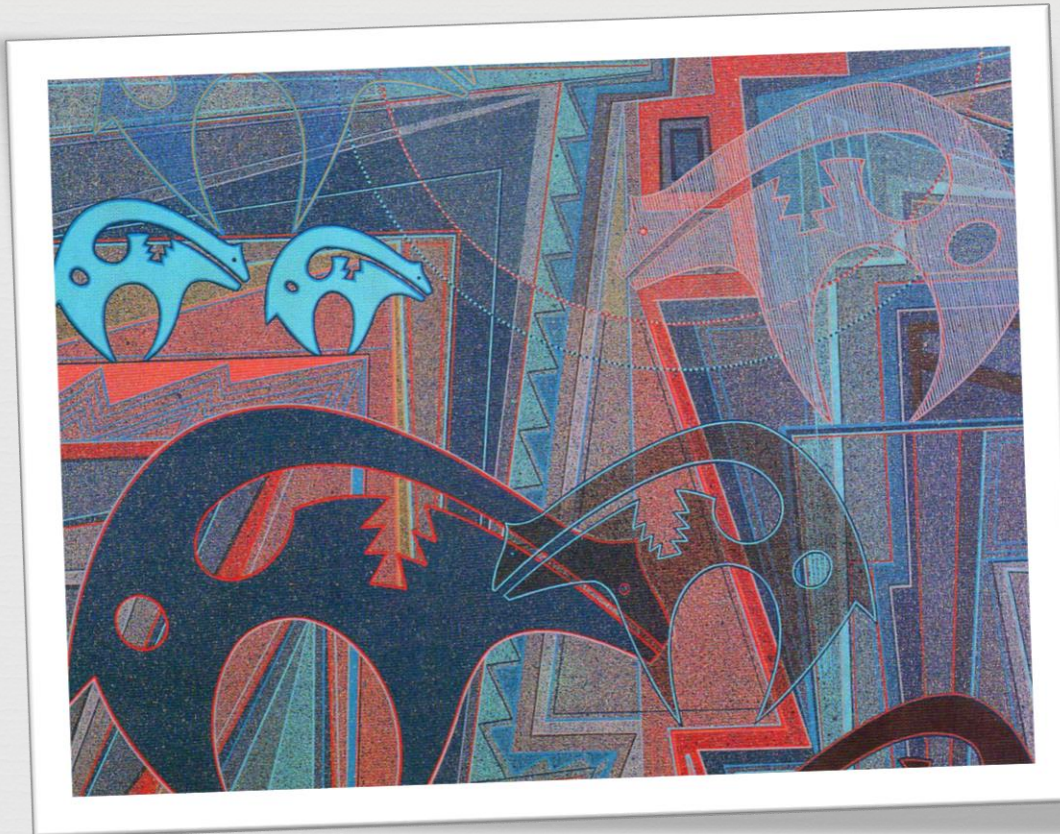
HEALTHY GRIEVING AND MOURNING

Healthy
mourning and
grieving are key
to traumatic
healing.



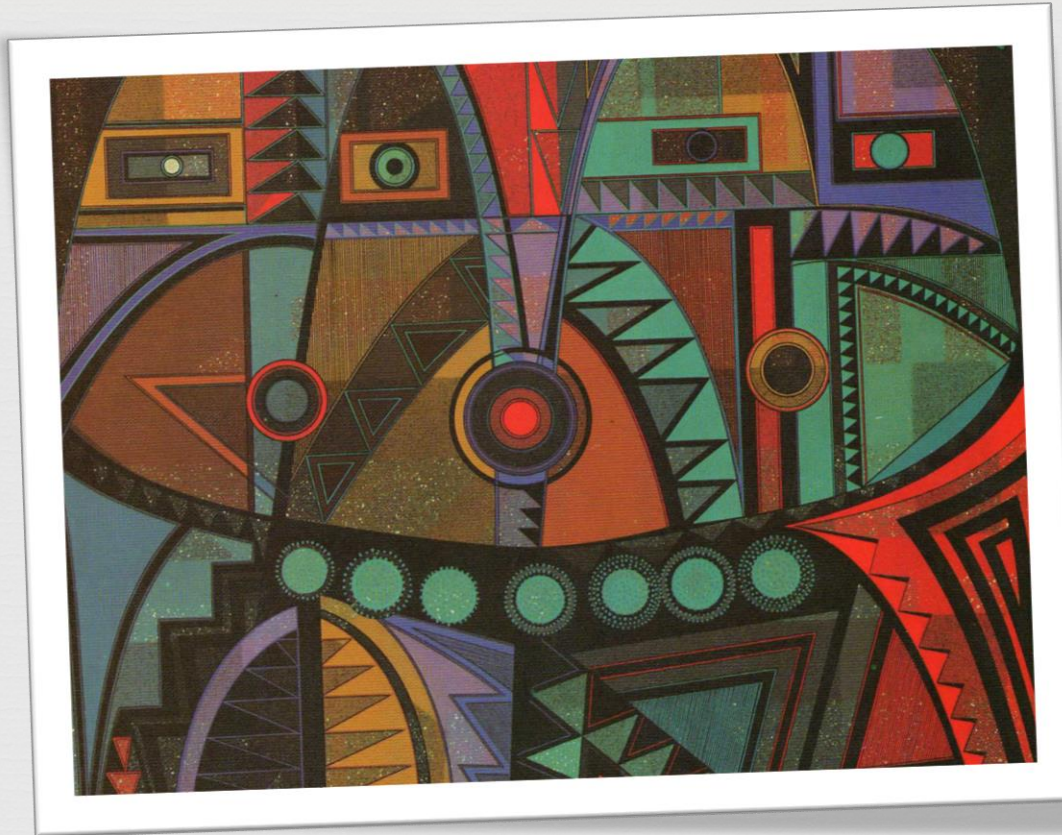
Course 2: Unit One

[UbD Course 2 Unit 1.pdf](#)



Course 2: Unit Two

[UbD Course 2 Unit 2.pdf](#)



Course 2: Unit Three

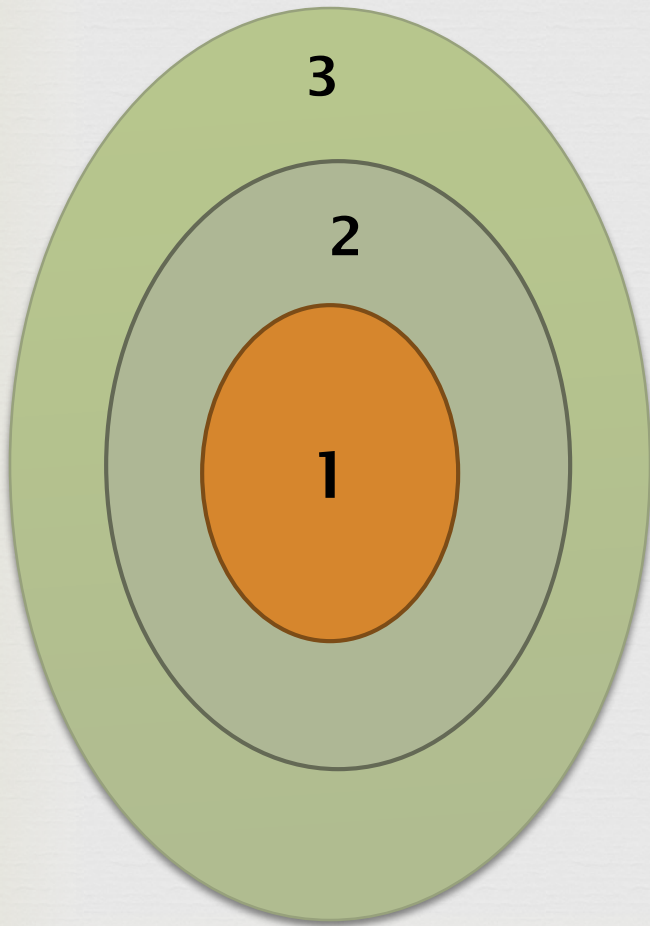
[UbD Course 2 Unit 3.pdf](#)

WORLDVIEW AS
THE **MENTAL**
LAYER OF
CULTURE

☞ **1=Mental Layer**

☞ **2=Behavioral
Layer**

☞ **3=Material Layer**



Satoshi Ishii's Model of Culture

THE THREE LAYERS

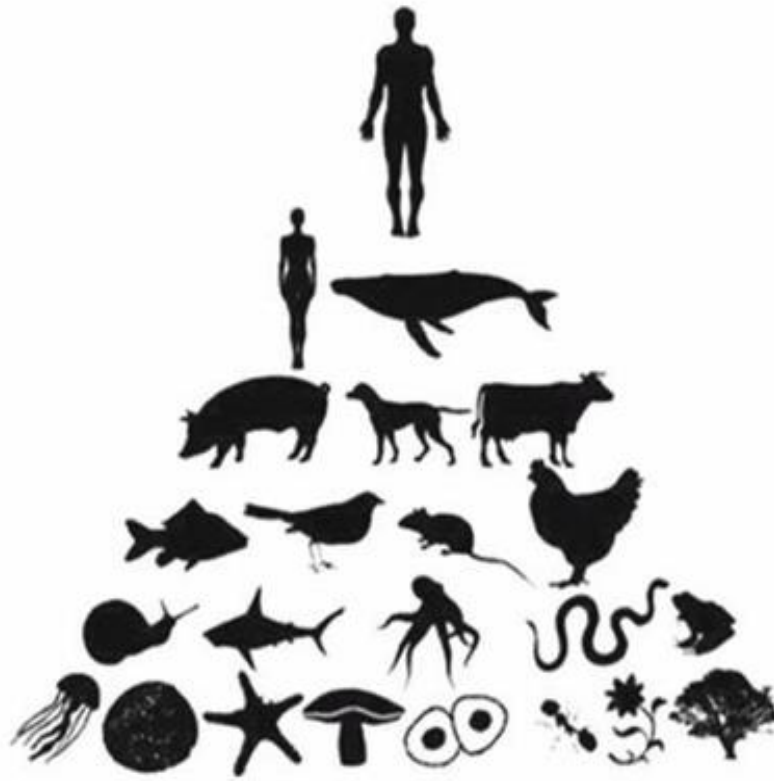


- ❧ **M A T E R I A L L A Y E R :** The most overt, overt, and visible layer of culture represented by various artifacts (food, clothing, tools, dwellings) produced and controlled by the Behavioral Layer.
- ❧ **B E H A V I O R A L L A Y E R :** This layer is semi-overt composed of verbal and non-verbal behaviors as symbols (words, gestures, lifestyle) and reflects the mental layer.
- ❧ **M E N T A L L A Y E R :** Most internal, covert and invisible layer shown in beliefs, values, and attitudes.

MENTAL LAYER



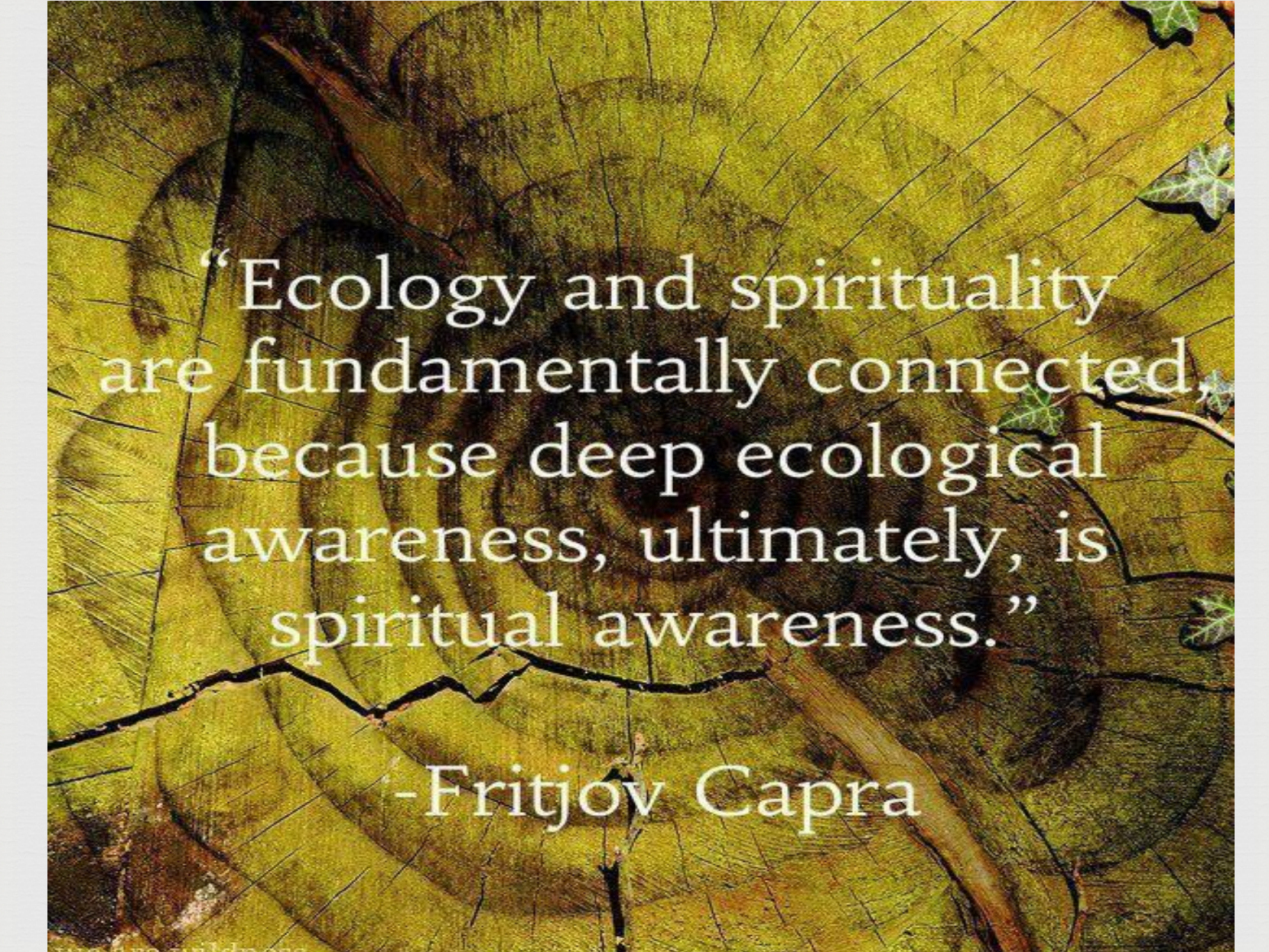
- ❧ **The Mental Layer** is a cultural worldview that answers ultimate questions about humanity and the universe — the tri-world of humans, nature, and the supernatural and their relationships:
- ❧ **Who Are We?**
- ❧ **Where Have We Been Before Birth?**
- ❧ **Where Will We Go After Death?**
- ❧ **For What Do We Live?**
- ❧ **What Should We Do In The Secular World?**
- ❧ **How Should We Relate To Other Humans, Nature And The Spirits?**



WRONG



RIGHT



“Ecology and spirituality
are fundamentally connected,
because deep ecological
awareness, ultimately, is
spiritual awareness.”

-Fritjov Capra

WE ARE NATURE



Close-up of a small leaf



Blood vessels of a human heart



River network of the Amazon

THEOPHANY



When we recognize the virtues, the talent, the beauty of Mother Earth, something is born in us, some kind of connection—love is born. We want to be connected. That is the meaning of love, to be at one....You would do anything for the benefit of the Earth, and the Earth will do anything for your wellbeing.

Thich Nhat Hahn (Spiritual Ecology or Engaged Buddhism.)

ESSENTIAL QUESTION



**Why is belief in the ritual
or healing ceremony an
essential part of healing?**