# Intergenerational Trauma in Native American Communities

A Framework for Healing

# Definitions

- Cosmology- Human attempts to understand and explain the universe.
- Culture- the medium within which all human development takes place.
- Epistemology- Study of the nature and theory of knowledge.
- Etiology- Causal explanations of disorders.
- Hegemony- Dominance of one state over others

#### **Internalized Oppression**

 Internalization of what appears to be genuine power in an effort to cope with despair caused by complete loss of power. The result is an intense self-hatred.

#### **Diagnostic Paradigms**

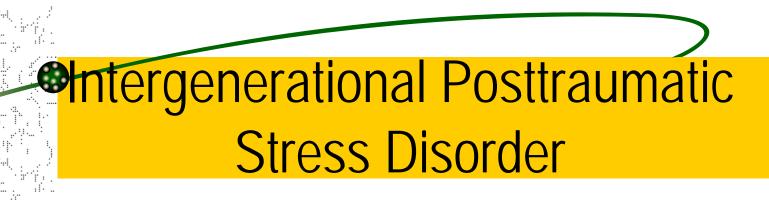
- Individual Deficiency
  - Intervention Strategies
    - Providing services
  - Supporting Belief/ value systems
    - Democratic pluralism
    - Science
    - Organizational reform
    - Principle of inducements

- Dysfunctional Environment
  - Problems conceptualized a function of system output.

Warren, R.L. (1983). The sociology of knowledge and problems of inner cities. In R.L. Warren and L.Lyon (Eds.) <u>New perspectives on the American Community</u>. Homewood, Ill: Dorsey Press

# American Indian Experience

- Contact
- Systematic genocide
- Systematic ethnocide
- Post-colonialism



- Intergenerational transmission of psychological consequences of unresolved grief.
  - Depression
  - Danger
  - Fear
  - Hatred
  - Chaos

#### Clash of Worldviews

- Past attempts at treating problems were firmly grounded in western ideology
- latrogenic Injury was the result



#### Clash of Worldviews

- Dualism
- Individualism
- Modernity

- Holistic
- Collective
- Spiritual

# Healing

- Validation of Externally imposed craziness
- Interpretation/understanding of etiology come from within the cultural experience of the client
- Interventions must incorporate indigenous epistemological principles.
- Interventions must incorporate an indigenous cosmological worldview

PTSD: Evolution from trauma to possible recovery

- Impact or Shock
- Withdrawal and Repression
- Acceptance/Repression (magical thinking)
- Compliance and Anger (Decompensation)
- Trauma Mastery (Healing)

Duran, E. & Duran, B., (1995). Native American Postcolonial

Psychology. Albany, NY:SUNY Press