



Decolonizing Systems: Reversing the Effects of Historical Trauma

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Outcomes of this presentation

The intent of this condensed presentation is to help participants understand the intricate and synergistic traditional paradigms of Indigenous people, which developed highly self-actualized individuals when fully intact. However, colonization disrupted these paradigms, leading to a negative trajectory of generational trauma. To reverse these effects, it is essential to reinsert much of the original systems back into Indigenous communities. This presentation aims to provide research that traces the impacts of Indian policies enacted throughout centuries and identify ways to break the generational cycles triggered by those policies.



Developing a whole person

- Environment
- Animals
- Kinships/Family
- Relationships/community
- Love/Belonging
- Energy
- Transfer knowledge
- Ceremony/songs/stories
- Language
- Innate Learners
- Cultural Perpetuity





IN 1938, MASLOW FOUND AN ENTIRE CULTURE THAT EXEMPLIFIED HIS DEFINITION OF SELF-ACTUALIZATION

- "Nearly all of the Blackfoot, he discovered, displayed a level of emotional security that only the upper percentiles of the US population achieved."
- He believed this resulted from child rearing practices:
 - -emphasis on personal responsibility
 - -emphasis on goodness and strength
 - -demanding but loving adults
- This combination of tenderness and hardiness developed the best sort of character



If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life.

Abraham Maslow

www.thequotes.in

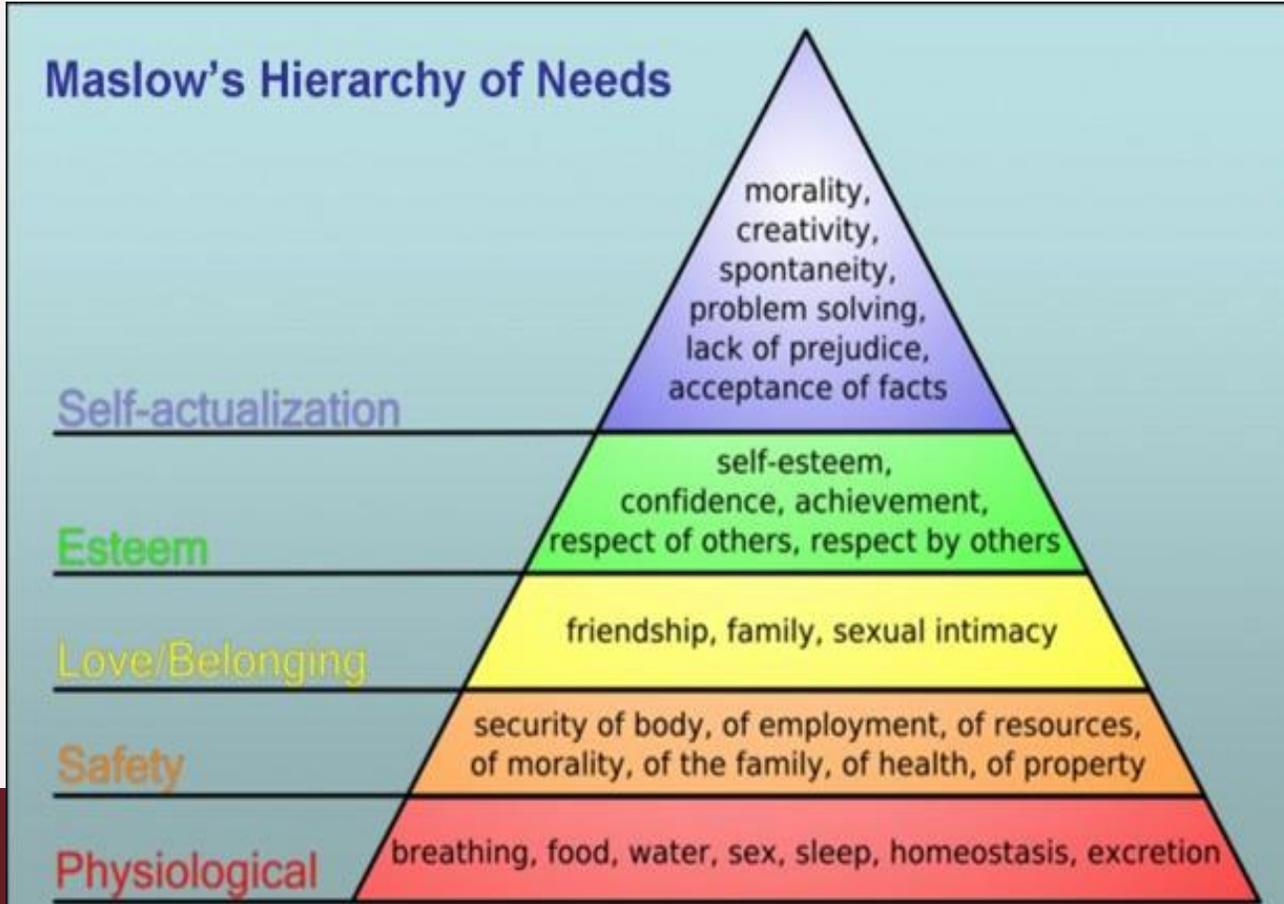


- Colonialism is the process of a country taking full or partial political control of a dependent country, territory, or people.
- Colonialism occurs when people from one country settle in another country for the purpose of exploiting its people and natural resources.
- Colonial powers typically attempt to assimilate the people through a systematic process of destroying all markers of the identity of the people.
- Colonizers—sometimes forcibly—attempt to impose their religion, language, cultural, and political practices on the population they are colonizing

Colonialism

Versaris, Larissa. "Settler Colonialism: A Theoretical Overview." *Palgrave Macmillan*, 2018, ISBN 978-1-231-29400-8

Assimilation in post-colonial states refers to socializing and acculturation—this process results in Indian people abandoning their own tribal political and cultural identities.



Colonialism- A systematic process of destroying all markers of self-identity

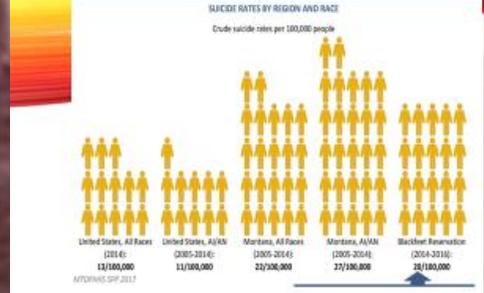
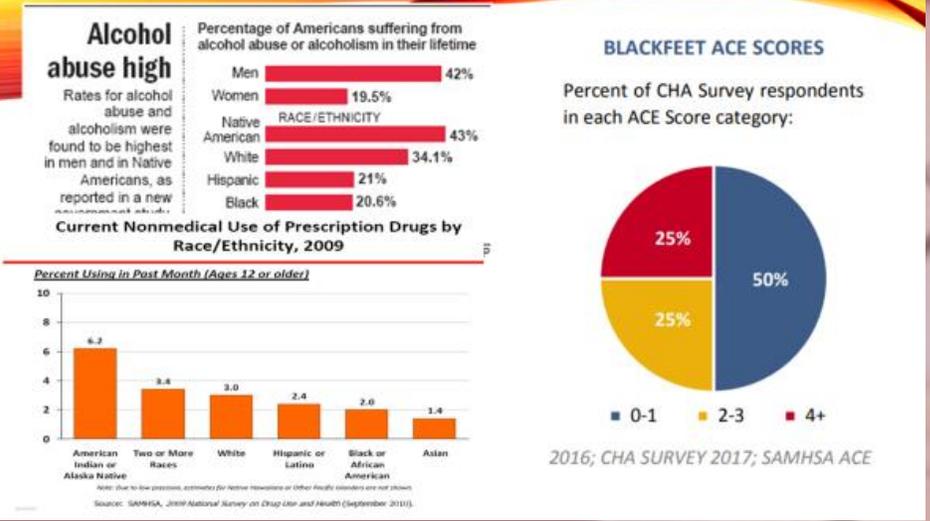
HISTORICAL TRAUMA

- Policies that perpetuated trauma
- Inflicted on mass people
- Due to race
- Origin points for paradigm shifts, culture, and language loss, and negative self-identity concepts
- Origin point for generational trauma cycles- sexual abuse, neglect, alcoholism, etc.
- The word “historic” causes people confusion (trauma is gone and all we need is an apology)



Generational Trauma

- Trauma cycles that are passed down from generation to generation
- Resulting in high and disproportionate rates of trauma
- Ongoing patterns
- Can be broken if all systems are working together to break the cycles
- Reversal of Historical Trauma can happen



LIFE EXPECTANCY BY RACE AND SEX (2011-2013)

Race	Glacier County		Montana	
	Male	Female	Male	Female
White	75	81	76	83
American Indian	62	68	63	64

US CENSUS ACS 2015

- Native Americans are more likely to be killed by police than any other racial group, according to the Center on Juvenile and Criminal Justice.
- Native American men are incarcerated at four times the rate of white men; Native American women are incarcerated at six times the rate of white women, according to a report compiled by the Lakota People's Law Project.

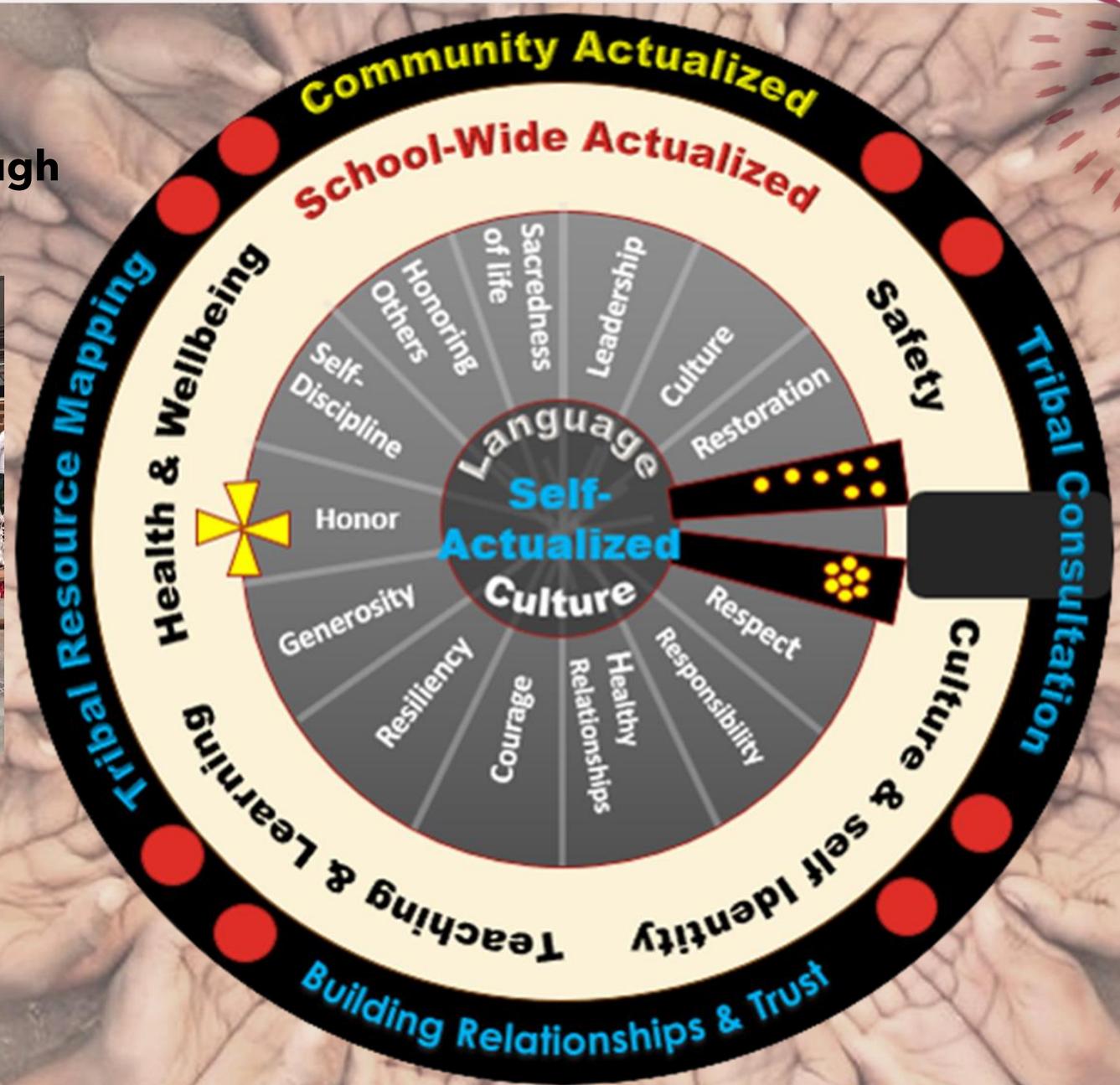
RACE

JAILS 2015	PRISONS 2017
6% of state pop.	6% of state pop.
25% of jail pop.	22% of prison pop.

In Montana, Native American people constituted 6% of state residents, but 25% of people in jail and 22% of people in prison.

Innovations-

Reconnecting Positive Self-Identity through Recontextualizing Education



Innovations

Decolonizing Educator Prep Programs

Grow Your Own Teacher Programs

- University of Montana Western/Blackfeet Community College/Little Big Horn College
- Recruit committed community members that will stay
- Curriculum- matching pedagogy to learners (Using Indigenous Pedagogy Framework)
- Partner with local school districts
- Trauma-informed
- Remove barriers for pre-service teachers
- Develop high-quality teachers for students



Innovations

Grassroots Community Healing Projects

- Reintroduction of free-roaming Buffalo to the land (healing the land from historical trauma)
- Comprehensive language revitalization project
- Cultural revitalization through bringing back historical traditional societies
- Reteaching Nitsitapii traditional ecological knowledge to strengthen self-identity
- Reteaching cultural values through educational partnerships
- Helping our children to love themselves and know and be proud of who they are





Summary

- Education funding (ESSA, ESSER, Impact Aid, etc.) should include culture, language, values, and traditional systems in programmatic and fiscal accountability measures
- More bills for grants for Grow Your Own Teacher Programs for both rural and tribal communities
- Comprehensive planning for reversal of historical trauma effects such as community healing, mental health expansions,
- Saturated levels of support in cleaning up and rebuilding after a disaster
- Changing the systems to match the paradigms

Thank you



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