



Safe, Sacred, and Sovereign

Sexual Assault Workbook Series Trainer's Guide

**Washington State Native American
Coalition Against Domestic Violence
& Sexual Assault**





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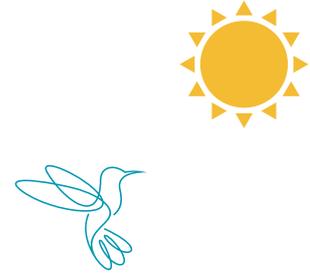
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Training Framework



User's

The Sexual Assault Workbook Series Training is for Tribe and Tribal Program staff who will use the Sexual Assault Workbooks to empower Native women who have the experience of sexual assault.

Research

The merit and content of each workbook in the Sexual Assault training series is supported by primary and secondary sources to deliver a well-rounded training approach.

Primary sources are original materials on which other research is based that present original thinking, report a discovery, or share new information.

Secondary sources are “after the fact” accounts providing interpretations, evaluations, commentary, or discussion of evidence found in primary sources.

Some of the primary and secondary sources used in the development of this training are listed in the table below.

Primary	Secondary
Government Records	Academic Textbooks
Journal Articles	Video Commentary
Studies & Reports	Newspaper Articles
Statistical Data & Analysis	Histories

Trauma

Dealing with the impact of trauma on Native and Indigenous people's lives is a sensitive matter. We emphasize an ethical practice of self-reflection and self-care as important to the culturally responsible process of empowering survivors of sexual assault. Each workbook represents a sequenced delivery of training focusing on addressing historical, intergenerational, and present-day trauma to achieve three targets of healing:

Rehumanizing. Understanding and confronting the ways that Native women have been dehumanized and affirming their inherent rights, dignity, and worth.

Regeneration. Advocating the importance of restoring and revitalizing culture, language, lifeways, and wisdom as a culture-specific trauma-healing strategy.

Re-Storying. Honoring the rich heritage and acknowledging the strength and resiliencies of Native women as liberating them from the ongoing struggles they face.

Culture

We acknowledge the cultural diversity of Native people and at the same time recognize a set of mostly intangible aspects of collective social life, including our values, beliefs, systems of language, communication, and practices, that we share in common. Healing our 'soul wound' is a culture-specific issue addressed by modifying evidence-based theory and practice. To adapt this training, we applied the following modified strategies:

Scaling Questions. Adapting a Solution-Focused strategy of scaling to self-assess imbalances in mental, spiritual, social, and physical aspects of life and to focus on goal-oriented questioning that assists a client in moving into a future-oriented direction.

Unique Outcomes Questions. Integrating a Narrative therapy strategy to engage in the discovery of actions, intents, and personal attributes that contradict the problem story.

Readiness for Change. Using the Cedar to modify the first 4 stages (precontemplation, contemplation, preparation, action) of The Transtheoretical Model of Change (TTM).

Healing

For Native and Indigenous people, health is a holistic approach of living with balance and in harmony with all creation--human, non-human, and environmental relatives. This natural law psyche includes spiritual connection to ancestors and the Creator and physical connection to land in social contexts of sustainability and belonging. This training focuses on three main issues of healing trauma:

Internalized Violence. The suffering caused by internalized oppression and normalized violence stemming from centuries of structural dehumanization and genocide.

Grief and Loss. The lingering pain and philosophical disorientation of living in the past and present simultaneously as transposed from generation to generation.

Reharmonizing Imbalances. The application of traditional ceremonies and practices to assist decolonization and strengthen the resiliencies of the mental, spiritual, social, and physical aspects of life.

About the Training



Note: Each presentation aligns with the content of a workbook indicated on slide 3. Slides 4-6 inform the audience about what to expect and how to measure the acquisition of skills and knowledge. The warning, aim, and goal remain the same while the topics and target change to align with each presentation.

Content ‘Trigger’ Warning (slide 4)

Acknowledge that many people have experienced trauma or a traumatic event in their lifetime. The information, media, and materials may ‘trigger’ undesirable feelings during the training. We want you to feel safe. Please reach out to the designated trauma specific trained staff for this training.

Read: Ask audience to read the warning along with you.

Note: Advocates should read aloud to survivor and know which staff in their agency to direct survivor to if triggered.

Aim of Training (slide 5)

The content, skills and outcomes of the training are purposefully

structured using an **Inform - Reinforce-Demonstrate (IRD)** curricular model. This model builds competence by structuring knowledge acquisition in a purposefully integrated cycle of intent and increasing complexity. Each workbook identifies a specific learning goal, topics, and target toward delivering a Trauma Healing Informed Advocacy Response.

Read: Explain the benefits of IRD as defined below.

Inform to Know - We provide the most recent and relevant research and data on the subject matter.

Reinforce Knowing - We reinforce information with media and materials to support your learning and retention.

Demonstrate Knowing - We present activities to apply and self-assess your learning.

About the Training



Note: Each presentation aligns with the content of a workbook indicated on slide 3. Slides 4-6 inform the audience about what to expect and how to measure their acquisition of skills and knowledge. The warning, aim, and goal remain the same while the topics and target change with each presentation.

Goal of Training (slide 5)

The overall goal of the Sexual Assault Workbook Series training is:

‘To provide Victim Advocates with a way of knowing and administering advocacy skills for empowering Native women who have experienced sexual assault to reconnect to their inherent human dignity, rights, and cultural identity.’

Read: Read the goal aloud at the start of each workbook training session.

Training Topics (slide 6)

Each presentation has eight (8) topics. The training topics align with the content of the workbook. The training topics also serve as the

outline, or schedule for the training.

Read: Read the topics for each workbook training session aloud.



Training Target

The training target is the trauma-healing focus in addressing historical, intergenerational, and present-day trauma.

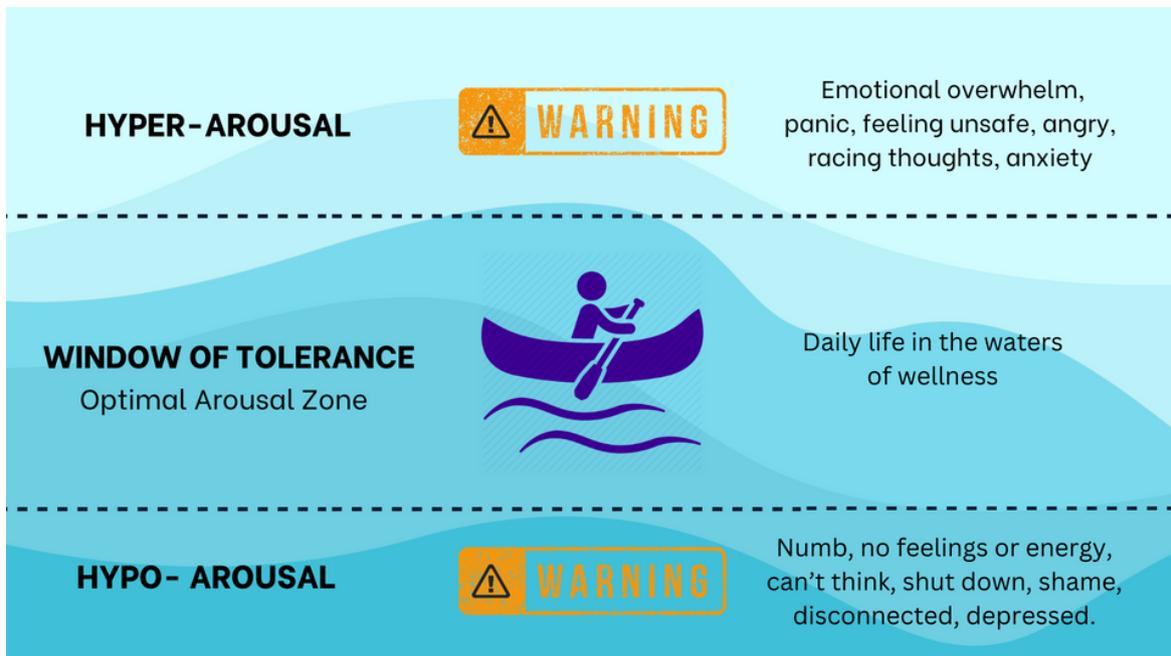
Workbook 1 - **Rehumanizing**
Workbook 2 - **Regeneration**
Workbook 3 - **Re-storying**

Read: Read the target for each workbook training session aloud.

About the Training



Trauma-Informed Training Care Key Considerations & Recommendations



When training people who have experienced trauma, integrating trauma-informed practices can significantly impact the well-being of trainees and outcomes of the training.

Being aware of body sensations, thoughts, and emotions can empower trainees to recognize when they are in an optimal arousal, hyper-arousal, or hypo-arousal zone. We recommend integrating basic grounding techniques to help trainees to regulate their level of fluctuations in arousal during training.

Mindful Awareness

We also recommend taking frequent breaks to cultivate mindful awareness while engaging with the training content. Some basic grounding techniques to anchor trainee awareness are:

- Taking deep breaths and extending exhale.
- Going for a brief walk.
- Releasing gripped hands.
- Looking around and labeling objects in the room.
- 5-4-3-2-1 technique.
- Guided imagery.

Who We Are



Voice (slide 7)

Share: WomenSpirit envisions a nation where Native women are treated with honor and respect, where she is protected under the law and her personal sovereignty is never compromised. **Note:** Included in each workbook. Share with this slide at the start of each training.

Read: Representing our Native sisters & communities experiencing Domestic Violence & Sexual Assault.

Service (slide 7)

Share: WomenSpirit is the official Department of Justice and Office on Violence Against Women Tribal Coalition. We serve the needs of tribal programs and provide direct services to those victims that tribal programs do not/cannot serve through its program areas. **Note:** Included in each workbook. Share with this slide at the start of each training.

Read: Providing Training & Technical Assistance to Tribes & Tribal Programs.

Advocacy (slide 7)

Share: WomenSpirit is the subject matter expert on matters related to ending violence against AI/AN women and their families. We provide assessment and evaluation of

Tribes/Tribal programs relating to domestic violence, sexual assault, stalking, dating violence, and sex trafficking. **Note:** Included in each workbook. Share with this slide at the start of each training.

Read: Addressing Domestic & Sexual Violence against Native women at the local, statewide, and national levels.

Programs (slide 8)

Share: WSC is the official TA provider for Tribal programs receiving funds for WA State- OCVA and DSHS to sustain their programs. We provide support through our programs:

1. Indigenous Crime Victims Referral & Resource Center
2. Sayu'x Wey Family Safety Center
3. Sayu'x Wey Civil Legal Service Program
4. Sexual Assault Program

Provide Contact and Information. Direct to website. <https://www.womenspirit.net/about-us/>

Workbook 1: Watch video, WSC celebrates 20 years.

Workbook 2: Watch video, WSC Shawl Ceremony.

Workbook 3: Share 'Protect the Sacred' Poster. What contribution can we make to protect the sacred?

Honoring

Today, we honor our ancestors who lived through significant historic events, and experienced horrific loss and grief, their lives and stories a testament to the strength, resilience, and endurance of who we are as Native woman.



We honor all survivors of sexual assault who share their medicine of lived experience so our ancestors and relatives can heal the soul wound and 'let go' of our personal and collective suffering.

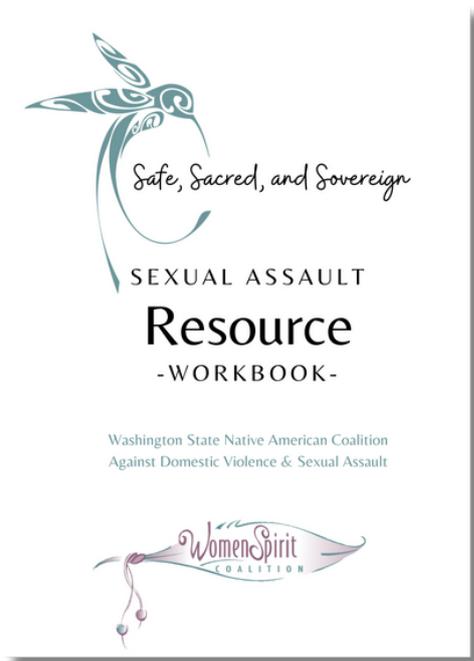
We honor the frontline advocates who effectively respond to sexual assault victims each and every day. These are our real She /Heroes.

While we have chosen to hold up certain culture-specific educators, healers, authors and reports in this training, WSC honors all those who contribute to the body of work.

Girl with balloon, Banksy, 2002

SAFE

Resource Workbook



Who is This For? (slide 9)

Read: This workbook is for:

- The Survivor and their Advocate to begin the journey of being safe, sacred, and sovereign.
- Covers sexual violence against Native women from a culturally responsible perspective.
- Integrates culture specific narrative focused strategies for empowerment and liberation.

Introduction (page 1, wkbk)

Read: This resource workbook is for you and your advocate or support group leader. It is designed with your safety, sacredness, and sovereignty in mind. (Continue reading page 1) **Note:** Advocates should read aloud to survivor and know which staff in their agency to direct survivor to if triggered.

Inform: The language and discourse of liberation is used in this workbook series training to empower Native women who have the experience of sexual assault.

Liberation discourse means not using the language of authority and power that is scripted in the therapeutic process that many survivors may have become accustomed to hearing (Duran, 2019).

Understanding

“We did not always live this way.” -- Sarah Deer

Inform: Sarah Deer is a Native American (Muscogee, Creek) lawyer and a professor of Women, Gender, and Sexuality studies and Public Affairs and Administration at the University of Kansas who is most acknowledged for her activism to stop violence against Native American women.



Euro-American Colonization

(slide 11, page 2, Wkbk)

Inform: Contact Period -late 15th - late 19th century. The brutal processes of genocide, eradication of social, cultural, and spiritual life, and forced assimilation.

Note: Follow the timeline on slide 11 using narrative in the workbook, pg. 2.



Euro-American Colonization

(slide 12, page 3, Wkbk)

Inform: Ongoing Impact -late 19th century - present. Persisting structural violence (racism, discriminatory laws, and policy) Read data.

Note: Follow the timeline on slide 12 using narrative in the workbook, pg. 3.



Recommended Resource

(slide 13)

Reinforce: Watch video (9:36) - Peace River Rising: The link between violence against Indigenous women and violence against the land.

Note: Allow time to voice. Breaking silence heals. Be prepared to address trainees who are triggered.

Sexual Assault

“It’s like incest - no one wants to talk about it.” -- Prostitution and trafficking survivor.

Inform: 94% of Native women report being raped or coerced into sex in their lifetime. Native women are 3.6x more likely to be raped than non-indigenous women. 79% of women interviewed had been sexually abused as children by an average of 4 perpetrators.



Legal Definitions

(slide 15, page 4 & 5, Wkbk)

Inform: Direct to Washington State Law. Read definition on pp. 4 & 5, workbook.

Note: Read quote by Mary Brave Bird. Explore the difference between legal and natural law meaning of sexual assault.



Child Sexual Assault (Abuse)

(slide 16, page 6, Wkbk)

Inform: American Counseling Association (ACA) - no universal definition, but includes (read pg. 16, wkbk) <https://www.counseling.org/resources/practice-briefs/article/childhood-sexual-abuse--treating-children>

Garden of Truth (2011): The prostitution and trafficking of Native women. Groundbreaking study-interviews with 105 women about the life circumstances that led them to prostitution. High rates of child sexual assault, domestic violence, and rape.

Note: Allow time to voice. Breaking silence heals. Be prepared to address trainees who are triggered.

Sexual Violence

“When a man looks at a prostitute and a Native woman, he looks at them the same: dirty.” -- Prostitution and trafficking survivor.

Inform: 96% of Native women experience sexual violence by a non-Native perpetrator. 42% of women reported racial verbal abuse by pimps and buyers.



A Stark Reality

(slide 18, page 8, Wkbk)

Inform: Garden of Truth statistics: abused as children (79%); currently or previously homeless (98%); used substance abuse services (80%); physically assaulted in prostitution (84%); wanted to escape prostitution (92%).

Note: Read statement by Interior Secretary Deb Haaland. How do these statistics correlate with being ‘easy targets?’



Prostitution & Trafficking

(slide 19, pp 7 & 8, Wkbk)

Inform: Read terms & definitions, page 7, workbook. U.S. Dept. of State report (2015) linking ‘man camps’ (extraction industry) to exploitation of Native women, page 7, workbook.



Recommended Resource

(slide 19)

Reinforce: Watch video (3:22) – Sisters Rising. Documentary (84 mins) of six Native women fighting for social change.

Note: Allow time to voice. Breaking silence heals. Be prepared to address trainees who are triggered.

Threat to Harmony

Inform: Of 105 Native women interviewed, 72% suffered from traumatic brain injury. 52% had PTSD at the time of the interview, a rate that is in the range of PTSD among combat veterans.



Soul Wound

(slide 21, page 9, Wkbk)

Inform: Read content of block quote. Indigenous lay knowledge for trauma inflicted on Native Americans.

Reinforce: Watch video (9:59) – Dr. Eduardo Duran, Stories of Healing the Soul Wound [Part 03]

Note: Allow time to voice. Breaking silence heals. Be prepared to address trainees who are triggered.



Historical Trauma/Cumulative Suffering

(slides 22 & 23, pp 10 & 11, workbook)

Inform: Read synonymous terms for ‘soul wound’ Read Maria Yellow Horse Braveheart’s definition of Historical Trauma, page 10, workbook).

Read Cumulative Suffering, ‘cumulative psyche wounding over time, over the life span, and across generations’ (Duran, et al 1998, Braveheart, 2011), page 11, workbook.

Reinforce: Direct attention to graphic organizer on page 11, workbook. This graphic sums up the information presented. It represents the cumulative suffering that compounds the lifeworld of Native women. **Suggestion:** This is a good time to break to allow trainees time to digest information.

Impacts of Violence

“A john said to me, I thought we killed all of you.”
-- Prostitution and trafficking survivor.



Settler Colonial Violence

(slide 25, page 12, Wkbk)

Inform: Read paragraph, page 12, workbook. Impact> Native women were dehumanized. Women and girls were vulnerable to rape, prostitution, trafficking, and murder.



Assimilation Violence

(slide 25, page 12, Wkbk)

Inform: Read paragraph, page 12, workbook. Impact>Attack on identity & kinship system. Women and girls were vulnerable to child abuse, neglect, sexual assault, suicide, and forced gender roles.



Cultural Violence

(slide 25, page 13, Wkbk)

Inform: Read paragraph, page 13, workbook. Impact>Eradication of traditional ways of living. Women and girls were vulnerable to domestic violence, intimate partner abuse, and self-abuse.



Sovereignty Violence

(slide 25, page 13, Wkbk)

Inform: Read paragraph, page 13, workbook.
Impact>Devaluation of Native life and traditional role. Women and girls were vulnerable to family separation and loss of body autonomy.



Check In

(slide 26, page 12, Wkbk)

Inform: How Are You Feeling?

People who have the experience of trauma often have difficulty in self-regulation, negative thinking, being on high alert, difficulty trusting others, and inappropriate social interactions. They often haven't learned to express emotions healthily and instead show their distress through aggression, avoidance, shutting down, or other off-putting behaviors.

Demonstrate: How Are You Feeling?

Engage trainees in a trauma-informed responsive strategy for recognizing the nuances of trauma symptoms. Advocates can use this strategy to 'check-in' with the survivor.



Recommended Resource

(slide 26)

Reinforce: Watch video (2:00) – Bring Her Home. An artist, an activist, and a politician fight to vindicate and honor their missing and murdered relatives. Discuss: Rep. Ruth Buffalo's comment, "If you're not at the table, you're on the menu."

Note: Allow time to voice. Breaking silence heals. Be prepared to address trainees who are triggered.



Reflective Journaling

(slide 27, pp. 14-17, Wkbk)

Inform: Reflective journaling is an empowering tool that helps survivors explore their experiences, emotions, and personal growth. Engaging in reflective journaling exposes survivors to the stories they tell themselves and others about their worth and lives. By exploring these narratives, survivors are empowered to find meaning, growth opportunities, and a deeper understanding of themselves.

Reinforce: Each journal page has a narrative prompt to help survivors externalize the 'soul wound' or historical trauma as a way to stop seeing themselves as inherently 'bad.' Read the narrative prompts, slide 27. Direct trainees to pages 14-17, workbook.

Demonstrate: You Are the Knowledge Keeper. Trainees can learn to guide the reflective journaling process with a few questions to help answer the narrative prompt.

- What happened?
- How does that make me feel?
- What are my thoughts on the matter?
- What is good or bad about what happened or what I am reflecting on?
- What have I learned?
- What can I do differently?

Engage trainees in reflective journaling activity. Trainees can break into small groups to ensure support and safety to explore during the writing process.

Note: It is recommended that Advocates participate in the journaling activity with the survivor and know which staff in their agency to direct survivor to if triggered.

Confronting the Violence

Strategies for Connecting

Strategy 1

(slide 29, page 18, Wkbk)

Family Genogram



Inform: Advocates and practitioners can closely examine the relationship between historical and current trauma to address the transmission of trauma across generations.

Using a lens of resiliency can help advocates encourage the inherent strengths of survivors who have experienced trauma by using visual tools like a genogram to help give them a systemic perspective that highlights the patterns of their family functioning.

Reinforce: The Transgenerational Trauma and Resilience Genogram (TTRG) that is grounded in trauma and recovery literature uses four guiding principles: 1) a comprehensive or ecosystemic perspective of trauma, 2) a strengths-focused approach, 3) is culturally responsive, and 4) considers a liberatory perspective of social justice (Goodman, 2013)

Demonstrate: Each trainee completes page 18, workbook. Trainees can draw or fill in a genogram provided for them.

*Goodman, R. D. (2013) The transgenerational trauma and resilience genogram. *Counselling Psychology Quarterly*. 26, 3-4, 386-405, DOI: 10.1080/09515070.2013.820172

Confronting the Violence

Strategies for Connecting

Strategy 2

(slide 30, page 19, Wkbk)

Culturally Modified Readiness Scale



Inform: Culture is the way of life of a group of people. It encompasses behaviors, beliefs, values, and symbols that are accepted and passed along by communication and imitation from one generation to the next. Culture can be shaped by the society in which one lives.

Many Evidence-Based Practices (EBP) are designed to address concerns of a given cultural group and may not be suitable for others that differ from this dominant culture, creating a need for cultural modification.

Reinforce: The Transtheoretical Model (TTM) is a five-stage model that captures the journey an individual makes to achieve lasting change. Members of a tribal community modified this EBP using the cedar to represent stages of change that are culturally appropriate and responsive.

Demonstrate: Each trainee completes page 19, workbook. Trainees can assess their own readiness to change using the culturally modified readiness scale provided.

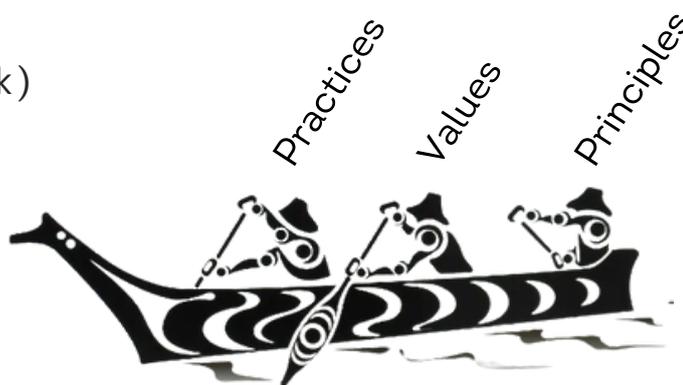
Confronting the Violence

Strategies for Connecting

Strategy 3

(slide 31, pp 20-21, Wkbk)

Reconnecting to A Good Way



Inform: A Canoe Journey is a cultural metaphor for reconnecting to ancestors, for honoring traditional customs, and for promoting self-discovery. It provides a way to picture the journey we take through life, sometimes difficult. The journey requires courage, stamina, determination, and strength. To develop spirit and character to complete the journey, we must engage with all aspects of ourselves – mind, emotions, spiritual beliefs, and our physical bodies.

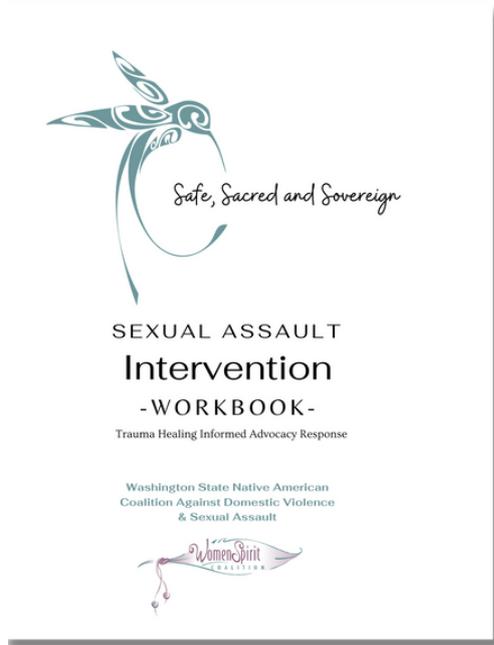
Reinforce: “10 Rules of the Canoe Tribal Journey,” was developed as part of a presentation by the Quileute people for the Northwest Experiential Education Conference at University of Puget Sound, [Tacoma, WA] in 1990. The rules frame a way of life, being part of a canoe family.

Demonstrate: Each trainee contemplates the rules of the canoe, pp 20-21, workbook. Trainees can discuss values, principles, and practices for culturally responsive advocacy.

SACRED

Intervention

Workbook



Who is This For? (slide 9)

Read: This workbook is for:

- For Victim Advocates to support the practice of a trauma healing informed advocacy response.
- Covers the topic of trauma from a Western and Indigenous perspective.
- Discusses impact, healing, and advocacy using a culture specific approach.

Pushing Up the Sky Together (page 1, wkbk)

Read: The world today is a very different place for Native women then it was a long time ago before rape, abuse, prostitution, and trafficking (Continue reading page 1).

Note: Advocates should read aloud to survivor and know which staff in their agency to direct client to if triggered.

Inform: The language and discourse of liberation is used in this workbook series training to empower Native women who have the experience of sexual assault.

Liberation discourse means not using the language of authority and power that is scripted in the therapeutic process that many survivors may have become accustomed to hearing (Duran, 2019).

Cultural Responsibility

Preserving and Respecting



Medicine Wheel (slide 11)

Inform: The Medicine Wheel is a representation of spiritual and cultural practice that encompasses choices and decisions that will affect the lives of our future generations, seven generations from today.

Etic Approach
Observing broad patterns across culture

Reinforce: Pushing Up the Sky Together represents the personal commit and level of accountability we hold ourselves to when practicing 'in a good way.' A Trauma Healing Informed Advocacy Response involves preserving and respecting Native people's unique history, culture, and experiences.

The four principles that shape our culturally responsible practice are: (Read content on slide 11)

- Historical Content
- Challenges and Stereotypes
- Cultural Sensitivity & Respect
- Advocacy & Uplifting Culture

Cultural Responsibility

Culture Specific Advocacy



Medicine Wheel (slide 12)

Inform: The Medicine Wheel is a representation of harmony that provides direction for finding truth and being a part of a like-minded community of awareness, action, and activism.

Emic Approach
Providing insights into culture-specific nuances

Reinforce: Pushing Up the Sky Together represents the personal commit and level of accountability we hold ourselves to when practicing ‘in a good way.’ A Trauma Healing Informed Advocacy Response means our daily actions and behaviors are in alignment with the cultural meaning and significance of life to Native people.

The four principles that shape our cultural specific advocacy practice are: (Read content on slide 12)

- Acknowledge Native Experience
- Address Indigenous Dystopia
- Support Soul Wound Healing
- Connect to Ecosystems & Relationships

Reinforce: Watch video (8:49) – Roger Fernandes. Traditional Native Storytelling: “Pushing Up the Sky” (slide 13).

Topic 1: Trauma

Contrasting Western and Indigenous Origins

There are fundamental differences between traditional Native worldviews about how trauma is perceived and how it is defined in Western thinking.

Western Origins

(slide 14, page 2, wkbk)

Inform: The word ‘trauma’ (trow-mah) comes from a late 17th century Greek word for wound. (Continue reading page 2, workbook).

Reinforce: Traumatic response is personal and may not affect mental health:

- If there is a strong support system in place
- Little or no prior traumatic experiences
- If the individual has many resilient qualities
- If traumatic experience did not occur during childhood

Impact

Inform: Trauma is a behavioral health concern that requires a healing and recovery process.

Indigenous Origins

(slide 15-16, page 3, wkbk)

Inform: Dr. Eduardo Duran provides a different root metaphor for trauma, ‘the injury where blood doesn’t flow.’

Reinforce: Traumatic response is collective and cumulative and affects balance, harmony, and sovereignty:

- There is cumulative emotional & psychological wounding (Historical)
- There is extreme & prolonged stress passed from generation to generation (Generational)
- Families or nations share collective traumatic events (Collective)

Impact

Inform: Trauma is a communal concern that requires a rehumanizing, regenerative, and re-storying process.

Topic 2: Healing

The Soul Wound
(slide 18, page 4, wkbk)

Healing is Sovereignty

Inform: White Bison, Inc. is the facilitator of the Wellbriety Movement, providing sobriety, recovery, addictions prevention, and wellness/Wellbriety learning resources to the Native American/Alaskan Native community nationwide. **Read** paragraph, page 4, workbook.

Healing is Cleansing

Inform: Native Wellness Institute focuses on the healing and health of Native America providing Native-specific and wellness-related training and technical assistance to Native people, communities, tribes, and organizations. **Read** paragraph, page 4, workbook.

Healing is Balance

Inform: Dr. Maka'ala Yates, D.C. is a Kanaka Maoli (Hawaiian ancestor) who specializes in Hawaiian medicine and has been practicing and teaching Hawaiian healing concepts for over 30 years. He is the author of "Na'auao Ola Hawaii: Ancient Hawaiian Principles and Practices of Being Well." **Read** paragraph, page 4, workbook.

Topic 2: Healing

Balance & Ceremonies Internalized Violence

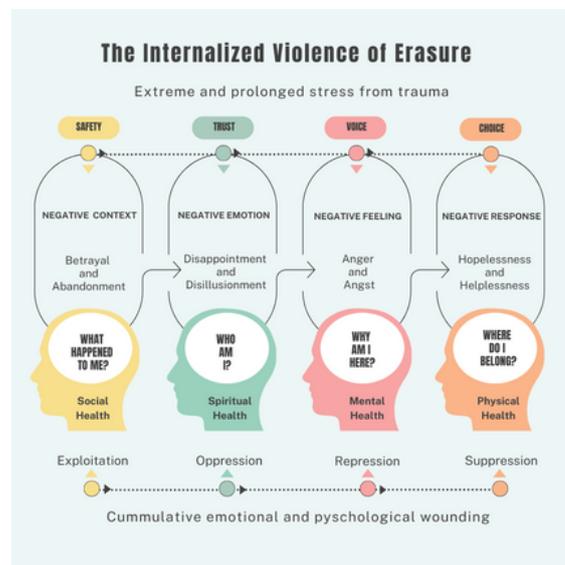
(slide 19, pp 5-6, wkbk)

Inform: Balance and ceremonies are much about an Indigenous practice and way of life.

Reinforce: Balance has to do with learning principles of honor and compassion for all beings. It requires the integration of these principles into daily life so that our human experience is beautiful and powerful in all our relations with people and the world around us.

Ceremonies are part of Indigenous spirituality (not religion) that is based on living in alignment with Mother Earth and spiritual laws of the universe. Indigenous people have ceremonies to correct imbalances and bring them back into alignment with their spiritual roots. (page 5, workbook)

Inform: Settler Colonialism was a system of domination, power, displacement, and erasure. It



describes the intent of the foreign settlers who arrive in a place that is already inhabited. It is not just a historical event, but a mode of violent exploitation and manipulation.

Reinforce: We must have a deeply reflective understanding of the internalized violence of erasure. Direct to graphic, page 6, workbook.

Demonstrate - Discuss. What has changed in your perspective of helping Native women?

Topic 3: Advocacy Response

Shifting Perspective
(slide 21, pp 7-8, wkbk)

Understanding Impact

Inform: Safety, Trust, Voice, and Choice are guiding principles for developing an effective trauma healing informed advocacy response. Read page 7, workbook.

Reinforce: Being Trauma-informed in Indian Country means acknowledging that many Native people still see the world as a hostile and unfriendly place because these principles have been repeatedly violated and enforced by colonial structure, Western ideology, and government policy.

Being Healing-informed means understanding that Native people carry wounding to their identity, purpose, and sense of belonging.

Demonstrate - Use graphic (page 6) to discuss the shift in perspective - 'a wounding down to the level of being.'

Understanding Native-Specific Context

Inform: Rehumanizing, Regenerating, and Re-storying guide protocol for an effective trauma-healing advocacy response. Read page 8, workbook.



Reinforce: Watch video (6:21) - Native American Women Speak Out About Sexual Assault and Violence.

Note: Allow time to voice. Breaking silence heals. Be prepared to address trainees who are triggered.

Topic 3: Advocacy Response

Shifting Perspective
(slide 22, page 9, wkbk)

Understanding Grief & Loss

Inform: The legacy of historical trauma and the grief and loss experienced from generation to generation is transposed through the collective memory of Native people.

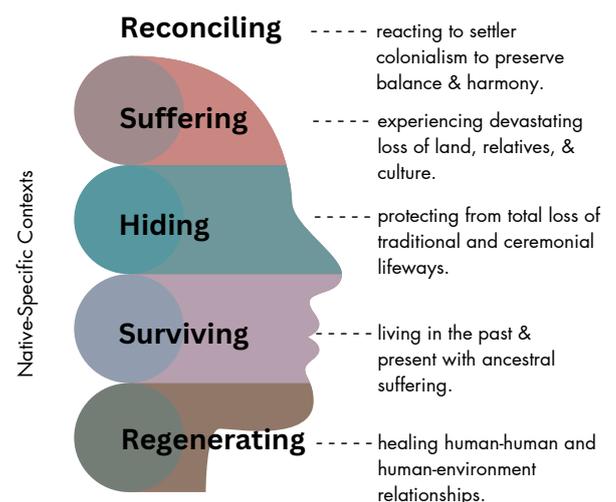
Reinforce: The loss of land, ancestors, culture, and identity are part of the lived experience of Native people today. Loss of leaders, family members to suicide, disease, and drugs, and lack of bonding with parents due to abuse or neglect create an ongoing state of mourning in contemporary Native families and communities.

Historical loss is also recognized as symptoms of depression, substance dependence, homelessness, maladaptive behaviors, dysfunctional parenting, and unemployment.

Transposition

Inform: Brave Heart characterizes this particular kind of trauma response as “transposition where one lives simultaneously in the past and the present with the ancestral suffering as the main organizing principal in one’s life.”

Brave Heart MY. Wakiksuyapi: carrying the historical trauma of the Lakota. Tulane Stud Soc Welfare. 2000;21:245-266.



Reinforce: Direct to graphic, page 9 workbook. What are the the implications for healing from Historical Trauma?

Topic 3: Advocacy Response

Shifting Perspective
(slide 23, page 10, wkbk)

Culture Specific Mechanisms

Inform: We can use Culture Specific Mechanisms to assist our understanding of concepts rooted in the cultural understanding of individual (**emic approach**) and the universal elements common to the collective (**etic approach**).

Reinforce: A trauma-healing informed advocacy response weaves three mechanisms to inform advocacy for Native women: (Read page 10, workbook).

- Cultural Competence
- Cultural Adaptation
- Culturally Safe

Demonstrate - Ask trainees to offer an example of each mechanism they are using.

Garden of Truth 2011 Report

Inform: Garden of Truth: The Prostitution and Trafficking of Native Women in Minnesota is a report on findings from interviews with 105 Native Women in prostitution. Along with important statistical analysis, the report provides support for connection to culture as integral to healing.

Reinforce: Watch video (15:51) - How indigenous values can help sexual violence victims heal.



MIWSAC Staff including Nichole Matthews, Executive Director (front and center)

Topic 3: Advocacy Response

Brain Specific Impact & Support
(slide 24, pp 11-12, wkbk)



Reptilian Brain

Inform: Read Triune-Brain Dis-Ease paragraph, page 11, workbook. Read Reptilian Brain paragraph, page 11, workbook.

Reinforce: Read bullet points, slide 24.

IMPACT → Instincts

SUPPORT → Inner Knowing and Identity



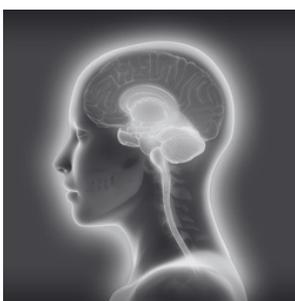
Mammalian Brain

Inform: Read Mammalian Brain paragraph, page 12, workbook.

Reinforce: Read bullet points, slide 24.

IMPACT → Feelings

SUPPORT → Emotion and Sense of Belonging



Human Brain

Inform: Read Human Brain paragraph, page 12, workbook.

Reinforce: Read bullet points, slide 24.

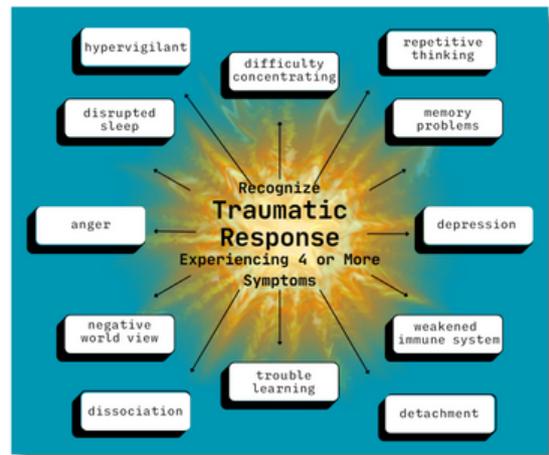
IMPACT → Thinking

SUPPORT → Contribution and Purpose

Topic 4: Traumatic Response

Diagnostic Symptoms From Impact to Brain

(slide 26, pp 13-14, wkbk)



Inform: People who suffer from post-traumatic stress are more likely to view current events through the lens of trauma, leading them to perceive things inaccurately, to overreact, or under-react. Getting stuck in the fixed ways of thinking and feeling of trauma are reflective of the past more than the present. We can identify a traumatic response by familiarizing ourselves with some of the symptoms. Read bullet points, page 13, workbook.

Reinforce: Watch video (8:44) – Trauma and the Brain. Understanding Abuse Survivors Responses.

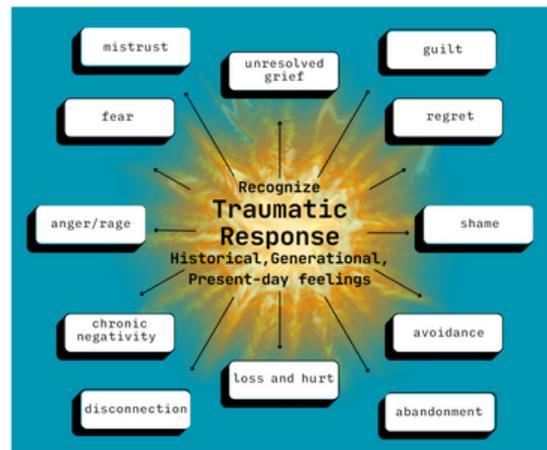
Demonstrate: Practice Check (page 14, workbook): Pair trainees. Ask each team to use the graphic, list of diagnostic symptoms, and previous learning on brain specific impact in topic 3.

Instruct: Draw a line to match the diagnostic symptom with the part of the brain impacted. Ask trainees to match two more symptoms to share with others. **Suggestion:** Make 1 copy of the graphic for each pair of trainees. Print symptoms and Brain Part on card stock, cut and distribute to teams. See how many each team can match.

Topic 4: Traumatic Response

Diagnostic
Symptoms
From Impact
to Balance

(slide 27, pp 15-16, wkbk)



Inform: Native and Indigenous people have experienced repeated harms from historical trauma spanning over a lifetime and across generations. Historical trauma that is unresolved results in imbalance and becomes present day trauma. These imbalances can be seen in a person's characteristics, or feelings of disconnection and disharmony with oneself and all of life. Read bullet points, page 15, workbook.

Reinforce: Watch video (4:02) – Traumatic Response from an Indigenous Worldview: Understanding Intergenerational Trauma.

Demonstrate: Practice Check (page 16, workbook): Pair trainees. Ask each team to use the graphic, list of diagnostic symptoms, and previous learning on brain specific impact in topic 3.

Instruct: Draw a line to match the diagnostic symptom with the part of the brain impacted. Ask trainees to match two more symptoms to share with others. **Suggestion:** Make 1 copy of the graphic for each pair of trainees. Print symptoms and Brain Part on card stock, cut and distribute to teams. See how many each team can match.

Topic 5: Empowering

Trauma Healing Informed Advocacy Response

(slide 29-30, page 17-18, wkbk)

A Trauma Healing Informed Advocacy Response helps “Push Up the Sky!”

Story Development



Inform: Advocates assist personal storytelling and empower survivors to develop their narrative of positive thinking and behaviors.

Advocates listen for context, observe emotions, gage feelings, and assess responses to answer essential life questions:

- What happened to me?
- Who am I? What is my contribution?
- Why am I here? Am I safe?
- Where do I belong? How do I survive?

Advocate's Contribution



Inform: Advocates can empower survivors by engaging and being engaged in decision making, planning, and achieving positive outcomes.

Advocates have a pivotal role in the healing process serving as a ‘guide on the side’ a facilitator or ‘cheer leader to provide:

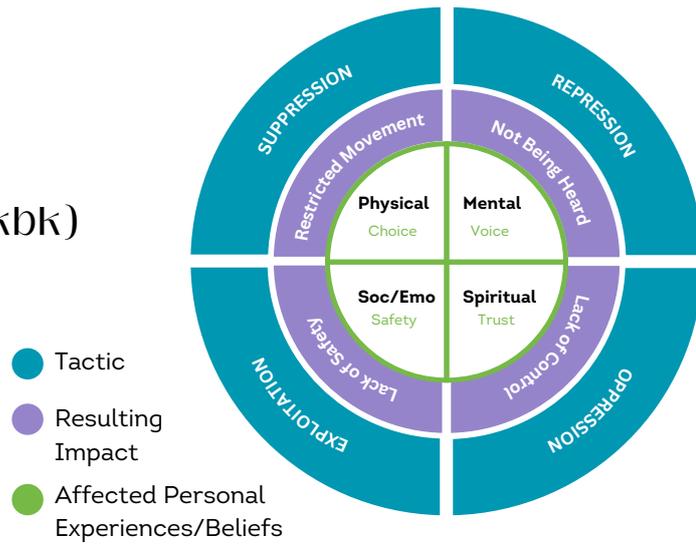
- Guidance not therapy
- Present and future focused strategies
- Resources for social development

Topic 5: Empowering

Traumatic Response

(slide 31, pp 19-20, wkbk)

Internalized Violence
Impact to Balance



Inform: Native and Indigenous people have experienced multiple historical traumas including extermination, massacres, disease, U.S. treaties and policies, boarding schools, child sexual abuse, loss of power and self-determination. Native people also endure present day traumas such as racism, alcohol and substance abuse, poverty, lateral violence or oppression, bullying, and gossip.

Reinforce: Empowering Native people with trauma involves being able to recognize four main issues of traumatic response. Empowering Native people living with historical and present-day traumas requires a profound understanding of this internalized violence and its impact on their capacity to live a balanced life. Read page 19-20, workbook.

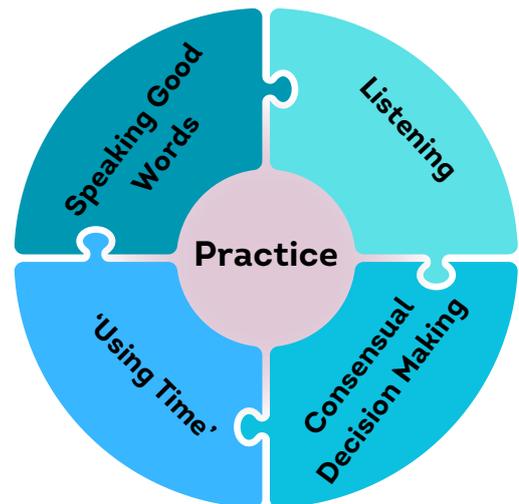
Demonstrate: Pair trainees. Ask each team to compare the graphics on page 6 and 20 in their workbooks. What makes a Native person's experience as a sexual assault victim unique?

Note: Allow time to voice. Breaking silence heals. Be prepared to address trainees who are triggered.

Application: Talking Circle

Traditional Practice of Helping & Healing

(slide 33-34, pp 21-22, wkbk)



Inform: A talking circle is an Indigenous traditional practice of coming together for a special purpose. To Native and Indigenous people, the talking circle represents:

- Harmony instead of power
- Cooperation and patience instead of competition
- Privacy instead of control
- Speaking gently and slowly instead of loud and fast

Read 'Listening Practice' and 'Consensual Decision Making' page 21, workbook.

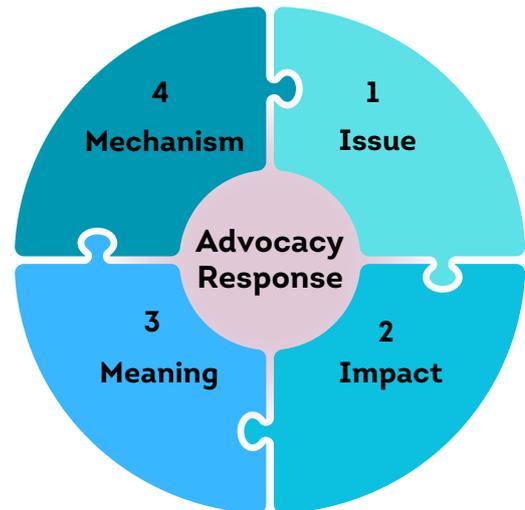
Reinforce: A talking circle is our forum for expressing our thoughts and feelings in complete acceptance. For Native and Indigenous people, the talking circle improves:

- Empathy and listening skills
- Self-awareness and deep reflection
- Sense of interconnection with each other
- Intuitive understanding of connection to community and each one's place in it

Read 'Using Time Practice' and 'Speaking Good Words' page 22, workbook.

Practice: Talking Circle

Traditional
Practice of
Helping & Healing
(slide 35, pp 23, wkbk)



Inform: Now it is time to reflect on the knowledge, understanding, and insight you have received in this training. We have discussed a Trauma Healing Informed Advocacy Response as:

Step 1 - Identify the Issue.

Step 2 - What is the Impact?

Step 3 - What Meaning & Value are We Giving It?

Step 4 - What Culture Specific Mechanism Do We Apply?

Reinforce: Now, imagine someone you hold space for who is experiencing or has the experience of sexual assault. In your mind, see if you are able to apply any of these steps to your supportive relationship:

Step 1 - Is it a lack of control, safety, or not being heard?

Step 2 - Is the impact to the brain, balance, or both?

Step 3 - Is the trauma clinical/diagnostic or historical/present day?

Step 4 - Do you need more cultural knowledge, will you adapt a process, or assure connection to culture and tradition.

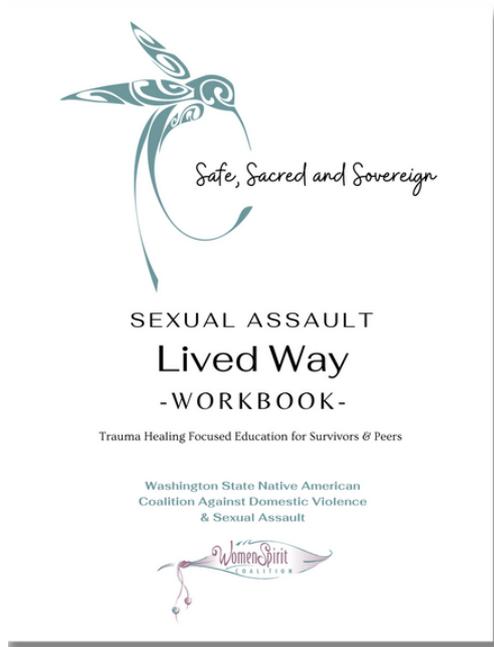
Demonstrate: Prepare a case study. Invite trainees to participate in a talking circle. Practice helping and healing in a traditional way.

Note: Allow time to voice. Breaking silence heals. Be prepared to address trainees who are triggered.

SOVEREIGN

Lived Way

Workbook



Who is This For? (slide 9)

Read: This workbook is for:

- For Victim Advocates to support the practice of a trauma healing focused lived way.
- Engages, empowers, and liberates survivors and peers to move forward.
- Includes culture-specific teachings and lessons, self-assessment, goal setting, and empowerment planning.

Our Lived Way (slide 11, page 1, wkbk)

Read: This workbook is for you, the person who is ready to change, grow, and heal. (Continue reading page 1, wkbk).

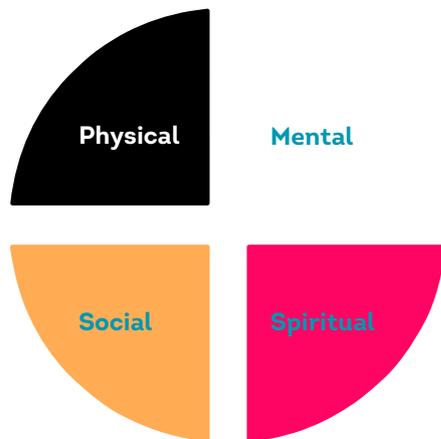
Reinforce: We support the development of your lived way (slide 11)

- to change, heal, hope, and grow.
- to be courageous, honest, and deeply reflect.
- to live with balance, with a good mind, and in a good way.

Inform: The language and discourse of liberation is used in this workbook series training to empower Native women who have the experience of sexual assault.

Liberation discourse means not using the language of authority and power that is scripted in the therapeutic process that many survivors may have become accustomed to hearing (Duran, 2019).

Balance



Ways to Think
About Balance
'To Feel Good'

(slide 13, p 2, wkbk)

Mental Balance

Inform: Some ways to think about mental balance are:

- Relaxation (self-care)
- Support System (interconnection)
- Mindful Consumption (fostering circular mindset)

Reinforce: Ask what are some other ways?

Spiritual Balance

Inform: Some ways to think about spiritual balance are:

- Purpose & Meaning (intentional prayer)
- Tradition & Ceremonies (ancestor knowledge & culture)
- Staying Connected (practicing gratitude & generosity)

Reinforce: Ask what are some other ways?

Social Balance

Inform: Some ways to think about social balance are:

- Strong Family Relations (others care)
- Healthy Boundaries (healing power)
- Contributing to Community (practicing humility & humbleness)

Reinforce: Ask what are some other ways?

Physical Balance

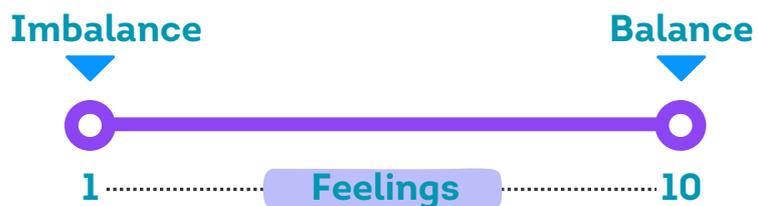
Inform: Some ways to think about physical balance are:

- Sleep (Inner knowing & dreams)
- Healthy eating (earth consciousness)
- Exercise (actionizing compassion & empathy)

Reinforce: Ask what are some other ways?

Understanding Balance

Using Scaling
to Rate or
Rank
Feelings



(slide 14, pg 3 wkbk)

Inform: Scaling Questions. We are adapting a Solution-Focused strategy of scaling to help survivors self-assess imbalances in their mental, spiritual, social, and physical aspects of life and to focus on goal-oriented questioning that assists a survivor in moving into a future-oriented direction. The survivor is the expert already having the knowledge, experiences, and resources to contribute to their healing and future.

Reinforce: Indigenous people consider themselves spiritual beings composed of energy in the body. The residual energy of trauma often gets stuck in our body. When we talk about trauma with Indigenous people, we refer to where we feel the energy in our bodies. 'Soul wound' is the concept Indigenous people use to describe a feeling of mental, spiritual, social, and physical imbalance in our body.

Demonstrate: Trainees rate/rank their feelings for the four aspects of life.

Note: It is not important to label the feeling as an emotion (e.g. happy, sad, angry, anxious, etc.). Remember, we are rating or ranking levels of energy creating imbalance, or being out of harmony with Creator, natural laws, family, community, and all of the natural world.

Understanding Balance

Using Unique Outcomes Questions

(slide 15, pp 4-7 wkbk)

SPIRITUAL BALANCE

Now empower yourself. Most sexual assault survivors know what's best for them and have an intuitive sense about how to heal or grow. Answer the questions below to get very specific and clear about what would be happening if various aspects of your spiritual life changed by a certain percentage or ranking.

Why that number for today?

I'm feeling ashamed to be around my family or community.

What is happening in your life when it is higher?

I'm clean, going to AA meetings. I don't know, maybe going to a clam dig. I like connecting with the land and sharing my harvest.

What would be a **realistic step** to move up the scale in the upcoming month?

Maybe feeling like a five or six.

What would need to happen for you to move up?

Stay clean, keep my meetings, of course. Maybe do something to help my family or elders. See about doing a sweat ceremony.

What strengths and skills do you have to help you move up the scale?

I'm really good at cooking, maybe help prepare meals for our elders. I'm funny, I make people laugh all the time.

What have you learned about yourself from answering these questions?

My shame keeps me away from my family, doing things I like to do, and being useful in my community

05

(Unique Outcomes Questions sample)

Note: This sample may be used as a handout during training or working with a client.

Inform: Unique Outcomes Questions. We are integrating a Narrative therapy strategy to engage survivors in the discovery of actions, intents, and personal attributes that contradict the problem story.

Reinforce: Remember, the survivor is the expert. We are helping them to tap into their knowledge, experiences, and resources that will poke holes in the problem story.

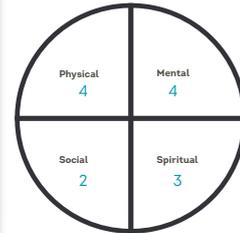
Demonstrate: Trainees answer the unique outcomes questions for each rating/ranking in the four aspects of life.

Empowering

Empowerment Plan
(slide 16 & 17, pg 8 wkbk)

Week	Mental	Spiritual	Social	Physical
1		3 to 5		
2		Join women's Sunday sweat.		
3		Volunteer in Elders kitchen.		
4		Go to clam dig with mom		

How Are You Feeling?



SPIRITUAL BALANCE

yourself. Most sexual assault survivors know what's best and an intuitive sense about how to heal or grow. Answer the questions to get very specific and clear about what would be the best aspects of your spiritual life changed by a certain king.

for today?

ed to be around my family or community

g in your life when it is higher?

AA meetings. I don't know, maybe going to a clam dig. I like to land and sharing my harvest.

realistic step to move up the scale in the upcoming

a five or six.

to happen for you to move up?

my meetings, of course. Maybe do something to help my family at doing a sweat ceremony.

What strengths and skills do you have to help you move up the scale?

I'm really good at cooking, maybe help prepare meals for our elders. I'm funny, I make people laugh all the time.

What have you learned about yourself from answering these questions?

My shame keeps me away from my family, doing things I like to do, and being useful in my community.

05

Inform: Native women are powerful agents of change in their communities. We are not what happened. We hold sacred space for all that makes us human.

Reinforce: Developing strategies for rediscovering 'usefulness' is important to healing soul wounds. Watch video (6:58) - How Alaska Native Women Are Healing from Generations of Trauma (slide 17).

An Empowerment Plan can help survivors feel a sense of control over their choices and belonging in community.

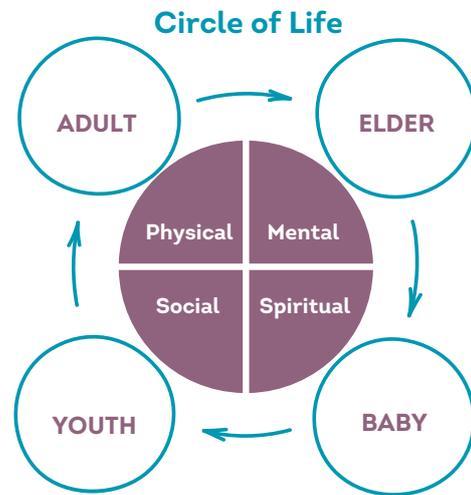
Demonstrate: Follow the instructions for creating the plan, page 8, workbook. Trainees transfer their answers (pp 4-7, workbook) to the Empowerment plan worksheet.



A Good Mind

Circle of Life 'Good Mind' Development

(slide 19, pp 9-10 wkbk)



Inform: A good mind holds the teachings about living in a good way. Read introduction at the top of page 9, workbook.

Baby

Reinforce: This is the 'Begin Again' stage. Read content, page 9 workbook.

Stage Milestone: Trust & Autonomy. Correlate to aspect of life - spiritual.

Youth

Reinforce: This is the 'Enjoy the Breath of Life' stage. Read content, page 9 workbook.

Stage Milestone: Initiative, Industry, and Identity. Correlate to aspect of life - social.

Adult

Reinforce: This is the 'Use Healing Power' stage. Read content, page 9 workbook.

Stage Milestone: Intimacy & Contribution. Correlate to aspect of life - physical.

Elder

Reinforce: This is the 'Understand Earth Medicine' stage. Read content, page 9 workbook.

Stage Milestone: Knowledge & Respect. Correlate to aspect of life - mental.

Demonstrate: Trainees use rating/ranking scaling to gauge how they are feeling about their 'Good Mind' page 10, workbook.

SKILLS APPLICATION

Trust & Autonomy

(slide 20, pp 11-12 wkbk)



Inform: Native people's development is impacted by structural legacies of settler colonialism. Deeply entrenched systemic violence effects what we think about ourselves and the world.

Reinforce: We are 'Exploring Conditioning' as an automatic way to react to life's changes and cycles. Read introduction content, page 11, workbook.

Inform: A Motivational Interviewing (MI) approach fosters a collaborative relationship between advocate and survivor. It acknowledges that the survivor's power to change comes from within. MI emphasizes autonomy over authority.

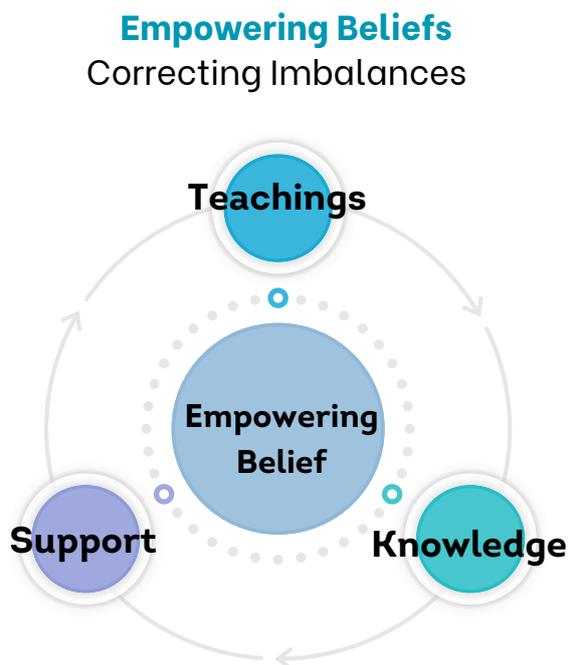
Reinforce: Let's Reflect. We are applying 'Motivational Interviewing' to develop deep reflection skills. Let's reflect on reactions to:

- stress
- attention
- sadness
- anxiety
- fear
- happiness

Demonstrate: Trainees answer reflection questions pp 11-12, workbook. Write a journal entry from what you discovered about your learned responses and belief system.

Initiative, Industry, & Identity

(slide 21, pp 13-14 wkbk)



Inform: Limiting beliefs are “passed down,” often told to us growing up and are heard in our community. They are so “normal” that we rarely question their validity or consider how they affect our belief systems.

Reinforce: We are ‘Exploring Empowering Beliefs’ as a way to correct shared imbalances that influence our story. Read introduction content and do the exercise on, page 13, workbook.

Inform: Developing Self-awareness enhances personal growth and strengthens intuitive intelligence. It acknowledges the survivor’s power to understand the reasons for their underlying limiting beliefs rather than reliving the negative feelings attached to them. Self-awareness emphasizes autonomy over authority.

Reinforce: Let’s Reflect. We are applying ‘Awareness’ to develop deep reflection skills. Let’s reflect on the significance of:

- teachings
- knowledge
- support

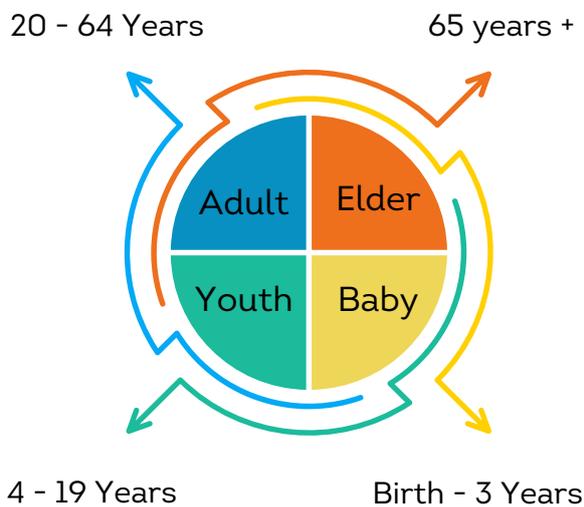
Demonstrate: Trainees answer reflection questions page 14, workbook. Write a journal entry from what you discovered about your limiting beliefs and how to correct their imbalance with your new empowering beliefs.

SKILLS APPLICATION

Intimacy & Contribution

(slide 22, pp 15-16 wkbk)

Cycle of Development Timeline of Experiences



Inform: For Native people, land, plants, animals, and waters, are relatives, not objects. They are all members of the interconnected other-than-human community contributing to our cycle of development.

Reinforce: We are 'Exploring Interconnectedness' as a way to find meaning in personal experiences. Read introduction content and reflect on the Respect Wheel on, page 15, workbook.

Inform: Developing a Personal Development Timeline emphasizes individual and tribal distinctiveness. It acknowledges the survivor's power to see their current day trauma linked to their tribe's cultural and historical experiences with the violence of colonization, genocide, oppression, and racism. A Personal Development Timeline emphasizes autonomy over authority.

Reinforce: Let's Reflect. We are using a 'Personal Timeline' to develop deep reflection skills. Let's reflect on the importance of:

- events
- people
- places

Demonstrate: Trainees answer reflection questions page 16, workbook. Write a journal entry from what you discovered about your interconnectedness to events, people, and places and their contribution to your timeline.

SKILLS APPLICATION

Knowledge & Integrity

(slide 23, pp 17-18 wkbk)



Inform: Community is integral to Native people's sovereignty. To become sovereign means being self-reliant and reliable so we can discover what our contribution to our community will be.

Reinforce: We are 'Exploring Uniqueness' as a way to develop a good path. Read introduction content on, page 17, workbook.

Inform: Writing a Vision Statement helps survivors imagine a healthier, stronger, more connected, and empowered life. It acknowledges and engages the survivor's power to imagine all their paths coming together to reveal who they are and why they are here. A Vision Statement emphasizes autonomy over authority.

Reinforce: Let's Reflect. We are applying 'Vision Statement Writing' to develop deep reflection skills. Let's reflect on how experiences give us knowledge to be a:

- Learner
- Teacher
- Warrior
- Healer

Demonstrate: Trainees answer reflection questions pp 17 & 18, workbook. Write a journal entry from what you discovered about who you are and why you are here.

A Good Way

(slide 25, page 19 wkbk)

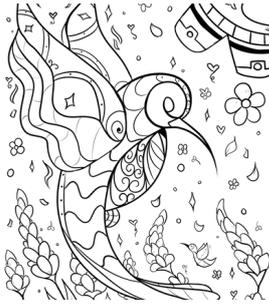
Inform: Living in a good way involves being connected to inherent ways of being and knowing. Many Native people refer to this as the ways of the ancient ancestors from time immemorial and before contact and colonization. It is often considered living in harmony with one's self, community, and all of the natural world using ancient wisdom and cultural values, principles, and practices.

Reinforce: Living in a good way builds resilience and promotes wellness even in the face of continued oppression, eradication, violence, and racism. Native people today are still navigating the complex effects of historical trauma and have their own strategies for correcting imbalances and healing the soul wounds. Watch video (10:01) - Resilience through Indigenous humor (slide 25).



Resilience Through Indigenous Humour | Stephanie Pangowish

Engaging & Empowering



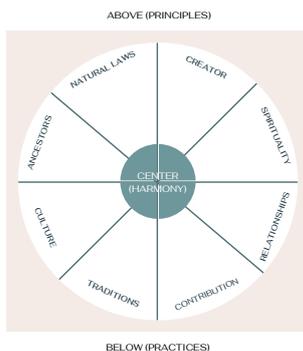
Mind, Body, & Spirit
(slide 26, page 20 workbook)

An adult coloring page to help focus attention, improve concentration, and increase physical and mental health. (Read benefits, slide 26)



Self-Determination
(slide 27, pp 21-22, workbook)

RIASEC is a fun educational assessment to explore careers and help discover contribution to community. (Read benefits, slide 27)



Sovereignty - Two Worlds Living
(slide 28, page 23, workbook)

Two Worlds is a visual wheel that helps align principles and practices to develop mindfulness. (Read benefits, slide 28)

Vision Statement: (page 17)

WAY FORWARD	
PRESENT	1-6 MONTHS
FUTURE	6 MONTHS - FOUR YEARS
CONTRIBUTION	GOOD PATH/CAREER PATH

Sovereignty - Way Forward
(slide 29, page 24, workbook)

Way forward is a goal setting activity page engaging visioning of life purpose and strengthening intent. (Read benefits, slide 29)

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