

FOUR DIRECTIONS

Problem Gambling & Health Awareness Conference

September 14, 2016

CLEARWATER CASINO RESORT

SUQUAMISH, WA

**Treatment Tools & Contemporary
Components of Addiction Treatment &
Recovery**

Gayl Edmunds, LAC

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Elders Daily Meditation - August 15

White Bison, Inc. <White_Bison_Inc@mail.vresp.com>

To: gayl.edmunds@yahoo.com

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Today at 3:01 AM

Elder's Meditation of the Day - August 15

"There are many people who could claim and learn from their Indian ancestry, but because of the fear their parents and grandparents knew, because of past and present prejudice against Indian people, that part of their heritage is clouded or denied."

-- Joseph Bruchac, ABENAKI

There were many injustices done to Native people. Sometimes I wonder; why am I connected to the past injustices done to Indian people? Why am I so angry about the past? The Elders say our ancestors are alive within each of us. Therefore, I may experience anger and resentment inside of me because of the injustice done to them. The way I get rid of these past feelings is to forgive. It may be necessary to even learn to forgive the unforgivable.

Great Spirit; teach me the path of forgiveness; teach me the courage to forgive; teach me to let go. Give to me a forgiving heart.



The meditations are copyright of Coyhis Publishing and can also be found in the book,

“MAN DID NOT WEAVE THE WEB OF LIFE,
HE IS MERELY A STRAND IN IT.
WHATEVER HE DOES TO THE WEB,
HE DOES TO HIMSELF.”

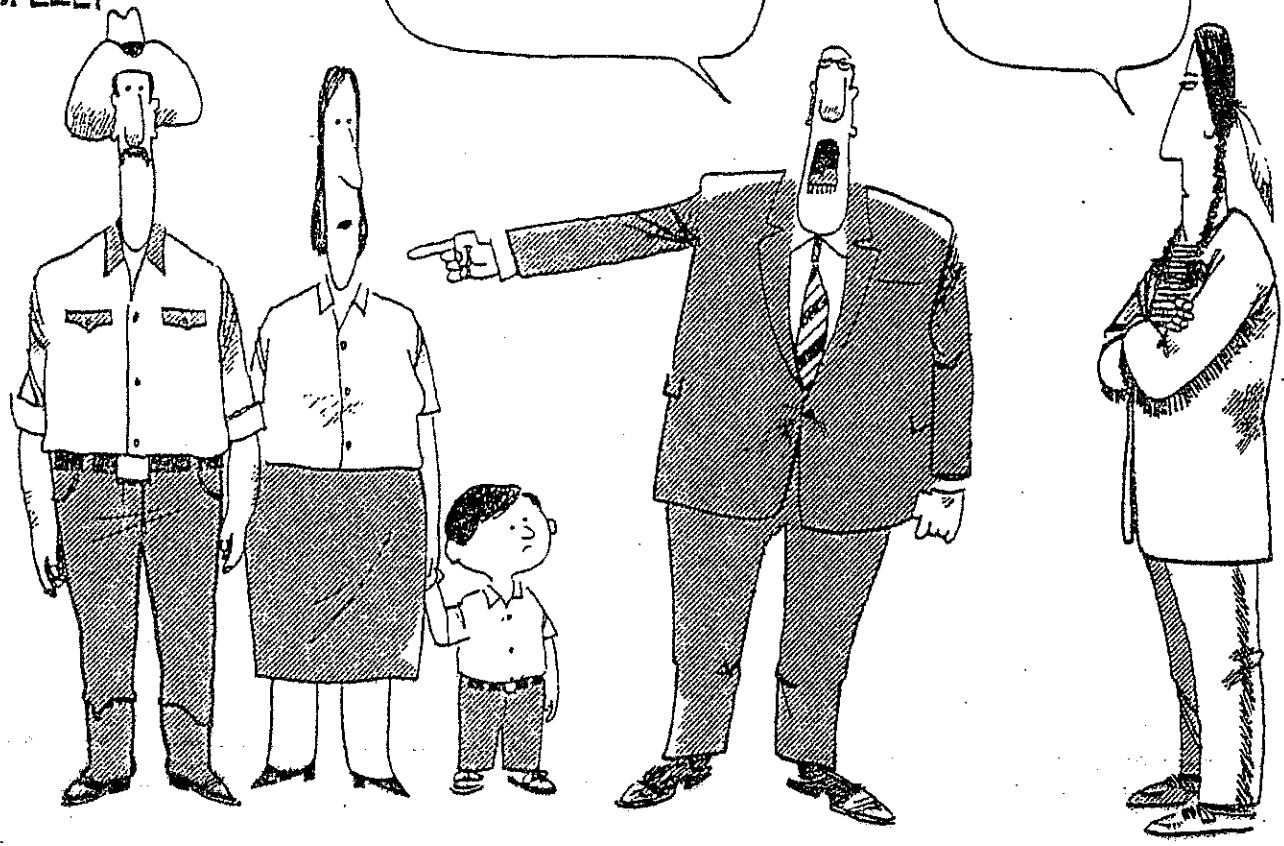
“ALL THINGS ARE CONNECTED.
WHATEVER BEFALLS THE EARTH
BEFALLS THE CHILDREN OF THE EARTH.”

- CHIEF SEATTLE, Suquamish and Duwamish

S. KELLY

IT'S TIME
TO RECLAIM
AMERICA
FROM ILLEGAL
IMMIGRANTS!

I'LL
HELP
YOU
PACK.



NO POVERTY

NO HUNGER

NO WELFARE

NO ORPHANS

NO JAILS

NO PRISONS

NO DEATH PENALTY

INTERGENERATIONAL GRIEF AND RECOVERY

Collective Grieving Process

Significant Cultural Losses Include:

Loss of Culture

Loss of Language

Loss of Children

Loss of Way of Life

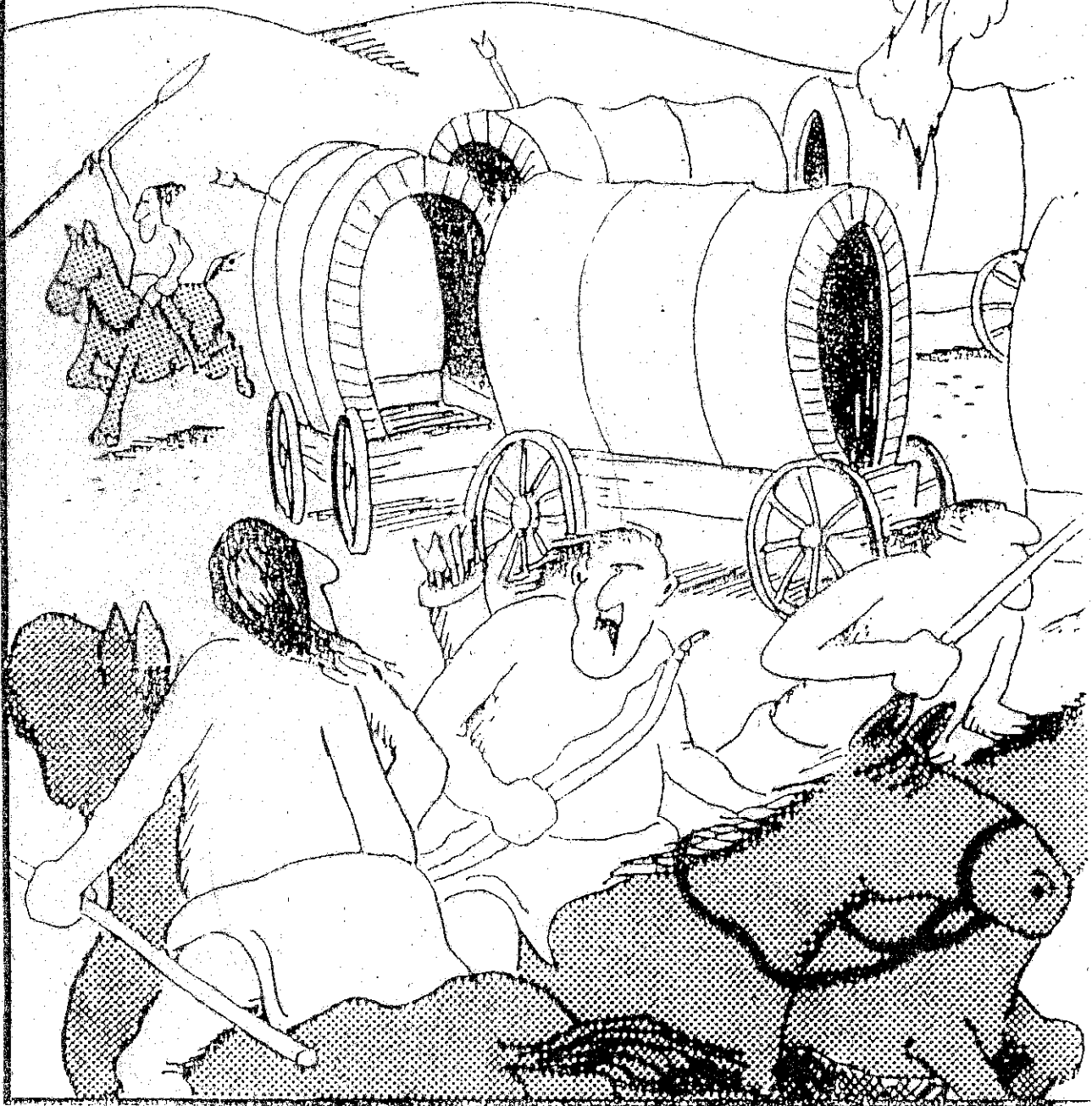
Loss of a Spiritual Belief System

Loss of Childhood Experience

Loss of Traditional Family System

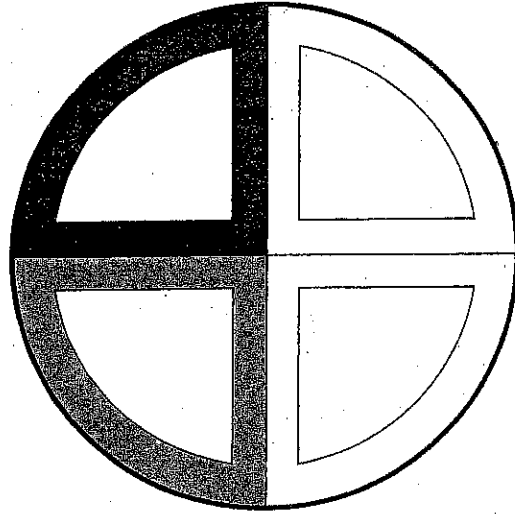
Loss of Land

Loss of Native Men and Women to Prison System



“Counterclockwise, Red Eagle! Always counterclockwise!”

What is a Medicine Wheel?



INTAKE/ASSESSMENT SESSION

Ascertain CDIB and other tribal enrollment documentation

Establish residency

If homeless, assist in establishing residency

Key on family of origin, adoption, mental health and substance abuse history, reservation/urban identification incarcerations, significant others, extended family, children and...

Determine where client fits on Cultural Continuum

Begin Discharge planning at Intake/ Assessment session

STAGES OF CHANGE

PRECONTEMPLATION

CONTEMPLATION

PREPARATION

ACTION

MAINTENANCE

TREATMENT PLANNING

Identify key Therapy Targets and address to treatment plan (in handout)

Rule of thumb; 3 issues is maximum in Outpatient setting

If client is open and/or traditional plug into resources in community (sweat lodge, medicine people, spiritual leaders and native community activities).

DISCHARGE PLANNING

Address client needs as priority

THERAPY TARGETS

SPIRITUAL

EMOTIONS

MENTAL

PHYSICAL

GRIEF

DEPRESSION

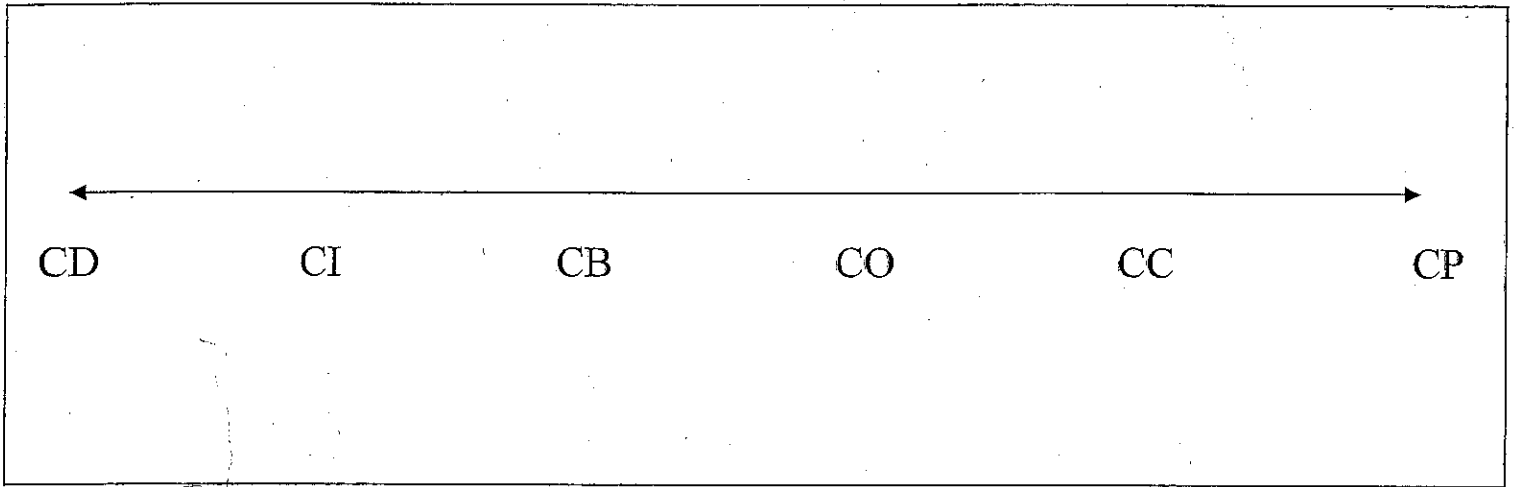
ANGER

FEELINGS

DEGREE OF ASSIMILATION

GRADATIONS IN CULTURAL COMPETENCE

Cultural Competence Continuum



- CD** Cultural Destructiveness
- CI** Cultural Incapacity
- CB** Cultural Blindness
- CO** Cultural Openness
- CC** Cultural Competence
- CP** Cultural Proficiency

By: **Sehwan Kim, Ph.D**
Jannie McLeod, M.D.
Carl Shantzis, Ed.D

Comparing evidence based, best practices in professional clinical settings to Native/Tribal traditions and customs

Motivational Interviewing

Client-centered intrinsic change
brought about by client acceptance

Native/Tribal

Every person live out
their own vision
Does client want to
Change?

EMDR

(Eye Movement Desensitization Reprocessing)
Adjunct to therapy
Not recommended for numerous traumas
Right Left brain evaluation

Competence of
therapist
Right Left Brain
understanding

Mindfulness

Moment to moment
Pay attention to thoughts w/o "right"
"wrong" judgement
Present moment
Roots in Buddism???

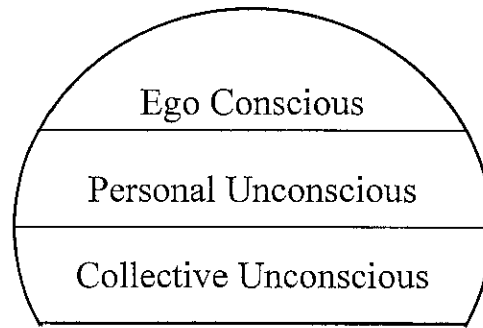
Native mind-set
Can not separate
Spirituality and
Culture
Connectedness
All things sacred
Our ceremonies



"I'd say the left side of your brain is shot to hell."

Mitakuye Oyasin

Jungian Model of the Psyche (Mind)



Meditation - 2 types:

Concentration - concentrate on one image, symbol or idea

Mindfulness - allowing all thoughts to come into consciousness

BRAIN

L	R
Book	Ceremonies

Retrieval – Native American desiring knowledge, participated in ceremony, meditation, dreams, synchronicity (Dream Society)

Iyeska – Performed ceremony, made contact with other side, able to answer questions.

(Jung) No such thing as coincidences
Synchronicity (a plan, no accidents)

Collective unconscious

Latent memory: Traces from your entire ancestral past are stored in this area.

The mind has the ability to remember everything it has seen or heard from the day you were born.

Dreams: Unconscious completion of conscious content.

Unconscious portion of the mind cannot talk, when it penetrates consciousness it comes in symbols, images, thoughts and ideas.