



Namelehuapono: Using Hawaiʻian Culture as a Pathway to Healing from Domestic and Sexual Violence

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All wood block images from
Dietrich Varez, Volcano, Hawai'i

‘ŌLELO NO‘EAU

Ua hānau ka pō

The night gives birth.

*It is woman who creates
the universe.*

Kame‘eleihiwa, L. (1999). Nā Wāhine Kapu

Papa Hana (Agenda)

- Background of project
- Nā Loina o Ka Po'e Hawai'i (Core Values & Principles)
- Voices/images of participants
- Universal principles



Background of Project

- 2000-2008 – first Native Hawaiian cultural domestic violence program, *Ke Ala Lōkahi*, name gifted by Auntie Malia Craver
 - Developed for Hawai‘i island with Auntie Ulunui Kanaka‘ole Garmon
- Expanded to island of O‘ahu in 2008; *Namelehuapono* gifted by Kahu David Kaupu



Background of Project

- Culturally-specific curriculum for Hawaiian abusers & survivors
- Few ethnic-specific domestic violence interventions in U.S. or internationally



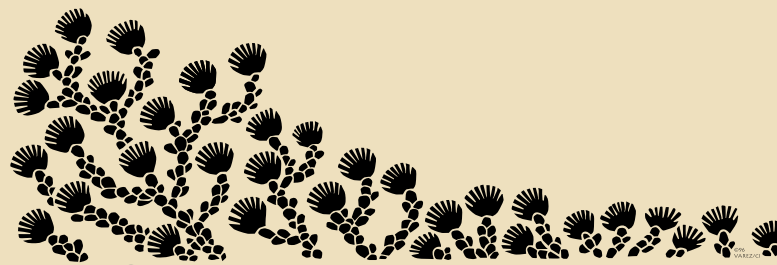
Namelehuapono Kahu David Kaupu



“Working in a culturally pono [right] manner to plant the seeds that will guide our men to do what is right culturally and spiritually, while supporting the spiritual healing of our women”

Project Guiding Principles

- Elevate Native Hawaiians & indigenous approaches as valuable
- Identify individual, community & systemic needs
- Cultural ways of thinking & acting will more than stop the violence; allows individuals, families & communities to live & thrive violence-free

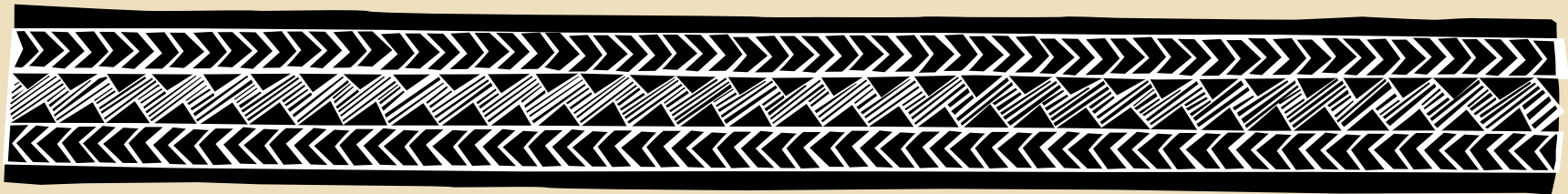


Project Guiding Principles

- Colonization & racism must be acknowledged
- Trauma as central theme related to intimate violence
- Colonization as a form of trauma - loss of culture, traditions, language, access, land, people
- Combining Hawaiian traditions with Western “best practices”

Project Approach

- Based in specific cultural history, peoples, gods, sacred sites & settings
- Metaphors as primary teaching tool
- Hope-giving, focus on positive change
- Focus on empowerment/healing for women & accountability for men



Nā Loina o Ka Po'e Hawai'i

Core Curriculum Values

- Aloha 'āina: interconnectedness & interdependence between all things
- Lōkahi: harmony; balance; unity
- Pono: good; truthful; righteous; respectful
- 'Ike e ho'omaopopo 'ai: identity grounded in place, ancestral family & name
- Na'au: instinct



Group Schedule

- 4½ months, weekly sessions of 2 hours
- Visits to cultural and sacred sites
- Each woman carves 'ohe kapala (bamboo stamp) and makes kihei (sacred cape) for closing ceremony
- facilitators with 8 – 15 women participants

Weekly Group Structure

- **‘Ōlelo no‘eau** (Hawaiian proverb)
- **Kukulu kumuhana** (Check in)
- **Ho‘oma‘ama‘a hou** (Brief review previous lesson)
- **Ha‘awina** (Introduce new lesson)
- **Ho‘omalu** (Self-reflection)
- **Panina** (Closing)



Sample Session Topics

- 'Ike E Ho'omaopopo 'Ai (Identity)
- Aloha 'Āina (Interdependence)
- Lōkahi (Harmony; unity)
- Na'au (Trusting Our Instinct)
- Malama Pono'ia (Caring for Ourselves)
- Ki'eki'e (Status of Women)
- 'Ohana (Family; caring for children)
- Ho'olana Kaumaha (Healing Deep Grief)

Voices & Images Talk Story

“Collectively, we knew that we are not alone in our suffering but that we were one in mind, in body, in spirit & in ancestral blood.”

Namelehuapono Wahine participant



Carving 'Ohe Kapala and Stamping Kihei



April 8, 2015

Closing Ceremony at Kūkaniloko (Ancient Birthplace of Hawaiian Royalty)



April 8, 2015



“...It was empowering to see the relevance of each ‘ōlelo no‘eau that coincided with the topic at hand...and I continue to read from the lesson sheets when I feel unbalanced.”

Namelehuapono Wahine participant

Universal Approaches

- The power of culture: process of change & healing is something bigger than individual or self
- Redemption & forgiveness, accountability & reflection as healing
- Community-emphasis: being whole, healthy person in your community



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Universal Approaches



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- Valuing our local, indigenous cultural ways, not only Western ways to bring healing & change
- Interconnectedness across all levels, dimensions, space, time
- Intersectionality: acknowledging impact of multiple & interlocking forms of oppression
- Acknowledging trauma as core aspect of violence, but also of colonization, oppression & inequality

He wahine maua alina no au.
I am a woman of superior strength.



Ua pau
Finished

Mahalo!
Thank you!

